

Diabetes: The Bitter-Sweet Truth

IN THE RUN-UP TO WORLD DIABETES DAY ON NOV 14, HERE'S A RAY OF HOPE



Dr Anita Salunkhe

(MD) is founder of MindHeal Homeopathy and a Mumbai-based consultant homeopath.

For queries and appointments, contact MindHeal Homoeopathy on:

022-25230530/
+91-9930363981.

Or write to crm@mindheal.com.

Website:
www.mindheal.org.

Blog:
www.mindheal-homeoclinic.blogspot.com.

Online consultation also available.

We commonly perceive diabetes as a disease of 'runaway blood sugar' when the truth is its causes are more closely linked to the Mind than we think. Sure, diabetes involves a hereditary predisposition and structural and / or functional changes in the body but have you ever wondered what triggers the illness?

Apart from lifestyle and diet, which are closely linked to diabetes, emotional factors play an equally significant role. And in the fast-paced world of today, stress is one of the most powerful triggers. Stress – and stress alone – has led to two alarming trends globally and in India: a rise in the number of diabetics and the prevalence of juvenile diabetics.

What role does the Mind play?

Nishant, aged only 17, had come to my clinic with blood sugar levels that had been consistently above 240 for nine months. He also suffered from sudden weight loss, lack of appetite, weakness and he had become very withdrawn. While taking Nishant's case history, I realised that all these symptoms including his blood sugar had spun out of control ever since his father died. An extremely sensitive teenager, Nishant was unable to absorb the trauma and his metabolism had taken a turn for the worse.

How can homeopathy help?

Emotional triggers often

push an individual with a hereditary tendency towards diabetes into 'destructive mode', where the body's metabolism spins out of control or where there is destruction to the pancreas, which manufactures natural insulin. A skilled homeopath can reverse this destructive process.

Can homeopathy cure diabetes?

Patients on diabetic medication are often prescribed stronger doses over time. That's because conventional medicine 'manages' diabetes. In contrast, homeopathic treatment can help patients on heavy doses of insulin switch to minimal medication, either oral or injectable. And, indeed, some diabetics are able to altogether stop their diabetic medication. Homeopathy succeeds because gets to the very source of the disease and completely roots it out.

How long does it take to cure diabetes?

In my experience, patients usually begin to show perceptible improvement within 45 days. Complete treatment takes around 18 months.

For those who 'are in perfect health except for diabetes', here's something to consider: while you think you 'only have a blood sugar problem', diabetes is silently but steadily gnawing away at your nervous system, kidneys, sense of vision and other organs. The adage 'prevention is better than cure' couldn't be more apt.