Eat right and reverse your diabetes!

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That’s the message this World Health Day; if you’re careful about what you eat, you’ll be gifted life.

India is perceived as being on its way to becoming the diabetes capital of the world! A testament to the lifestyle we lead. But this can change if we are willing to alter that lifestyle.

When people get diabetes, they are given medication along with a list of foods to avoid, but does this? Over a period of time, people only get worse. More medicines, worse lab reports. Meso... (text cut off)

Animals don’t get sick as often as human beings do and visit doctors, and that’s because they are the only species who drink the milk of another species. We also eat meat, which is not natural to our anatomy, be... (text cut off)

Diabetics are usually asked to change their eating habits. Yet minimising sugars and carbohydrates does not rid us of diabetes for good. The reason: the cause of diabetes is fat, not sugars or carbohydrates, acco... (text cut off)

Take, for example, Moorthy a diabetic since 1999, who I had met four years ago. Over the years, his medicines kept changing and increasing. And he had become resigned to taking medications lifelong. He though... (text cut off)

As a diabetic, you are forced to think a hundred times before eating anything because a diabetic should... (text cut off)
Now, he is able to have as much fruit as he likes, and the quantities are not limited. Although he has adapted to the new habits. And, in just seven months, he was off all his medication and had normal blood sugar levels. Incidentally, he even liked the “new” foods he ate and has since been cooking for others!

Want to give it a try? Reduce the fat in your diet. This means cooking with minimum or no oil, removing all animal products, including all forms of dairy and foods made from them. Animal products are loaded with fats and contain little fibre. But, all these items can easily be replaced. Whole plant diets are not just delicious but also healthy – no more constipation or acidity, loss of weight, lower blood pressures and no cholesterol.

What is important is to check vitamins B12 and D levels and supplement them if they are low. It’s always better to eat chemical-free organic foods. And like Moorthy, you too can reduce, even eliminate, the dependence on medicines just by eating right.

The writer is founder of SHARAN, a trust that works towards a Diabetes Free India. View (This article was published on April 1, 2016)