

Diabetes mellitus cured - George's experience

From Appropedia

(Redirected from Diabetes mellitus cured)

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Praise The LORD

This is the Lords doing, It is marvelous in our eyes. (Psalms 118.23
(<http://bible.oremus.org/bible.cgi?ql=139956527>))

Matthew 5.15-16 (<http://bible.oremus.org/bible.cgi?ql=68968227>)

No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven.

Matthew 5.17 (<http://bible.oremus.org/bible.cgi?ql=123971857>)

Do not think that I have come to abolish the law or the prophets; I have come not to abolish but to fulfill.

Matthew 5.13 (<http://bible.oremus.org/bible.cgi?ql=124164078>)

You are the salt of the earth; but if salt has lost its taste, how can its saltiness be restored? It is no longer

good for anything, but is thrown out and trampled under foot.

Diabetes cured

The diabetes mellitus (http://en.wikipedia.org/wiki/Diabetes_Mellitus) of User:Georgedap

Sample lab results (<http://traplarva.blogspot.com/2009/09/part-6.html>) are given there. Details (in vernacular language Malayalam) are placed there (http://traplarva.blogspot.com/2009/09/blog-post_08.html) . The English version (<http://diabetescured090909.blogspot.com/2009/10/my-diabetes-is-cured-do-you-want-to.html>) of procedures, experiences & results is released.

Type 2 diabetes is supposed and popularly accepted by experts world over to be incurable (http://en.wikipedia.org/wiki/Diabetes_Mellitus#Cures_for_type_2_diabetes) . That one is what is cured in him by diet management (appropriate technology).

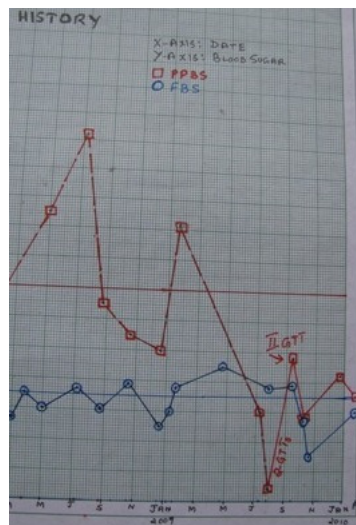
Comment: To monitor your condition, preferably have periodical test using a suitable test kit and/or consultation to doctors.

My Diabetes has not yet returned

(This section is continued down below with more recent results.)

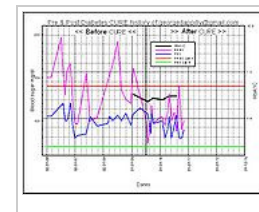
Last Wednesday (27.01.2010) I had the regular quarterly health check up. Along with Lipid profile etc, blood sugar also was monitored. Fasting Blood Sugar (FBS) was 100 mg%, Post Prandial Blood Sugar (PPBS) showed 105 mg% & Glycosylated Haemoglobin (HbA1C) was 6%.

DEPARTMENT OF LABORATORY MEDICINE				
Patient Name : GEORGE E M VSSC		MR. No		
Age : 60	Sex: Male		Bill No	
Doctor : RAMAKRISHNA PILLAI V				
Drawn : 27-Jan-2010 07:13		Received : 27-Jan-2010 07:17, 27-Jan-2010 09:49		
Sample Type	Test	Result		
Serum	Glucose Fasting [FBS] (Hexokinase method)	100	mg/dL	
Serum	Glucose 2 Hour PPBS (Hexokinase method)	105	mg/dL	
BLOOD	Haemoglobin A1C (HPLC in D10 Biorad)	6.0	%	
	Lipid Panel			
Serum	Cholesterol (CHOD PAP)	138	mg/dL	
Serum	Triglycerides (Tg) (GPO Enzymatic)	58	mg/dL	



On the way to the consulting room of my physician, I met a friend & his wife. She is diabetic. Just 2 Idlis & ½ a cup of tea took her PPBS to 195 mg% where as 3 Idlis & a full cup of coffee took my PPBS to 105 mg% only!

What is happening in my case is entirely different from what many people anticipated &/or told on hearing my declaration of the cure of my diabetes.



In spite of taking rice based food thrice daily, coffee/tea with sugar, bakery sweets after lunch frequently (not daily) & 5-6 plantain fruits most of the days for seven (7) months, my diabetes DIDN'T RETURN.

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What most of the visitors of my poster presentation (see albums of day 1

(<http://picasaweb.google.com/chandragiriyan/DiabetesCuredPosterPresentationIndianScienceCongress2010> of 3, day 2

(<http://picasaweb.google.com/chandragiriyan/DiabetesCuredPosterPresentationIndianScienceCongress2010> of 3 & day 3

(<http://picasaweb.google.com/chandragiriyan/DiabetesCuredPosterPresentationIndianScienceCongress2010> of 3) (at the KERALA GRAMAM (Kerala village) exhibition arranged in connection with the 97th Indian Science Congress (ISC2010) at the Kerala University Campus, Kariavattom, Trivandrum) wanted to know was "WHAT IS THE GUARANTEE (OR ARE YOU SURE) THAT DIABETES WILL NOT RETURN?"

My reply was: "AT THIS POINT OF TIME WHAT I CAN SAY IS THAT IN SPITE OF NORMAL DIET MY DIABETES DID NOT RETURN FOR SIX (6) MONTHS & IF YOU ASK ME AFTER ANOTHER MONTH, I WILL SAY THAT MY DIABETES DID NOT RETURN FOR SEVEN (7) MONTHS". This has come true on Jan 27, 2010. Only after the elapse of one year (5 more months from now), I can make a statement that my diabetes did not return for an year.

In order to make a general statement that diabetes will not return for any specific duration, more time, cases & case studies are required. If the present trend continues, that may not happen in the near future for sure. Whom ever I encounter turns out to be unfortunately a pessimist.

One of my friends (a blogger reffered as Ankil) was more eager to ascertain that my claim of cure of diabetes is WRONG, than positively responding to my offer for trying to explore the possibility of a cure of HIS OWN DECADES OLD DIABETES.

Alas!!!

I am reminded of the anecdote of KERALA CRABS.

(This section is continued down below with more recent results.)

A very brief description

A blood test on Jul 07, 2006 showed FBS 118 mg/dl & PPBS 197 mg/dl. Doctor declared him *diabetic* and prescribed Amaryl 1.0 mg 1/2-0-0. With doctor's permission he went on diet management without taking medicine. Regular periodic check ups showed positive changes.

On Jan 24, 2009 switched from FBS-PPBS to HbA1C (HPLC in D10 Biorad). That day it showed 6.3% (reference range: 4.5%-6.3%). Next on Apr 22, 2009 it came down to 6.1% and on Jul 25, 2009 to 5.9%!!!

Then he decided to go for a GTT

(http://en.wikipedia.org/wiki/Glucose_tolerance_test#Procedure_for_OGTT) and had it on Sep 10, 2009. From FBS 85 mg%, with an oral glucose load of 75 gms it went to 155 at 1/2 hr, to 160 at 1 hr, came down to 135 at 1.5 hrs, to 100 at 2 hrs and to 90 at 2.5 hrs!!!

According to endocrineweb (<http://www.endocrineweb.com/diabetes/diagnosis.html>) and Wikipedia *this result shows that his diabetes is **cured**.*

In order to make things doubly sure, he took a second GTT at another lab (of an NABH (http://www.google.com/search?sourceid=navclient&ie=UTF-8&rlz=1T4ADBR_enI)). That corroborated the first test result.



Blood sugar (FBS & PPBS) history from pre diabetic to post diabetic phase. (Click <i>right button</i> to enlarge in <i>new window</i>)	Graphical representation of both the GTTs confirming CURE.(Click <i>right button</i> to enlarge in <i>new window</i>)
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Some remarks

1. Diabetes (Type II) is considered to be mainly inherited from members up the family tree. Obesity, side effect of some medicines, sedentary life style, physiological or psychological shocks and some **unknown reasons** are also regarded as its causes.
2. The victims as well as phisicians feel, belive & tell it can only be (supposedly) watched, monitored & controlled carefully,
3. and have to teach & learn to live with it for ever.
4. But this User's experience indicate that diabetes is **more caused than happening**.
5. and can be prevented/cured and need not live with it for ever.
6. The opinion that **any amount of sweet or starch intake is OK until one become diabetic** is NOT right.
7. Pancreas is **not meant to work 24X7 like the heart & lungs**. It needs rest! Frequent food intakes strains it, instead.

Duration required for diabetes cure

Presently (Nov 2009) data available is with regard to **a single case** of the User:Georgedappilly. It took three (3) years (from July 2006 to July 2009) to get his diabetes cured completely. His being the maiden case, many *pit-falls* occurred in the process. In future, the duration can be brought down because many mistakes are known now and these can be avoided in coming cases.

The pit-falls



- *Blood sugar history from pre-diabetic to post-diabetic phase (FBS blue & PPBS red)*

1. On completion of eight(8) weeks of special regimen, as the PPBS and FBS came below 140mg% and 105mg% respectively, he marginally relaxed the food restrictions. This moved PPBS above 140mg% in just twelve (12) days (!) {where as it took more than forty (40) days for the FBS to cross the 105mg% mark}.
 2. PPBS fell even below FBS level (105mg%) by Jan 2007 (by reintroducing diet control) and remained there till Feb 2007. This was ***misunderstood as CURE*** and again relaxed the intake constraints. By a lapse of four (4) months, even though FBS remained much below 105mg% (at June beginning) **PPBS shot up above 140 mg%.**
 3. On reimposing the restrictions, once again PPBS dropped down even below 105mg% (FBS level) and continued there for three months (12 weeks!). This again was ***wrongly interpreted as a cure*** and led to giving up of restrictions. This pushed up the PPBS to 192mg% by July 2008 (even though FBS continued near 105mg%).
 4. From mid August to end December 2008, PPBS remained below 140mg% (PPBS upper limit) & FBS continued near or below 105mg% (FBS upper limit). For a fourth time he was misled by these low FBS-PPBS values. As it should have happened, he relaxed diet control and ended up in PPBS reaching 161mg%.
- Reintroducing of diet control this time (Jan 20, 2009 onwards) *really did the job*. After five (5) months he got an opportunity to subject his *pancreas to a qualification test*.

Qualification test of PANCREAS

On July 8, 2009 associated with his visit to 10 houses between 6pm & 1030pm he consumed nearly a dozen sweet items. Next noon he took a wedding feast lunch. It was sumptuous with four (4) very sweet paayasams (porridge) and three (3) other sweet items in addition to more than a dozen other servings.

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(That day's breakfast was normal since long wheat mash had already been discontinued long ago, presuming cure.) A blood test after two hours of lunch showed a *PPBS level of 100mg%!!*

Time table

Event	Date	MM-DD-YY	Duration
Diet & food suppliment start	Jul 8, 2006	7-8-6	
FBS & PPBS within limits	Sep 1, 2006	9-1-6	
Time taken for FBS & PPBS within limits			55 days
Food suppliment (long wheat mash) discontinuance	Jul 2007		
Time taken for Food suppliment discontinuance			1 year
PPBS normal <i>after heavy sweet intake</i>	Jul 9, 2009	7-9-9	
Time taken for PPBS normal <i>after heavy sweet intake</i>			3 years
First proof test (GTT)	Sep 10, 2009	9-10-9	3Yr 2Months
Second proof test (GTT at an NABH accredited lab)	Sep 14, 2009	9-14-9	3Yr 2Months

Hindsight

1. Had the diet relaxations been not done, the **cure** would have been faster and **complete cure** would have occurred much earlier.
2. Had the information about **HbA1C** test been put to use earlier, misinterpreting low/normal FBS-PPBS values to be the indication of a cure would not have happened.
3. But for the misinterpretation of low FBS-PPBS, the diet relaxation would not have been resorted to.

Anticipation

For patients on tablets or injection (insulin) time required for **complete cure** can be longer. This is because their treatment will have two phases:

1. Tapering down the medicine dosage to zero.
2. Allowing the system to repair the impaired pancreas (beta cells).

Future requirement

In order to arrive at more accurate time estimates, co-operation of more volunteers are required.

Georgedappilly cannot harness his own body for the simple reason that *he is no more a diabetic*. Cooperation of diabetic persons who are on *tablets or insulin injection for a fairly long period* only will help arrive at better time estimates.

The long and emmer wheats

Long wheat

Long wheat is the trade name of a variety of wheat available in the Indian market. It is more than twice as costly as the common wheat (in India). A picture of the long wheat is given in the gallery below. It compares well with the Emmer wheat (<http://en.wikipedia.org/wiki/Emmer>) . A research scholar of Dept. of Botany, University of Kerala Campus, Kariavattom, Trivandrum clarified that the Botanical name of the *long wheat* is ***Triticum dicoccon***.



Name in different languages

Language	Region	Country	Species	genus	Source
English	India	India	Long	wheat	Traders
Malayalam	Keralam	India	Soochi	goothamb (script)	Thandamma Mathew
Malayalam	Keralam	India	Sooji	goothamb (verbal)	Thandamma Mathew
Tamil	Tamil Nadu	India	Samba	godhumai	SMAKKhan
Tamil	Tamil Nadu	India	Chamba	godhumai (alias)	SMAKKhan
Tamil	Nagercoil TN	India	Oosi	godhumai (alias)	SMAKKhan
Kannada	Karnataka	India	Java	godhi	P.Janardanan
Konkani	Goa	India	Suve	gov	U.Janardana Naik
Telugu	Andhra	India	Pedda	godhumalu	S.Ramakrishna
Marathi	Maharashtra	India	Khapli	gahu	Veena Dhekane
Assamese	Assam	India	Suji	gahum	Bhattacharya (Kzm)
Scientific	Botanical	Many countries	T.dicoccon	triticum	Internet

Emmer wheat with spikes (Source Wikipedia)



Cultivated emmer wheat (Source Wikipedia)

Emmer wheat

The Wikipedia says

- Emmer wheat (<http://en.wikipedia.org/wiki/Emmer>) belongs to Kingdom: Plantae, Order: Poales,

Family: Poaceae, Genus: Triticum, Species: T.dicoccum, Binomial Name: Triticum dicoccum schrank,
Synonyms: T.dicoccon, T.turgidum subsp.dicoccon

- Emmer is a hulled (husked) tetraploid wheat cultivated in mountainous areas. It is famous for making bread good in taste & texture standards. It has more fiber than common wheat.

Preparing the food supplement "suuji goothamb kanji" alias *long wheat mash*



Long wheat



Common wheat, long wheat & long wheat with husk compared



Preparation for cooking FOOD SUPPLEMENT. Add 75 gms (or required quantity) of long-wheat to 1/2 a ltr (or 6 times by volume) of pre-boiled water.



For efficient cooking, allow steam to expel air from the cooker before putting the pressure regulator weight in place.

(1:6 ratio by
volume).



Pressure
relieved. Time
to go on LOW
FIRE for
another half
an hour.



Food
supplement
ready



Kanji mash(ed)
to avoid
chewing

They (experts) say

Diabetes India Association

- Diabetes India Association (<http://www.diabetesindia.com/diabetes/itfdci.htm>) says "The 1997 WHO report has shown that there is a marked increase in the number of people affected with diabetes and this trend is scheduled to grow in **geometric proportions** in the next couple of decades".

YEAR	NO OF PEOPLE AFFECTED
------	-----------------------

	(in millions)
1995	124.7
2000	153.9
2025	299.1

- DIA President cautions against child diabetes explosion (<http://timesofindia.indiatimes.com/city/chennai/IDA-president-cautions-against-child-diabetes-explosion/articleshow/5194257.cms>) .
- 'The discovery of insulin was the greatest boon to the children with diabetes. To tell them the story of the discovery, a comic strip was printed in the early twenties. Here is the comic strip (http://www.diabetesindia.com/diabetes/children_diabetes.htm)

Some related issues

- Diabetes India Association (-> open house) (<http://www.diabetesindia.com/diabetes/test.htm>) in different articles talk about a few related issues.
- The DIA (<http://www.diabetesindia.com/diabetes/itfdci.htm>) says "the 1997 WHO report has shown that there is a marked increase in the number of people affected with diabetes and this trend is scheduled to grow in **geometric proportions** in the next couple of decades".
- The prevalence of Type 2 diabetes (non insulin dependent diabetes, NIDDM) is increasing all over the world. THE DIABETES BOMB.....READY TO EXPLODE (http://www.diabetesindia.com/diabetes/diabetes_bomb.htm) . In India the prevalence of diabetes has increased from 5.2% in 1983 to 8.2% in 1989 and 11.6% in 1995. With the rising trend in the prevalence of diabetes, it is estimated that by the year 2000 A.D. the number of diabetic persons in

India will be 33 million and the prevalence will be 14.7% in subjects aged 20 years or more. The World Health Organization (WHO) has recently acknowledged that India has the maximum number of diabetic patients in any given country in the year 1995 (19 million) and that this would increase to 57 million by the year 2025. India has thus become the "Diabetic Capital of the World".

- The epidemic of diabetes (http://www.diabetesindia.com/diabetes/educational/diabetes_abc_home.html) is so widespread that there would be scarcely be anyone who does not know someone with diabetes....

American Diabetes Association

- The Living with diabetes (<http://www.diabetes.org/living-with-diabetes/>) page of ADA says 'they provide information and resources to help every child and every family **adjust to life with diabetes**'
- More links are available -> there (<http://www.google.com/search?hl=en&source=hp&q=american+diabetes+association&aq=0&oq=American+d&aqi=g10>) .

Wikipedia

- 'Diabetes mellitus type 2 is a chronic, progressive disease that has no established cure... ...' says Wikipedia (http://en.wikipedia.org/wiki/Diabetes_mellitus_type_2#Treatment) .
- The words 'no definitive cure for Type 2 diabetes' can be seen here (http://en.wikipedia.org/wiki/Diabetes_Mellitus#Cures_for_type_2_diabetes) .

My Diabetes is still not back

35 weeks!

Today (Tue, March 9, 2010) I took the monthly blood sugar test (GOD-POD method). It shows FBS 80 mg% & PPBS 95mg%. **This marks the successful completion of consecutive 8 months of the victory of my Pancreas over Diabetes!**

Again **Praise The Lord!!**

But unfortunately even people with decades old diabetes, having progressive & degenerating experience finds disbelieving these results more comfortable.

One more month of no return: 39 weeks now!

The blood sugar test results of April 10, 2010 confirms that **my diabetes has not returned even after 39 weeks of normal diet containing starch & sugar**. FBS is 90 mg% and PPBS is 110 mg%. These values are well within limits. **My pancreas is still going strong**. File:DiabCureHistoryGraphEasyplot.ppt

Lab results from July 2006

Numerical representation

Date	FBS(mg/dl)	PPBS(mg/dl)	HbA1c(%)	Remarks
07.07.2006	118	197 Not tested
01.08.2006	120	155

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01.09.2006	100	130
12.09.2006	100	155
07.11.2006	121	166
02.01.2007	80	98
03.02.2007	83	96
29.05.2007	85	155
17.07.2007	105	100
15.10.2007	94	104
29.04.2008	100	165
08.07.2008	107	192
20.01.2009	108 ##	161 ##	6.3*	*24.01.2009
22.04.2009	115 ##	74 ##	6.1	..
09.07.2009	..	100#	..	#6 Sweets
25.07.2009	108 ##	74 ##	5.9	..
10.09.2009	85	100*	..	*GTT-1
14.09.2009	109	118\$..	\$GTT-2
21.12.2009	..	112
07.10.2009	97 ##	98 ##	6.1	..
27.01.2010	100 ##	105 ##	6.0	..
09.03.2010	80	95
				..

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10.04.2010	90	110	..	
28.04.2010	105 ##	131 ##	6.2	..
26.05.2010	80	100
03.07.2010	95	110
31.07.2010	107 ##	88 ##	6.2	..
27.08.2010	..	127
03.09.2010	80	140
09.10.2010	80	90
05.11.2010	90	100
07.12.2010	96 ##	94 ##	5.9	## Hexokinase method
17.02.2011	85
18.02.2011	..	130
		
		

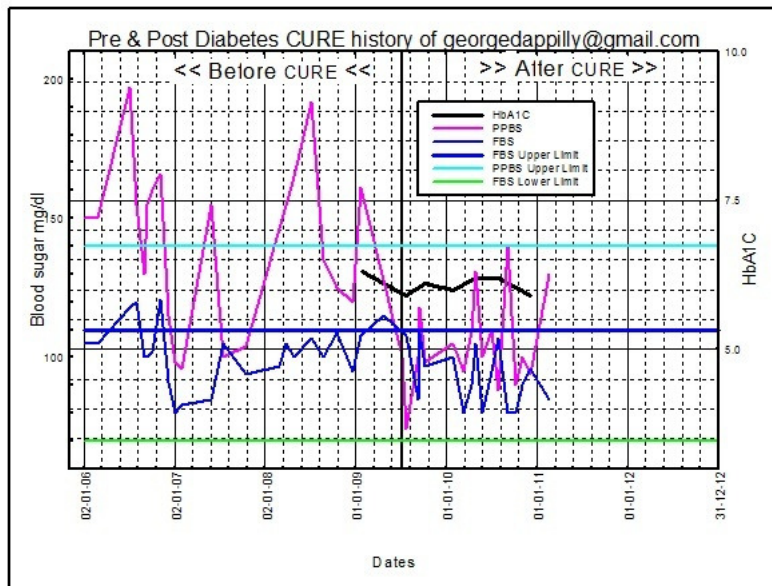
Graphical representation

File:DiabCureHistoryOfEMGTillFeb2011.doc

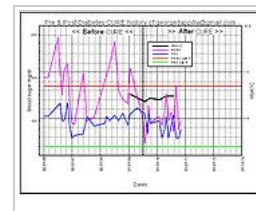
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Chriswaterguy's bot,
Appropedia
anonymous users
121.246.71.5 and
123.238.232.19 and
others.



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