

## Kayakalp Diabetes Management

By

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Diabetes is the precursor for many complication associated with kidney, heart, blood pressure, eye problems and various other complications . So if you have unfortunately reached the borderline and want to seriously

Safeguard yourself first from diabetes and definitely from all these monsters mentioned above than your plan of action should be something like this.

1. Trust yourself with a positive outlook towards your problem.
- 2 Make it a point to go for regular walk on the sandy areas with bare feet, walk on wet grass, or pebbled ground to stimulate your metabolism.
- 3 Include sun, steam and mud bath as a part of your daily routine

4 Meditation, guided visualization, jap, sound and silent meditation along with color therapy can assist your problem better.

5 Integrated approach, right medical diagnosis, corrective manipulative therapy like Acupressure, Neuro-therapy or good diet implementation can be very helpful

6 A constant approach towards corrective spinal defect either by a therapist or reflexology, chiropractic or persistent yoga or tai chi program can also be included.

7 Monitoring your meals constantly and regular exercise and breathing should and must be undertaken.

8. Taking a herbal laxative or administering a warm water enema would ward off the unnecessary burden on kidney

9 Keep your forehead cool by a wet cloth, applying eye gel mask over your eyes, hot and cold pack either with mud or gel pack can help you to maintain eye health and get rid of all sort of skin or eye troubles which are associated with diabetes.

10. Make sure that you don't overlook any type of wound or cut because ignoring it is very dicey. It can lead to gangrene and amputation.

11 Make use of magnetic belts to maintain constant BP and other blood circulatory problem along with the detox foot patch. It one of the best way to keep yourself healthy and avoid all problem related with blood sugar fluctuation

12 Get involved in social or individual hobbies to make your life more fun.