**How to fight diabetes**

**Abstract.** In the leaflet you can find main principles of type II diabetes treatment with the help of alternative medicine. This approach helps to cure type II diabetes completely or forgo taking blood glucose lowering drug, or at least to reach significant improvement of patient`s condition and lower the dosage of such drugs. This method can be useful for type I diabetes treatment because it helps to lower insulin dosage without making a harm for patient`s health and out complications.

**Author’s note**

 Diabetes is an illness that became a scourge of this century. 3% of world`s population already has it, and taking in consideration undetectable forms, this number can reach in some countries as much as 6% and more. Among other diseases diabetes takes the 3-rd place in death rate after cardiovascular diseases and cancers. More than 50 million people in the world have diabetes. Every year the number of ill people increases for 5-10%.

The treatment method described in this leaflet is not a proprietary methodology. The author was ill with type II diabetes, but after having undergone the recommended method of cure, described in the leaflet, he had completely recovered. Documentary support of this statement you will find at the end of the leaflet. The author decided to describe this treatment in order to popularize it.

The author profoundly thanks a high level certificate physician - endocrinologist Mostovaya Natalya, who uses this methodology in her practice.

**What is diabetes**

Diabetes is a metabolic disease with carbohydrate metabolism disorder. One of the characteristics of this disease is systemic change of all vitals and their operant behaviour.

Diabetes was known even Before the Common Era. Famous doctor Aretais mentioned diabetes in his works. In 1889 Mehring and Minkowski caused animal diabetes by pancreas extirpating. In 1921 researchers Banting and Best managed to get insulin from pancreatic tissue and the medicine negated symptoms of disease of a dog ill with diabetes. In 1922 insulin was successfully used for treatment patients ill with diabetes. In 1960 the chemical structure of human insulin was determined, and in 1976 human insulin was synthesized from pig`s insulin.

Pancreas hormone insulin plays the main role in carbohydrate metabolism control. It is a protein, synthesized in islets of Langerhans β-cells (accumulation of endocrine cells in pancreatic tissue) and is aimed to stimulate cells to process glucose. Almost all tissues and organs of human body (for example liver, muscles, fatty tissue) are able to process glucose only along with insulin. These tissues and organs are called insulin-dependent. Other tissues and organs, brain for example, do not need insulin to process glucose and thus they are called achrestic diabetes (type II diabetes).

Unprocessed glucose is deposited in liver and muscles as glycogen polysaccharose that can further be transformed into glucose again. But to transform glucose into glycogen you also need insulin. In the normal condition blood glucose content fluctuates in close limits: 4,0—6,0 mmol/L in the morning after sleep and to 7,8 mmol/L two hours after meals. It happens because pancreas releases more insulin when blood glucose content is higher.

 When there is not enough insulin, glucose extensively accumulates in blood (hyperglycemia) and body cells (but achrestic ones) are deprived of the main energy source.

Diabetes occurs among people of different age, living in different climate and social conditions. There is type I and II diabetes. These are two different disease with the same ultimate result - insulinic inefficiency. Type I diabetes is insulin-dependent, mostly progresses in childhood and teenage years. In tender age the disease is proceeded more sthenic than at the age of 40 and older. Absolute insulinic inefficiency occurs with I type diabetes. The only way to compensate it is insulin.

 Type II diabetes is 4 times more often that type I, usually it is found among people after 40 and the ones with obesity problem. It is characterized with smooth and slow start. In this type of diabetes partial insulinic inefficiency exists when pancreas due to age-related changes in human body or with any other reason, releases not enough insulin, or this insulin is of a bad quality.

Type II diabetes is often diagnosed only after the development of complications or during side checkup. Type II diabetes can become an insulin dependent form of diabetes after the enduring illness.

The base for the diagnosis is glucose index in hemolymph. The increase of blood glucose content in fasted state more than 6,6 mmol/L is a sign of a developing diabetes. In the normal condition sugar in urine can not be detected, but with the sugar level more than 8,8-9,9 mmol/L nephritic medial cleft starts to intromit sugar in urine (saccharorrhea).