

Understanding Diabetes



Note: The data is extracted from World Health Organization (WHO), Centers for Disease Control and Prevention (CDC), Mayo Clinic, and others. I don't claim any right on these data.

About Diabetes

Diabetes is a chronic condition characterized by high blood sugar levels. There are several types of diabetes, including type 1, type 2, and gestational diabetes. It requires lifelong management to prevent complications such as heart disease, kidney disease, nerve damage, and vision problems.

Home Remedies

- 1.) Amla Juice
- 2.) **Regular Physical Activity:** Engage in regular exercise such as walking, swimming, or cycling to help control blood sugar levels and improve insulin sensitivity.
- 3.) **Hydration:** Drink plenty of water throughout the day to stay hydrated and support kidney function in managing blood sugar levels.
- 4.) Aloe vera
- 5.) Ginger
- 6.) Wheat Grass Juice

Do's and Don'ts

Do's:

- **Monitor Blood Sugar Levels:** Check your blood sugar levels regularly and keep track of them in a log.
- **Follow a Balanced Diet:** Eat a balanced diet that includes plenty of fruits, vegetables, lean proteins, and whole grains.
- **Exercise Regularly:** Engage in regular physical activity to help control blood sugar levels and maintain a healthy weight.

Don'ts:

- **Avoid Sugary Foods and Beverages:** Limit consumption of sugary snacks, sweets, and sugary beverages that can cause blood sugar spikes.
- **Limit Processed Foods:** Reduce intake of processed foods high in unhealthy fats, sodium, and added sugars.

Home Remedies and Dietary Recommendations:

Meal	Recommended Foods
Breakfast	- Whole grain cereal with low-fat milk and berries
	- Whole wheat toast with avocado and poached egg
Lunch	- Grilled chicken salad with mixed greens, vegetables, and vinaigrette dressing
Dinner	- Baked salmon with roasted vegetables and quinoa - Stir-fried tofu with broccoli and brown rice