

BY INVITATION

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 gifti
life*

India is perceived as being on its way to becoming the diabetes capital of the world! A testi
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, bu
this? Over a period of time, people only get worse. More medicines, worse lab reports. Mec

Animals don't get sick as often as human beings do and visit doctors, and that's because th
the only species who drink the milk of another species. We also eat meat, which is not natu
processing and adding chemicals to our food! Is it any wonder that we are falling sick mor

Diabetics are usually asked to change their eating habits. Yet minimising sugars and carbo
diabetes for good. The reason: the cause of diabetes is fat, not sugars or carbohydrates, acc
researchers like Dr Neal Barnard, author of the best selling Dr Neal Barnard's Program for
the muscle cells clogs insulin receptors resulting in insulin resistance, which is the cause o
learning to control fat intake can hold the key.

Take, for example, Moorthy a diabetic since 1999, who I had met four years ago. Over the y
changing and increasing. And he had become resigned to taking medications lifelong. He c
said there was a way out because he had been told that diabetes was incur

As a diabetic, you are forced to think a hundred times before eating anything. e a d
Moorthy decided to try and change his eating habits and lifestyle for a month and has not

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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 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 animal products, including all forms of dairy and foods made from them. Animal products are low in fibre. But, all these items can easily be replaced. Whole plant diets are not just delicious but also – 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. Buy chemical-free organic foods. And like Moorthy, you too can reduce, even eliminate, the dependence on medication just eating right.

The writer is founder of SHARAN, a trust that works towards a Diabetes Free India. View more articles

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