

# Homeopathy & Blood Sugar

A patient's blood sugar imbalance is particularly challenging for the homeopath because it tends to create so many different, systemically interrelated symptoms. Because of this, homeopathy is frequently used as a management tool to help prevent the progression of the condition.

Sugar imbalances can manifest in many ways:

- Blurred Vision
- Peripheral Neuropathy (tingling, numbness in extremities)
- Weight Change (gain or loss)
- Excess Thirst
- Polyuria (excessive urination)
- Fatigue or Weakness
- Slow Healing Wounds
- Irritability

There are more than 60 different homeopathic remedies for the various symptom pictures. The next column lists some of the more commonly used remedies for sugar imbalances.

## Blood Sugar

Glucose is the sugar the body uses as its primary fuel. Sugar is absorbed from the intestine directly into the bloodstream, resulting in a rise in blood glucose levels. In response, the pancreas releases the hormone insulin. Insulin then drives the sugar into the cells, where they provide the energy needed to run the cellular machinery. Imbalances in blood sugar can have serious consequences, including damage to the eyes and kidneys, unconsciousness/coma and even death.

**Diabetes Mellitus** is a condition wherein the pancreas produces too little insulin, or the cells of the body do not respond to insulin. Type-1 Diabetes (juvenile-onset, insulin-dependent, IDDM) is an autoimmune condition wherein the body destroys the cells in the pancreas that produce insulin; Type-2 Diabetes (non-insulin dependent, NIDDM) is characterized by a deficiency, inactivity and/or resistance to insulin; Gestational Diabetes Mellitus (GDM) is a transient Diabetes occurring for the first time during pregnancy.

**Metabolic Syndrome (Syndrome X)** is a set of symptoms including abdominal obesity, elevated blood pressure and triglycerides, low HDLs, high fasting blood sugar and resistance to insulin activity. These symptoms can signal serious disease, including CHD and Diabetes.

**"Disease is incurable only when the patient is dead."**

- J. Ellis Barker, 1930s Homeopath

**Hypogly Med** – 'Hypogly Med' is a combination remedy from Mediral that is meticulously formulated for the symptoms of low blood sugar (i.e. fatigue after eating, dizziness, headache, hunger & general weakness).

**DBT-Essence** – 'DBT-Essence' is another combination remedy particularly suited for a variety of blood sugar imbalances, especially good for controlling symptoms.

**Bryonia** – Dry lips and tongue, minor thirst & a persistent, bitter taste characterize this remedy for sugar disorders.

**Chromium Metallicum** – Balances blood and urine sugar levels, and assists with insulin absorption.

**Insulinum** – A homeopathic remedy made from insulin has often produced favorable results in keeping blood sugar balanced and the urine free of sugar. Once dose per day in the morning is usually adequate.

**Lacticum Acidum** – Maintains blood sugar levels, when accompanied by dry skin, thirst, nausea, copious amounts of pale urine and gastro-hepatic involvement.

**Phosphorus** – Useful for maintaining healthy blood sugar levels, particularly in individuals with lung or pancreatic disorders.

**Stomach/Pancreas** – A sarcodes of the organically malfunctioning pancreas may help to rebuild the insulin-producing beta cells. Sarcodes are slow working, often taking several months to produce noticeable improvement.

**Syzygium jambolanum** – General palliative for balancing blood sugar, works quickly when blood sugar levels spike. Dose every 6-8 hours, depending on severity.

**Uranium Nitrate** – One of the most universally useful in balancing blood sugar, particularly when accompanied by extreme appetite and thirst, high urinary sugar, weight loss and digestive problems.

*Do not discontinue medications except under direction of the prescribing physician.*

*The statements in this newsletter have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent disease. Seek professional help if a condition worsens or lasts more than 7 days.*