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Integrative treatment of diabetes type-2 and type-1

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Introduction & Aim: Regarding the pandemic state of diabetes mellitus and the recent number of afflicted people in the world, i.e., 422 million and 1.5 million deaths per year, attributed directly to diabetes, an integrative approach was used to treat patients suffering from the condition. The author decided to apply an integrative, mainly natural and safer method of healing to enhance beta cells' activity to lower the need of patients for insulin in type-1 diabetics and the need to oral agents and or insulin in type-2 patients. Thus a 7 year study (2009-2015) was done to evaluate the efficacy of the integrative approach.

Materials & Methods: 169 diabetic patients were seen at the clinic. Their first interviews and physical examinations were carried out, taking about 60 minutes for each patient. Their rubrics were analyzed and proper homeopathic remedies were selected and prescribed. Their blood sugars were monitored. A1C was tested every 3 months in both groups. Their insulin and oral agents were continued. As soon as the patients' fasting blood sugars (FBS) started coming down, they were guided on how to lower their daily insulin or anti-diabetic oral agents. Proper diet and 30 minutes of daily physical activity was suggested.

Results: The success rate in type-1 patients was 83.12% and 80% in type-1 cases. They experienced better numbers of FBS and A1C, besides more inner calmness and better self-control.

Conclusion: The results show a direct relation between using the integrative approach and the lowering of FBS and A1C and their need to conventional medicines. Their increased need for the medicines after discontinuing homeopathic remedies or failing to take remedies on time can be another scientific sign of the true effects of the remedies.

Biography

Seyedaghanoor Sadeghi has completed his graduation from Tehran University of Medical Sciences in 1987 as a Professional Medical Doctor. He has practiced Conventional Medicine during the last 27 years and about 7 years as a professional Homeopath. He has authored more than 35 articles and six books were authored under various topics, related to homeopathic medicine. Some of his articles have been translated to various languages like Farsi, German, Italian, Spanish and Russian.

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