

Chinese Medicine and Diabetes

Chinese has a long history of dealing with diabetes without modern drug therapy. That's caused their doctors to put great effort into treating diabetes by natural methods. Oriental medicine has also discovered acupuncture points on the body that have been proven in scientific studies to:

- lower blood glucose content
- lower the release of pancreatic glucagons
- decrease the urge to eat too much
- decrease excessive thirst
- decrease excessive urination
- prevent slowing of motor nerve conduction
- improve microcirculation and heart muscle contractility
- enhance blood outflow
- obliterate atherosclerosis of the legs

Conventional medicine is generally limited to using hypoglycemic tablets and insulin injections to lower blood glucose levels. This doesn't treat the diseased cells causing the problem, so the blood sugar goes back up as soon as the drugs are stopped. Chinese Medicine seeks to regulate body functions, rather than temporarily control blood sugar.

Food Therapy for Diabetes

The core of this is to eat mostly cooked vegetables, some whole grains (like brown rice), small amounts of animal protein (more as a flavoring/condiment than a main course) and drink moderate amounts of room temperature or warm water (green tea is good for most people, too.)

- Stop eating sugar. That exhausts your pancreas until it gives out, leading to high blood sugar levels. This includes natural sugars like maple syrup, honey, fruit and fruit juice.
- Don't eat wheat, as it triggers your pancreas too much. Go with brown rice, buckwheat and millet instead.
- Eat a small amount of protein (fish, poultry, eggs, beans) at every meal. These foods take a longer time to digest and absorb, and they release sugar slower.
- Don't skip meals and eat small, frequent portions.

Natural remedies for diabetes

Chinese medicine uses several natural remedies for diabetes that are very helpful. These include acupressure (or acupuncture), diet, herbs, special exercises, and lifestyle modifications.

- Exercise frequently: Exercise regulates your glandular functions and increases metabolism, using up the excess sugar in your blood. Tai chi and yoga are great, because they reduce stress, too.
- Reduce stress: Stress causes your pancreas to constantly produce more insulin, wearing it out. Tai chi and yoga are perfect for this. Meditation is great, too.

Acupressure for Diabetes

Apply medium pressure (minimum 60 seconds, at least 3 X day) with your finger, thumb or knuckle to:

- **Weiguanxiashu** - Find the spinal vertebra that is level with the bottom of your shoulder blades. Go down to the next vertebrae. The point is 1½ inches to both sides from the lower edge of that vertebra.
- **ST 36** 3 inches below the lateral eye of your knee, 1 finger width lateral to your shinbone
- **LI 11** At the lateral side of your elbow, at the very end of the visible elbow crease.

