

Diabetes - signs and symptoms, useful and dangerous products, folk remedies

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Abstract. Diabetes is a disease of the endocrine system, which is characterized by a lack of insulin (which is produced by the pancreas) and provokes the development of metabolism (especially carbohydrate metabolism).

Key words: Diabetes, description, causes, types and symptoms, complications, prevention, treatment, healthy products, folk remedies, dangerous products

Diabetes symptoms

increased levels of sugar in urine and blood, constant thirst and feeling of hunger, copious and frequent urination, general weakness, itchy skin.

Prerequisites for the development of diabetes

hereditary predisposition, obesity [1], viral infections (chicken pox, rubella, epidemic hepatitis [2], influenza [3]), nervous stress [4], age, long-term alcohol abuse.

Healthy foods for diabetes

The most common diet that can be used for diabetes (with low sugar levels) is diet No. 9:

- black bread (no more than 300 grams per day);
- soup with a small amount of vegetables in a weak fish, meat broth or vegetable broth (no more than twice a week);
- boiled or jellied meat (veal, beef, lean pork, poultry, rabbit);
- boiled or jellied low-fat fish (cod, pike perch, pike, carp, navaga) - no more than 150 grams per day;
- vegetables that contain carbohydrates [5], which are absorbed in the intestines more slowly than sugar (tomatoes [6], fresh cucumbers [7], cauliflower and white cabbage [8], zucchini [9], lettuce, eggplant [10], pumpkin [11], rutabaga, radishes [12], carrots [13], leafy greens) boiled, baked or raw;
- cereals, legumes and pasta (in small quantities, with a decrease in the amount of bread in the diet);
- eggs [14] and dishes made from them (2 eggs per day);

- sweet and sour and sour varieties of berries and fruits (Antonov apples [15], oranges [16], lemons [17], cranberries, red currants) raw, in compotes and jelly, no more than 200 grams per day;
- diabetic sweet products, specially prepared (exclusively with the permission of a doctor);
- dairy dishes and products: yogurt [18], kefir, (no more than two glasses per day), cottage cheese, cheesecakes, puddings, cottage cheese [19] (no more than 200 grams per day), sour cream, cheese, cream (in small quantities) ;
- mild spices and sauces with vinegar [20] based on vegetable broth (for example, tomato sauce, milk sauce, sauce with roots);
- weak coffee, berry and fruit juices, tomato juice [21], tea with milk;
- butter [22] and vegetable oil (up to 40 grams per day).

Sample one-day menu

Early breakfast : buckwheat porridge [23], meat pate, tea with milk.

Second breakfast : cottage cheese (no more than 100 grams), a glass of kefir, butter, bread, tea.

Lunch : vegetable soup, boiled potatoes with meat, apple.

Dinner : carrot crazy with cottage cheese, boiled fish with cabbage, herbal tea.

At night : a glass of kefir.

Traditional recipes for diabetes

1. Herbal decoction No. 1 (St. John's wort, blueberry leaves and stinging nettle [24] (25 g each): one tablespoon of the mixture per 300 milliliters of boiling water, boil for five minutes, leave for ten minutes, strain, take half a glass four times a day before meals.
2. Herbal decoction No. 2 (mulberry leaves (20 g), blackberry leaves [25] and stinging nettle leaves (15 g each), wild strawberry leaves (10 g)): one tbsp. spoon of the collection per 300 milliliters of boiling water, boil for five minutes, leave for half an hour, strain, take one third of a glass three times a day after meals.
3. Infusion of bay leaves (pour 10 leaves with half a liter of boiling water, leave for three hours, strain) take 100 milliliters three times a day.
4. Burdock juice [26] (1 tablespoon of juice per glass of water) take one third of a glass three times a day.

Dangerous and harmful foods for diabetes

If you have diabetes, you should not eat foods that are high in carbohydrates. These include the following products and dishes: chocolate, confectionery, candy, jam, baked goods, honey [27], ice cream, pork and lamb fat, spicy, hot, smoked, salty dishes and snacks, mustard, pepper, grapes [28], alcoholic beverages, raisins, bananas [29], figs.

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