

# UK Homeopathy

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*This email is for general information only. Please pass this to anyone who could benefit from it*

## **New research shows gastric bands cure diabetes!**

This is the heading from the private healthcare website.

I have reproduced the full article below so as to save you time. In a nutshell, studies have shown losing weight helps reduce your blood glucose levels and in some cases cure diabetes (T2) altogether.

Most people who have diabetes know that it is very difficult to control. We try with various medications including insulin, changing what we eat and yet it is hard to manage. I know a lot of people who give up out of frustration. It seems whatever they try is not good enough. The result for most people is the consequences of diabetes:

- Obesity
- Cardiovascular Disease
- Retinopathy
- High cholesterol
- Cataract
- Kidney problems
- Neuropathy
- Depression

Diabetes is so prevalent that we all know someone who is affected by it. Well today might be the chance you get to help your loved ones. Pass this article to them so that they understand they are not alone and can be helped.

Type 2 diabetes can be reversed for many of us. Reversal of diabetes does not mean cure but a better control of your diabetes with less or no medication.

So what can be done to reverse diabetes? Well first we need to understand that there are two main factors that cause type 2 diabetes. These are:

- Emotional issues such as Stress, Anger, Anxiety, Depression and Shock.
- Food – what we eat can cause diabetes and for those who already have it, can aggravate it for them.

To see the power of the food you eat, you MUST watch Mike Anderson's DVD "[Eating 3rd Edition](#)" available from Amazon .co.uk. According to Joel Fuhrman, M.D., author of Eat To Live this is "a mind-blowing video experience that will forever change the way you think about food."

As far as Stress and Anger is concerned, a cup of chamomile tea (available in most the supermarkets), could help ease the tension.

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However for other issues like Depression or Shock, I would suggest you see your doctor or local homeopath. I also offer free online initial consultation using webcam and Skype, if you wish to have a chat (up to 15mins).

Homeopathy has some great remedies to deal and treat many emotional issues, so it might be worth your time to talk to a homeopath about it.

As far as food is concerned, a good start is cutting off what I call the POWS group of foods. These are shown in the table below. Stopping these, will most likely lower your blood glucose levels. So you would need to keep an eye on your readings. You may also need to mention to your doctor, if you start getting symptoms of low blood glucose levels. These may be shakiness, nervousness, sweating, dizziness etc. This is due to your medication being too strong for you and may need to be adjusted. Your doctor will advise accordingly.

P	Processed Foods	Like: Any meat products such as burgers, fish fingers, chicken nuggets, scampi. In other words, avoid any type of meat. No dairy and that means no milk, cheese, butter, margarine, yoghurt, cakes etc. Also no eggs.
O	Oily Foods	Like Fish and Chips, Crisps, any food fried
W	Whites	White bread, white rice, anything made from white flour
S	Sugars	White/ brown or artificial sweeteners. Honey (limit amount)

This is a very good start for a diabetic patient. Also one needs to remember that certain fruits such as bananas are not good for diabetics as it will raise their glucose levels up.

### ***Article from the private healthcare website:***

*Studies have already shown that weight loss surgery, such as the gastric band, can reduce the symptoms of type 2 diabetes or even cure it altogether.*

*Now new research published in the Annals of Surgery has provided even more impressive figures monitoring obese patients with type 2 diabetes who had bariatric surgery – a massive 72% were cured of their diabetes with no symptoms a couple of years later.*

*ESCO (Experts in Severe and Complex Obesity), showed that all the gastric bypass patients monitored showed greater insulin production and better insulin resistance within just a week of the surgery.*

*The Hospital Group is the UK's leading provider of bariatric surgery. CEO, David Ross, said "Many of our weight loss patients report that as they lose weight, associated conditions such as diabetes or hypertension literally disappear. Procedures like the gastric band are too often associated with celebrity slimmers. Yet the impact on the patients' health, quality of life and even life expectancy are massive.*

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*This new research is exciting, as it indicates that bariatric surgery itself offers specific benefits to diabetes sufferers; as the condition improves before any weight is even lost, due to the increase in insulin production and insulin resistance.*

*Our bariatric surgeons are very familiar with the full implications of being overweight and obese and can provide expert clinical advice not only on weight loss, but also on the impact of weight loss surgery on any other medical conditions.”*

Source: (<http://www.privatehealth.co.uk/news/march-2011/gastric-bands-diabetes-33861/>)

Personally, I would recommend you see a homeopath to help you lose weight before taking this option. This is provided you have some time before bariatric surgery becomes a must.

Regards

Mohamed Caffoor RHom, MARH, FBIH, DHM, DiHom (Pract), BSc, FASC, MASC (Ad C.S),  
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<http://ukhomeopathy.co.uk>

Homeopath and Counsellor

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username: UKHOMOEOPATH)

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