

Diet for BODY... Nutrition for MAN

Abstract: Food is the basic need of human being but it should be taken in a proper manner to lead a normal, healthy life and in a special combination in diseases like diabetes, heart diseases and obesity. A right proportion of all elements - carbohydrates, protein, fat, minerals and vitamins are required.

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Proper management of diet should be given to the patients taking into account their affordability. People are so busy that they do not have time to look after their health. No wonder, increasing number of people are suffering from more diseases like DM, HT, obesity etc. In case of diabetes, diet which does not increase the blood sugar level should be taken.

The Following 4 Strategies Must Be Adopted

1. Diet and nutrition management
2. Habit control
3. Weight management
4. Medicine management

DIET AND NUTRITION MANAGEMENT

MORNING

Breakfast at 8 am

The breakfast should comprise from the following food items

1. Idli 2-3
2. Upma 1 plate (less sugar)
3. Shira 1 plate (less sugar)
4. Dosa
5. Poha 1 plate
6. Marrie biscuits with tea (sugar free)

(Ed: Please add sprouts and some fruits to this.)

Any one of them according to the likes and dislikes of the person must be given. Such food contains fewer carbohydrates.

MID MORNING

11-12 NOON: 1 glass skimmed milk.

(Ed: Plus 30 gms of nuts.)

LUNCH AFTERNOON

2-3 PM: All types of salads with normal salt or all types of pulses kept in water overnight or

boiled and fried with required *masala*, 1 plate and whenever hungry.

More proteins, vitamin and minerals by lowering fats should be taken.

EVENING

4 pm: Tea (without sugar or sugar free) with 2-4 marrie biscuits.

DINNER

1-2 *Chapattis* (70% wheat and 30% soybean) or 1 *bhakri*, 1 plate rice, *dal*, all green leafy vegetable, pulses, including non vegetarian food. (Chicken, meat or fish), oil used should be highly saturated fat.

No food or snacks should be taken in between two meals. If you want to take any juice or any sweet dish, take it immediately after food or replace your normal food with this. There should be gap of about 4 hrs between each meal. Lots of water, about 2-3 litres per day, should be drunk and 30 - 45 minutes regular walking is compulsory.

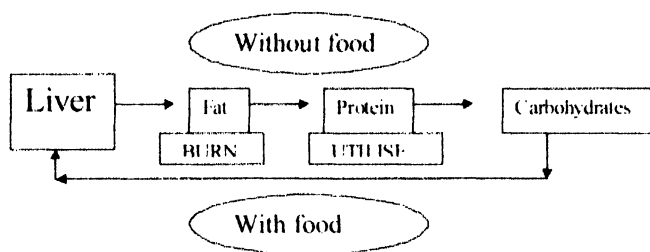
From this type of diet management, sugar remain under good control. Patient like Diabetes 1 and Diabetes 2 get excellent control over sugar.

HABIT CONTROL

Alcohol should be avoided or 1 peg ie 70 ml per day or occasionally recommended by WHO. Coffee, Tobacco in any form, should be avoided.

WEIGHT MANAGEMENT

Obesity requires reduction of weight, which should be about 3 kg in a month without losing strength and health. More fat molecule burns and liver tries to maintain its normal metabolism. One of the liver's primary job is to store energy



in the form of glycogen, which is made from a type of sugar called glucose. The liver removes glucose from the blood when blood glucose levels are high. Through a process called glycogenesis, the liver combines the glucose molecules in long chains to create glycogen, a carbohydrate that provides a stored form of energy. When the amount of glucose in the blood falls below the level required to meet the

body's needs, the liver reverses this reaction, transforming glycogen into glucose.

Many other chemicals are produced by the liver. These include fibrinogen and prothrombin, which help wounds to heal by enabling blood to form clots and cholesterol, a key component of cell membranes that transports fats in the bloodstream to body tissues which also helps to control hypertension, heart attack etc.

More fats burn thereby reducing weight. Reduction in weight also helps to maintain the blood sugar and blood pressure.

MEDICINAL MANAGEMENT

Homoeopathic medicines play an important role in managing the patients constitutionally. It helps the patient to keep mind, body and soul in perfect harmony with help of vital force.

Critics in the UK and Research

We write this as academicians and Homoeopathic practitioners. We have been in the field of Homoeopathic education and practice for 25 years in Mumbai, India. It is disheartening to learn about the chaos and furore over Homoeopathy in the UK. Questions have been raised in the British Parliament whether Homoeopathy is scientific and whether it should be supported and funded by the Government.

We have written on this issue on our blog Homeopathy-Modern Medicine (<http://homeopathicure.wordpress.com/2009/12/26/save-homeopathy-in-the-uk/>). We request all of you to post your comments on our blog.

We have also directly communicated our views to the email address mentioned by Petter Viksveen.

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A man lost both ears in an accident. No plastic surgeon could offer him a solution. He heard of a very good one in Sweden, and went to him.

The new surgeon examined him, thought a while, and said, "Yes, I can put you right."

After the operation, bandages off, stitches out, he goes to his hotel.

The morning after, in a rage, he calls his surgeon, and yells, "You bastard, you gave me a woman's ears."

"Well, an ear is an ear, it makes no difference whether it is a man's or a woman's."

"You're wrong, I hear everything, but I don't understand a thing!"

