

“A STUDY OF COMPREHENSIVE DIABETES - PREVENTIVE AND CURATIVE WELLNESS “

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1. Introduction:

The basic research philosophy adopted by the researcher was that he found and researched into specific “packets of human habitations” around the world (which districts, village, or group of villages or a city or country) which are free from certain set of ailments or diseases and better health than the other parts of the world. This paper is focused only on the diabetic care and identification of such **non-diabetic zones in** world and the reasons behind it. The major focus and the research is addressed towards finding of the reasons for lesser (or no) diabetic cases in certain “human habitations” - such as their food habits , special food supplement, herbs if any and to find which of these preventive methods used by those set of population is preventing them from getting into “diabetics”.

1. The research objectives :

The research objectives of the present research is find primarily a “preventive programme” comprising of a healthy process plan, supplements and herbal cures to have healthy living without the troubles of ailments such as diabetes , And also come up with a suggestive “ curative wellness programme “ .This objectives are tackled from a different point of focus by concentrating in finding the “ food and herbal supplements “ used by healthy human habitation packets- **Non_Diabties Zones** - where there is lesser or NO occurrences of diabetes cases to the surprise of the world. So this research and this follows research question .

Literature survey :

The detailed literature survey with regard to diabetics is given in the end of the research paper as this will hinder the flow of the subject matter of research. To define “diabetes “ for the purpose of the present research is – The state where the human body system is unable to maintain the blood glucose level at normal levels. (normal levels before food around 80 (-100) and after food around 130 (less than 170) The definition may appear very naïve and simple. But it is the condition of the body. When the human body system is not able to maintain the glucose level around 130 (after food) always can be termed as diabetic.The causes may be the “pancreas “ is not able to work properly and produce insulin to maintain the blood suger levels in normal condition. Refer schedules for complete information **The major causes : obesity, lack of Exercise, diet, life style, hereditary, habits, stress etc..**

Objectives :

How to improves blood glucose control , Prevent the other associated reasons blood pressure cholesterol levels to improve the overall wellbeing of the life.

The strategies of research:

- Improve the health of pancreas – so that it functions normally and fine.
- Intake of wellness herbs to improve blood sugar control to normal levels always
- Maintain good exercised body, dietary conditions ,stress free life style with good habits

- Suggestion of preventive as well as curative strategies (to control diabetics) and reducing intake of allopathic drugs and improve the quality of life(and side effects) with controlled diabetic levels .

The research questions were put across to the team by ourselves are as follows:

- Why these specific human packets enjoy no diabetic problems and how and why they are different (from the others living in other places) in the working level and quality of their pancreas and show always controlled normal levels blood suger.
- What are the causes of such a miraculous escape of these set of human beings living in that specific area or specific packet of human habitations?
- Whether it is because the climatic conditions, heredity aspects and other environmental aspects?
- Or whether their food habits are different or their diet has any special supplement which protects them from these ailments , their attitude, their etc..are researched into by the team by a visit to such habitations.

The team wanted to find specifically what is “the medical /herbal / forest / food supplement “ *which leads them to (“physical protection and wellbeing”) delay in the onset of diabetic, able to maintain normal blood suger level and with hemoglobin – suger levels normal ?.*

2. Research methodology of this wellness Research journey

The team found that the following human habitations (special places) have the following immunities to the specified diseases (found by a decade of study and research).

1. Srilanka - (lesser occurrences) of heart diseases (least cases), lower cholesterol levels (because of herbal portions) and lesser diabetic patients.

2. Japan - longevity –delayed on set of diabetics.

3. A packet of south-canara – (living near arcknut forms- lands) least occurrences or no diabetic (A research team has found the reason that these inhabitants eat arcknut and drink limbo juice just after every meal or breakfast. It was found that this practice among them - stabilized their blood sugar level at around 130 and this level did not drop even. This has lead to the innovation of product “dia-arka” – a combination of arcknut, lemon juice and other ingredients etc.. (This works for most (95%) of cases as per our survey) .It is available in open market now. (used regularly after any meal or breakfast will normalize the blood sugar level at 130, will not make the blood suger level drop below normal i.e 130 and have shown improving hemoglobin – glucose level also in a period of six months).

3.1 Actual research journey :

The team has travelled abroad (srilanka, Singapore, Malaysia, Thailand, and Japan) for research , vastly in and around India (South-canara, Ooty, Kerala, Manadavadi , Belegerebetta and other forest areas) for immunity building, curative herbs and supplements for good health and wellness and specifically this research paper concentrates on the diabetics and how the blood sugar levels could be maintained normal with regular normal food habits (with lots of glucose + sugars) .

3. The findings :

Major Cause and increase of maladies in this century – particularly in the last four decades -(with solution) is because of :

a) our research has consolidated the research findings and concluded that: -

The toxic items entering our body due to polluted air (green gases produced by vehicles and vehicular traffic) and water, over use for pesticides and manures used in agriculture - for growing our daily food (rice, wheat , vegetables and pulses), over-use of antibiotics etc..These toxic items which enter our body get stored in vital organs such as pancreas, thyroid, kidney (in their each cells) etc. and the team conclude this aspect as on of the major cause of early onset of diabetes.

Solution : detoxification and immunity building process will clean the pancreas to work better or as it was working in our twenties and delay the onset of diabetics

b) our research has consolidated the research findings and concluded that: -

Our life style is causing many problems in our health. Because one is unable to balance balancing of time between the following activities like- the Career and office, Family life and children, Entertainment, Travel ,Friends, Parties, Marriage and family functions and To help family and friends in need etc..And this has created a stress because we can't balance between the availability of "time and energy " – one possess with the "time requirements and pressure of the life activities". This stress is creating a great havoc in our lives. – we should manage our stress because " The Brain is the seat of health and manger of enzymatic process of our body and controller of all involuntary activities like digestion, blood flow(pressure), heart health (heart beat-pulse rate), liver, kidney etc ..." .The mind and its activity and its stress level affects the voluntary and involuntary activities of the body leading to ill health of all-sorts. **Solution: So we need to redefine the objectives of our life move in life with all objectives like growth, risk, safety and all - well balanced. Wellness programme will have counseling sessions to redefine the life between family – work-money etc..**

c) the research conclude that :

The lack of exercise (physical including breathing exercise) one of the major causes of diabetics in most of the cases because of lack of proper blood flow to the pancreas to make it active and working properly.

Solution: The wellness programme suggests 10-25 minutes of simple exercise or walking, breathing exercise with meditation, relaxation techniques depending on the physical parameters of specific individual (age, obesity, weight, height and other ailments if any) . The wellness plan has designed a sitting – walk replacement exercise for the obese individuals and those with knee problems to avoid the body weight being stressed on the knees because of 5-7km of walking daily and leading to knee problems and other complications. As-over exercise – over walking (say 5-7 km a day regularly) may (sometimes) spoil knee- joints and reduce bone strength.-* family physician's advice sought to adjust your walking or exercises according to obesity levels .Solution : the bone concentration has to be checked once in every six months and adjusted by proper prescribed intake of calcium + vit D (tabs) as physician's advice.****

d) The research conclude that :

Obesity - over weight of the body not matching one's height is one of the major causes of ailments and an invitation to all types diseases and specifically leads to higher diabetic levels **Solution: Exercise prescribed in V) solution and obesity dissolving miracle medicines (abroad –srilankhan and Japan- without side effects) from our wellness plan.**

4. The research outcome and wellness plan:

The researcher has devised a wellness programme and further analysed, researched and found it as effective with the help a sample study of limited respondents that it has got wide range of medical application for

- I) Protection** - for the healthy individuals to protect themselves early onset of diabetics with 10-20 min daily exercise to maintain a healthy pancreas health and build immune systems of body to bring a quality life.
- II) Reduction** - for those suffering from diabetics (type-I and II -moderate levels) reduction plan will help to reduce the allopathic dosage of daily drugs and in most cases (wellness plan will) eliminate the use of daily drugs for control of diabetics.
- III) Curative** - for those living with high intake of insulin pricks –the wellness plan will help to reduce the intake of insulin and able to bring a better quality of life .

Process of wellness plan of action and strategy :

The herbs found by the research team are not just ayurvedic from presently followed systems and are passionately called **as “miracle drugs and supplements”** by the researcher as it has got great de-toxic, protection, reduction and curative abilities and causes of its effects are being researched around the world.

The wellness plan devised by team is comprised of – programme which include and based curative effect based on

- 90% (plan) on intake of forest herbs from abroad and India–(tested safe),
- 5%(plan) component of simple yoga, meditation and or exercises for few minutes,
- 5% (plan) psychological counseling and confidence building. (work –life balance plan)

The herbal supplement suggested is individual specific and based on case to case basis and study and it is found to show very favorable and significant results for most of diabetic patients.

IV) Conclusions and solutions:

The outcome of research has lead to following wellness plan .The philosophy behind the of protection, reduction and curative porgramme is administering supplements and curative drugs (found by research team).

They work on three major philosophies :Protection wellness programme is based on Detoxifiers ,Immunity builders ,Simple exercise for better lung power (10-15min only), Life style management counseling and Stress management Effects : supplements - cleanse the internal vital parts of body from toxic items and builds a immunity systems to protect from most of the ailments.

- I) Reduction and curative programme (for patients with partial onset of maladies)
Analysis of vital systems from general medical tests, And identification of problem and Prescription of herbs in addition to detoxifiers and immunity building (plan I)
- II) For those with high degree of maladies: With the support of the family physician and other specialist –medical practitioner) and Prescription of herbs and drawing the plan of curative process .

V) The Wellness plan: (Diabetic Control Wellness Plan)

Wellness : (definition) : Wellness is to protect “the healthy life” (one possess) by which one can avoid surgical interventions for ailments, other medications and hospitalizations (for 95% of their life) . Wellness programme is build around the above objective. The aim and objective of the wellness programme is to protect the health and wellbeing of the all: specifically this paper is based on diabetic control wellness plan (Please note : a wellness programme is individual specific and designed by the analysis after a check of blood sugar (before and after food for week) , hemoglobin glucose test , a week – BP levels before food, cholesterol level (lipid test), bone strength, age, weight, heart conditions , allergies etc.. with the consultation of their family physician, past medical date of the incumbent.

The below described is a generic wellness plan designed by the team and is advised not be followed (blindly) without the consultation of a qualified family doctor (medical practitioner) or physician- otherwise any risk and side effects arising out of the generic wellness plan implementation personally for themselves without the consultation of the doctor and wellness consultant in person – jointly , is at their own and responsibility and the research team is not responsible for the same .)

The detailed wellness plan drawn is with the research team and is based on findings:

Findings:

- 1) The shivamoga based company manufactured –diaark experimented (for 45 days and above) on the survey sample of 100 respondents . around 95% of respondents could get their diabetic level normalized around 130 with +-10 points. And are not continuing with their allopathic drug usage.
- 2) The usage of Ganoderma (japan) with 6 months on sample survey (convenient) s could normalized the levels and reduced the insulin usage level from 24 units to 4 units fro cronic patients.
- 3) The srilanka herbs from herb-park could reverse the diabetic patients (limited sample size of respondents) on a permanent basis with a treatment of 45 days could abandon the usage of allopathic drugs fro blood sugar control permanently (for non-insulin patients) .

Generic diabetic control wellness programme :(*may vary for different group of individuals)

I).PROTECTION GENERAL PROGRAMME :

I level: Morning : around 6.00am - around 500ml water.

6.30 am Green tea (one cup) – de-toxicant .

At 7.00am – half an hour -simple exercises (as per-wellness plan)

At 8.00 am . spirulina – 500 mg tablet or powder + ganodarma 2+2 (stem and root (500mg) (in curative and preventive plan - dosage as per wellness plan) + before going to bed, half a spoon of wheat grass powder in water.

This works for a general protection to delay and prevention of diabetics to enjoy the normal food life-style.

II level: For Those With hereditary diabetic history should follow the below said additional plan of action for protection programme . Solution 1 : use of a tea-spoon of diaaraka –solution – after each intake of food (breakfast – dinner etc..) will help to maintain the blood sugar level at 125-130 - always. (It is solution of arcknut and lemon etc..Available in market)

II) REDUCTION and curative PROGRAMME :

Reduction plan - for the persons who have already who are diabetic type I and II.

This wellness plan which will prescribe the srilankan and Japanese is aimed at reducing drug dependency particularly the allopathic daily dosages and the consequent development of diseases due to chemical intake into the physical system of regular basis.

Solution 1 : use of a tea-spoon of diaaraka – solution – after each intake of food will help to maintain the blood sugar level at 125-130 - always .Solution 2 : herbs advised under wellness plan are available at (India) : address of forest –herbs from ooty. Solution 3 : herbs advised under wellness plan are available at sri lankha .

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Finally keep people around you happy as happiness is key for health – and their good wishes and positive vibrations will give a good happy moods and happiness in your heart to improve your wellbeing .

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“ Health is wealth “ – Health is most important aspect of our life and one realizes it only when he falls sick and it is our duty to protect “ health “ for a holistic life and lead a happy long family and social life . (like Japanese or stress free srilankan life + jolly life of Thai) and find out in “the purpose of life in our long healthy life” - what is the real purpose of life beyond money, properties and society - to know the spiritual side of our being...Dr.Bhargav S.V.Ramachandra.

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