

## Integrative Healing of Patients with Diabetes Mellitus Type 1; a 12 Year Study

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### Abstract

All of a sudden an inner war occurs in one's immune system. Auto antibodies are formed and attack pancreatic beta cells that are responsible to secrete one of the most unique hormones, called Insulin. This fight occurs mainly in innocent children, being juvenile onset in almost all cases, thus the whole family gets shocked by facing a condition that forces the family to a plan and manage insulin injections, several times a day to handle the poor child's high blood sugar. Viruses mainly due to forced vaccinations as are responsible for triggering this autoimmune condition, so is genetic background and regarding the author's observations, parental quarreling in front of innocent kids, who do not know which parent to defend and which one to offend. In fact mental trauma occurs, and an unwanted deep immune disorder shows itself. Insulin production lowers to the lowest levels and acute hyperglycemia happens. Regarding type 1 diabetics statistics in 2019, 463 million people were diagnosed with diabetes mellitus. Considering Type 1 diabetes mellitus prevalence to be 9.5% and incidence being 15 per 100,000, about 43,985,000 people suffered from the condition in the world by the end of 2019. In Conventional Medicine, Cornerstone treatment of t1dm patients is insulin. However, insulin can lead to increased rate of cancer due to obesity in the patients in long term. However, potent and natural homeopathic remedies have shown to be efficient in regenerating damaged and dead beta cells by decreasing the patients' need to insulin and remarkable lowering microvascular complications. They have also cured patients with diabetic foot ulcers and retinal hemorrhage. Nineteen t1 patients underwent homeopathic healing process from 2009 to 2021, a 12 year observational study, done by the author. Sixteen out of 19 t1 patients i.e. 84.21% experienced reduced need to daily insulin, better numbers, better HGA1C and less hypoglycemic attacks after taking homeopathic remedies, reported by the parents who responsibly collaborated with the author.

**Keywords:** *Integrative Healing; Diabetes Mellitus Type 1; HGA1C*

### Introduction

Type 1 diabetes mellitus is basically a multifactorial metabolic disorder mainly an autoimmune condition, leading to beta cells self- destruction leading to remarkable decrease in insulin secretion, and severe hyperglycemia. Regarding its prevalence being 9.5% and its incidence that is 15 per 100,000 of all 463 million diabetics in 2019, i.e. 43,985,000 people suffered from the condition in the world by the end of 2019. JDRF research organization in the US and UK have been trying to find a cure for type 1 DM to change it to type none. The author has been trying to do a similar work with the least financial resources to heal his type 1 patients for more than a decade, since 2010, by applying homeopathic natural-

ly manufactured remedies in European, American and Asian companies, using precise and up to date homeopathic standards [1-7].

### Methodology

Fourteen patients were admitted at a clinic in Tehran and 5 other people being from Canada, Iran, India, USA and Turkey were seen online. They primarily were interviewed for at least 60 minutes, then their reliable rubrics or symptoms were repertorized or analyzed by Radar Homeopathic Diagnostic Software. Afterwards, the most similar and constitutional remedies were selected, prescribed and given to them. Follow-up is the next important step in Classical Homeopathic Medicine. Therefor their parents were edu-

cated how to handle the remedies along with their daily insulin by reporting the author, changes in FBS and BS numbers. Those who reported their kids' general health and numbers, every 3 days, experienced much better and faster results. Insulin was not discontinued, but the parents were educated how to reduce one unit of the night or morning, long acting insulin, for every 15 milligram of morning fasting blood sugar below 100 mg/dl. In the 1<sup>st</sup> patient, a girl named N.N. aged 13, being admitted in person at the author's private clinic in Tehran in 2009. Her need to long acting NPH insulin was reduced by 25% during the 1<sup>st</sup> year of taking constitutional homeopathic remedies; Nux-v, and Sulphur. She also experienced much less hypoglycemic spells after adding homeopathic remedies to her insulin. Her HGA1C that was 10 before starting the natural remedies, reduced to 8 in a year of taking the remedies. In a case being admitted and interviewed via Whatsapp, in the year 2019, Calc6x was selected as her most proper remedy. Her mother reported her numbers every 3 days, carefully. She experienced a prominent reduction in her need to Lantus. Twenty five units of her nightly injected long-acting Lantus insulin were reduced gradually in a 6 months period. She also experienced more inner calmness. She's still under my treatment procedure in June 2021.

## Results and Discussion

While insulin is the only effective and vital conventional medicine for diabetics, and it is hard to afford even in wealthiest countries like the USA, let alone poor countries, complementary and alternative methods are to be found and studied seriously. Thus, the author did a 12 year observational study by applying homeopathic remedies. They have shown paramount efficacy in reducing high blood sugar in 84.21%, i.e. 16 out of 19 t1 patients, and also reduced HGA1C by regenerating pancreatic beta cells. Besides, changing the patients' sad mood to happy mood and more inner calmness was observed. After adding homeopathic remedies the parents or the patients reported lower FBS and BS, and their needs to taking daily injections reduced prominently. Whenever, homeopathic remedies were cut by the parents or the patients, FBS and BS would rise and their needs to insulin increased prominently.

## Conclusion

In fact this method is an innovative way of helping type 1 diabetic patients, mentally and physically to facilitate familial relationships between parents and their diabetic kids. On the other hand it may lead to a complete cure to change type 1 to type none, in the

near future, the aim set by great research organizations such as JDRF. Thus, double blind, Randomized Clinical Trials are suggested to prove the remedies' efficacy and possibility of creating complete cure in the near future.

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