Health

In cough

Eat

turmeric in milk

moong dal soup/ thin with kali mirch

munakha milk in nyt for dry cough

take warm or hot water in day keep it in flask

Do not eat

sauces

achhar

sweet chatney or any chatney

What to do

wear sweter and drink hot/normal water in winter

keep henke with you

do not use fan in night

use gala sweter in winter

use jackets while travelling

In cold

Eat

hot tea

honey

turmeric in milk

moong dal soup/ thin with kali mirch

take warm or hot water in day keep it in flask

Do not eat

sweet

sauces

full cream milk or malai

achhar

sweet chatney or any chatney

What to do

wear sweter and drink hot/normal water in winter

keep henke with you

do not use fan in night

use gala sweter in winter

use jackets while travelling

In fever

eat

khichadi with kali mirch

moong dal soup/ thin with kali mirch

take warm or hot water in day keep it in flask

do not eat

full cream milk or malai

heavy food

sauce

achhar

sweet chatney or any chatney

What to do

wear sweter and drink hot/normal water in winter

keep henke with you

do not use fan in night

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To reduce belly fat

Eat

Eat more protein

Eat fewer carbohydrates

Eat fiber-rich foods like sprouts, chia seeds and honey with lemon

Eat plenty of soluble fiber

Reduce your stress levels

Get plenty of restful sleep

Add apple cider vinegar to your diet

Try intermittent fasting

 Another consists of fasting every day for 16 hours and eating all your food within an 8-hour period.

1. Soak two tablespoons of chia/basil seeds overnight in a glass of room temperature water. When you wake up, drink this water along with the soaked seeds on an empty stomach. Chia/basil seeds are a good source of soluble fibre, hence this drink helps in reducing the glycaemic load as well as insulin spikes in the body. Chia seeds are rich in antioxidants, Omega 3 fatty acids and magnesium too, which are proven to reduce the risk of type 2 diabetes. Also 28.35 g of dried chia seeds yields nearly 10 g of fibre. An adult ideally should consume around 34 g of fibre each day.

Do not eat

Avoid sugar and sugar-sweetened drinks

Don’t eat a lot of sugary foods

Cut back on carbs — especially refined carbs

Stop drinking fruit juice

Sugar patients

Eat

1. Soak two tablespoons of chia/basil seeds overnight in a glass of room temperature water. When you wake up, drink this water along with the soaked seeds on an empty stomach. Chia/basil seeds are a good source of soluble fibre, hence this drink helps in reducing the glycaemic load as well as insulin spikes in the body. Chia seeds are rich in antioxidants, Omega 3 fatty acids and magnesium too, which are proven to reduce the risk of type 2 diabetes. Also 28.35 g of dried chia seeds yields nearly 10 g of fibre. An adult ideally should consume around 34 g of fibre each day.

2. Make a juice using 2/3 raw amlas /Indian gooseberries and one glass of room temperature water. Have it early in the morning on an empty stomach. This juice is a good source of Vitamin C and also acts as a laxative which helps in ridding the body of accumulated toxins. It improves blood glucose metabolism, reduces sugar levels and precents cell insulin resistance.

3. Replace one-time cereals with a millet dish (90-100gm of millets per day). For the next meal, replace the cereals with vegetables. This combination of low glycaemic index and fibre helps in preventing as well as in reversing diabetes

4. Keep yourself hydrated by drinking a minimum of three litres of water every day.

5. Replace sweet fruits with citrus fruits and semi-ripened fruits.

6. Count the natural colours in your diet, that is follow a Rainbow diet. This means you must include a minimum of seven colours of fruits and vegetables in the diet. This arms the body with enough phytochemicals.

7. Sleep for seven to eight hours at night as this enhances the possibility of reversing diabetes by around 30 per cent.

8. Strengthen the Soleus muscle by walking or other strength training, this being the single most important muscle that helps in glucose metabolism

9. Burn belly fat with Yogic practices and Kriyas.

10. Keep the levels of Vitamin D optimum by exposing yourself to sunlight or else resort to supplements.

11. Short, cold applications/packs on the abdomen are an excellent method to improve your metabolism and vitality. This therapy assists in increasing the circulation to the abdomen area which in turn aids your digestion.

Eat more fiber

Foods that are high in fiber include:

* vegetables
* fruits
* legumes
* whole grains

Drink water and stay hydrated

Try to manage your stress levels

Monitor your blood sugar levels

Get enough quality sleep

Eat foods rich in chromium and magnesium

[Chromium-rich foods](https://www.healthline.com/nutrition/chromium-foods) include:

* whole grain products
* fruit
* vegetables
* nuts

Magnesium-rich foods include:

* dark leafy greens
* squash and pumpkin seeds
* tuna
* whole grains
* dark chocolate
* bananas
* avocados
* beans
* Apple cider vinegar. According to older research, this ingredient may reduce blood sugar levels by delaying the emptying of your stomach after a meal ([53Trusted Source](https://pubmed.ncbi.nlm.nih.gov/18093343/), [54Trusted Source](https://ift.onlinelibrary.wiley.com/doi/10.1111/1750-3841.12434)).
* Cinnamon. This spice may improve blood sugar levels by enhancing insulin sensitivity and slowing the breakdown of carbs in your digestive tract. This moderates the rise in blood sugar after a meal ([52Trusted Source](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7843700/), [55Trusted Source](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8144503/)). Nevertheless, more research is needed.
* Berberine. Research suggests that [this compound](https://www.healthline.com/nutrition/berberine-powerful-supplement) lowers blood sugar by stimulating enzymes’ breakdown of glucose, promoting your tissue’s use of sugar and increasing insulin production ([52Trusted Source](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7843700/), [56Trusted Source](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6111450/)).
* Fenugreek seeds. While more high quality studies in humans are needed, there is some evidence that fenugreek may help support blood sugar management ([57Trusted Source](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6441794/)).

Maintain a moderate weight

Maintaining a moderate weight promotes healthy blood sugar levels and reduces your risk of developing diabetes

## Eat healthy snacks more frequently

Spreading your meals and snacks throughout the day may help you avoid both high and low blood sugar levels

Luze motion

Take norflex tz after eating food

Take ishbagol with shikanji

Take lemon with honey in warm water

Chale or kabj

* 1. Take sayat in morning before eating food
  2. Take becasule capsule