



## Competent Treatment a Diabetes of 1 Type at Children - Psychosomatic and an Infectious Disease. Part-2

**Dmitrieva Elena Germanovna\***

*Clinical Pharmacist, Charitable Pharmaceutical Clinic, Russia*

**\*Corresponding Author:** Dmitrieva Elena Germanovna, Clinical Pharmacist, Charitable Pharmaceutical Clinic, Russia.

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“We cannot solve a problem, using the same mentality which we have created them”.

A. Einstein

### Diabetes of I type

It is desirable to exclude all easy carbohydrates from a diet, and it is sugar, jam, honey, juice, chocolate, sweets, ice-cream, pies and cakes. Without carbohydrates the organism cannot exist, but without these carbohydrates some time can. They are necessary for excluding because they very sharply raise sugar level in blood, at them high so-called glycemc an index. And other carbohydrates, such as porridges, macaroni, bread to eat it is possible, but it will be necessary to calculate, how many to eat.

### How to consider carbohydrates in meal

All our meal consists of carbohydrates, fibers and fats, and also minerals, vitamins and so forth increase of level of sugar in blood directly is influenced by carbohydrates, in a smaller measure - fibers and fats as carbohydrates can already be formed of them in an organism. At the beginning it is necessary to consider quantity of carbohydrates in accepted food and according to this quantity to prick insulin.

For the standard was pure glucose is taken. This standard is called as GRAIN UNIT (XE). 1 XE it is equaled to 10 - 12 grams of glucose. Everyone should be defined with quantity of carbohydrates in XE. For me, for example, it is very convenient to take 10 gram. And then pays off, how many XE contains in the taken product and how many insulin it is necessary to prick. It is possible to do calculation XE in several ways:

1. To use tables
2. To expect it is independent

On the Internet of full approximate tables, where there is a list of products with the description of quantity of carbohydrates in 100 grams and-or with quantity of a product (in spoons, glasses, pieces and so forth) in XE. It would seem, the second is very convenient, but it very-very approximately. For example, there it is offered to measure macaroni in spoons, but same it is inconvenient, as macaroni can be the different form. And is spaghetti? To tell exact quantity of carbohydrates in a spoon of macaroni it is simply impossible, therefore a unique and best exit, is to buy culinary scales and to weigh. After all on each packing of products its structure in 100 grams is written.

How to calculate insulin on certain quantity XE? Many sources say, that on 1 XE 1 - 2 units of insulin are necessary. But it only rough doses, and for small children at all do not approach, happens, that this dose is a little bit less. Insulin doses steal up empirical by though the brought doses are given as rough. It is not necessary to forget about physical activities which are recommended each patient with a diabetes. Physical activities promote decrease in level of sugar in blood because muscles are capable to acquire glucose from blood without insulin.

They should be every day in identical rate. Reception of an additional portion of carbohydrates (it better) or an injection of a smaller dose of insulin is thus necessary.

### The diagnosis is established, if:

1. Prandial quantity of glucose in blood over 7,0 mmol/l
2. In time of check for tolerance to glucose the result of 11, mmol/l or is received more

3. At spontaneous measurement of sugar in blood portable glucometer's the result has appeared above 11,1 mmol/l
4. Indicators glycolyzed haemoglobin exceed 6.5%.

Symptoms of a diabetes of 1 type, their force and intensity assume corresponding treatment. As illness treatment means a diet, a mobile way of life and obligatory introduction of insulin in necessary quantity.

The diet at a diabetes of 1 type means refusal of «fast» carbohydrates: sugar and sweets, alcohol, farinaceous dishes and products with the high maintenance of starch. It can be no such rigid as at 2 form, but to observe it is necessary very strictly. The insulin dosage, the general state of health and dynamics of development of accompanying diseases depends on quantity of carbohydrates in the menu.

Important! At a diabetes of 1 type for treatment can be used and tablets. What include in structure only Metformin are recommended. From this series are recommended usually "Siofor" or "Glucofasch". However their role is insignificant. The much bigger effect is given by physical activities and a dietary food.

The diabetes of 1 type demands complex treatment, and sports play the important role. During physical exercises the susceptibility of cages to insulin increases, they acquire glucose more actively, and it helps to make doses of a hormone little bit less and to improve the general state of health.

To reveal a diabetes of 1 type at initial stages, but modern treatment has a little changed. It is necessary to change these standards of treatment. But the most important and first business is to define type of a diabetes of 1 type (now them 4). It is necessary to supervise constantly a condition of heart, kidneys, urinary ways, a liver, to watch sight level, to refuse bad habits, sometimes to measure glycemia's portable glucometer's.

The foodstuff recommended for restoration of beta cages.

The list of the natural substances stimulating restoration of beta cages.

A linen seed: Scientists have allocated from a linen seed active fraction which named *Linum usitatissimum*, active fraction (LU6).

These fractions have the following number of advantages in experimental model of animals with a diabetes of 1 type:

- 1) Improved use of glucose in a liver.
- 2) It is normalized glucogenic in a liver and a muscular fabric.
- 3) Decrease in activity of enzymes glucosidase's (pancreas and intestinal) which leads to decrease after sugar meal in blood.
- 4) Even more remarkable was supervision, that this linen connection normalizes the insulin maintenance in plasma and levels C-peptide's.

C - peptide is not C - jet fiber, it is a direct indicator of that, how many insulin is made by means of beta cages in an organism.

Increase of level S-peptide's is a sign of that work of beta-cages has been restored.

Fraction LU6 can be used in quality nutraceutical's in the first line of therapy for treatment of a diabetes of 1 type.

But it not the full list of the natural substances experimentally confirmed and capable to recycle a pancreas beta cage.

1. **Arginine:** This amino acid is capable to stimulate genesis of beta cages in animal model induced Alloxan's a diabetes.
2. **Avocado:** The extract of seeds of avocado reduces sugar in blood at diabetic rats. Researchers observed bracing and protective effect on cages of pancreatic islets in group which received an extract.
3. **Berberine:** Berberine is a connection contains in a barberry. Than thousand years have been used in China for treatment of a diabetes more.
4. **Mangold:** Has shown, that the extract Mangold's stimulates restoration of the damaged beta cages at diabetic rats, and a rat - animals, is maximum on a structure are similar to people.
5. **Corn silk:** They reduce sugar level in blood, and stimulates regeneration of beta cages at rats with a diabetes of 1 type.
6. **Curcumin:** It stimulates regeneration of beta cages at rats with a diabetes of 1 type. Besides, Curcumin keeps efficiency of a survival islet pancreas cages at transplantation.
7. **Genistein:** The substance containing in a soya and a clover. It induces proliferation beta-cages of a pancreas by activation of several alarm ways of insulin and prevents a diabetes at mice.

8. **Honey:** Research has in public shown, that long consumption of honey can have positive influence on metabolic frustration at a diabetes of 1 type, including possibility of regeneration of beta cages that proves to be true increase in levels C-peptide's.
9. **Black caraway seeds (*Nigella sativa*):** Researches on the animals who have shown are executed, that black caraway seeds lead to partial regeneration of beta cages. In other research it has been in public shown, that consumption of one gram of seeds of black caraway seeds in day within 12 weeks had a wide range of useful effects, including increasing function of beta cages.
10. **Stevia:** In research it has been in public shown, that Stevia possesses antidiabetic properties, including activates damaged beta - cages. Stevia it is effective the same as a preparation Glibenclamide, but without by-effects.

The diabetes of 1 type is treated, but not a magic tablet, and own food.

In conversation with the doctor - endocrinologist I have somehow told, that pancreas beta cages can be restored a food.

On what she has answered me, that they will collapse again. It is necessary to make so that B-cages did not collapse (the note of the author).

The American physicians named three reasons of occurrence autoimmune diseases at the person. Doctor Fazano has assumed, that if to liquidate at the person intestinal permeability it is possible to cure and autoimmune disease. For this reason it is necessary to accept pre - and Probiotics.

Important! Treatment - Vitamin A can preventive and a children's cancer. It is possible to kill at once 2 hares (a diabetes of 1 type and a children's cancer) as retinoid receptors are available at disease.

To avoid vaccination (any vaccines) - from vaccines it is possible to be ill many times, that aggravates a diabetes of 1 type at children. Besides, one child cannot be ill, and to be a virus carrier, and others from it will catch. It is high risk of development of a diabetes of 1 type.

#### They already treat a diabetes of 1 type in some stages

1. It is necessary to cure "intestines full of holes" a food, and for this purpose to clean triggers, it's causing.
2. To restore work of beta-cages of a pancreas.

3. As some foodstuff can be triggers autoimmune the process destroying beta cages the food control is very important from the patient.
4. The doctor not always can give the recommendations, what products should be excluded from a food to such patients.

#### But the matter is that there are products, which:

- 1) Should exclude all patients a diabetes,
- 2) There are products which cause in one autoimmune the answer, and at other children and people - are not present.

At treatment of such patients of the general textbook of methodic on a food is not present. The patient should participate in treatment process actively itself. It to you not tablets to accept 3 times a day after (or to meal). But anything impossible is not present.

"Your health depends only on you!" Children should be helped by parents.

**Insulin a pomp:** The tiny device providing round-the-clock hypodermic receipt of insulin. Modern a pomp are supplied by the special gauge which is sewed under a stomach skin, measures glucose level in blood and transfers to the computer. The computer counts an insulin dose, and transfers a signal to a pomp which sends a medicine in blood.

**Diabenot capsules from a diabetes:** An effective remedy. Diabenot has won first place in Europe among means at a diabetes.

**Fobrinol:** Reduces sugar level in blood, stabilizes pancreas work, reduces weight of a body and normalizes pressure.

**Globitex:** A blueberry extract - real history of struggle against a diabetes.

#### Diet (continuation).

1. A string bean (5 - 7 pieces) to fill in 100 ml of water of a room temperature for the night. On an empty stomach to eat the bulked up string bean and to drink a liquid. The breakfast is better for postponing for an hour.
2. To make the infusion including 0.2 l of water and 100 gram of grains of oats. To use three times a day I dose out on 0.5 glasses.

3. To fill a thermos for the night with connection of 1 glass of water (boiled water) and 1 item of l of a wormwood. To filter in the morning and in a current of fifteen days to drink on 1/3 glasses.
4. Some average segments of garlic to crush before formation gruel, to fill in with water (0.5 litres) and in a warm place to insist half an hour. At a diabetes to drink as tea all the day long.
5. Within 7 minutes to cook 30 gram of the ivy which has been filled in of 0.5 l of water, to insist within several hours, to filter. Reception rules: to drink before the basic food intakes.
6. To collect partitions of forty walnuts, to add 0.2 l of pure water and to weary hour on a water bath. Tincture to filter and drink before food intake on a teaspoon.

#### To cure a diabetes without insulin Herbal medicine helps

1. Broth of lime colour is capable to lower sugar almost in 2 times. With boiled water litre fill in a grass, insist and drink instead of tea. To store in a cold, to drink on a half-glass for 1 reception. To prepare 3 portions, to spend on drink, then to repeat a course after a three-week break.
2. To fill in with litre of boiled water 2 table spoons of dry young leaves of a nut. To cook a quarter of hour on small fire. To insist half an hour. To accept on 100 grams three times a day.
3. The peel of lemons normalizes glucose. In a thermos to combine crusts of two fruit, to fill in 2-mja with glasses of hot water. To insist 2 hours. To drink on a half-glass 2 times a day.
4. Amur luminary - represents a version of a moss and it grows only on the "selected" trees. Possesses anti-inflammatory, immunostimulating and recycling action. Favorably affects work of a pancreas and strengthens production insulin.

The given moss sates an organism with vitamins and minerals, improves digestion and promotes full mastering of food. Also this plant possesses ability to reduce acidity level in a stomach, interfering with development of many diseases.

From Amur luminary medical tincture prepares. Independently to prepare it is not recommended, as this plant demands special processing. Is better to get already ready tincture in a drugstore as there is it not too expensively.

Way of reception of tincture idle time. Both adults and children are recommended to accept it in number of 20 drops before meal. The daily dosage for adults makes 60

- drops, for children- 20 - 40 drops. Course of treatment makes 3 months then it is necessary to make a break.
5. The medical mix - to provide the control over sugar level in blood and to improve the general condition of a diabetes the special mix which prepares from roots of parsley, garlic and lemon allows.
6. The medical infusion prepared at once from several components: a field horsetail; cowberry leaves; corn stick; bean pods.
7. Burdock roots: Of them squeeze out juice, which in number of 1 part L. Plant in a glass of water and drink before meal. Spend such manipulations no more than 3 times a day. It is important! Before to squeeze out from roots of a burdock juice, they need to be washed up well under flowing water from a dirt and soil, to dry and crush. Without application insulin preparations it is a lot of methods of treatment of a diabetes. But it is necessary to understand, what not in all cases it is possible to do without these medicines, especially at the started stages of the diabetes, therefore all different ways of treatment of a diabetes should be applied only after consultation of the expert.
8. In treatment of a diabetes of 1 and 2 types also well was recommended by acorns. In nonconventional medicine they are appreciated by the high maintenance of tannin - slows down inflammatory processes in an organism. To collect acorns it is recommended in wood which are far from areas where the industrial enterprises settle down. To do it follows in the autumn in dry weather. For diabetes treatment the core of acorns is used only. It is dried up in a wind case and crushed to powdery conditions (to make it is possible by means of a blender or a coffee grinder). Acorns allow to normalize sugar in blood of all for 2 - 3 weeks. The received powder store in a dry place. Accept it in the pure state in number of 1 part L. Before the food use, washing down with its glass of the cleared water. Quantity reception - no more than 3 times a day.
9. Vegetable juice which prepares from following components: a siliculose string bean, carrots, leaves of salad, Brussels sprouts. For juice preparation these components undertake in equal quantities. They need to be washed out carefully under flowing water and to pass through a juice extractor. If it is not present to prepare juice it is possible so: vegetables to pass through a meat grinder, and after hands to squeeze out from them juice. After that in it is necessary to add baking soda (on 1 l of juice 1 part L. Soda). The way of reception of such drink is simple. He should be drunk before each basic food intake in number of glass l, but no more than 3 times a day. Duration of treatment makes one month then it is necessary to make a break at least in 2 - 3 weeks.

Last year's there were proofs of efficiency of application in therapy of early stages of disease Inhibitors peroxide oxidations lipids, in particular  $\alpha$ -tocopherol.

Positive influence of this antioxidant on a condition of a cellular membrane is revealed. Considering the low maintenance of tocopherol in  $\beta$ -cages also can be thereof special susceptibility of the given cages to destroying action of various factors, and also  $\alpha$ -tocopherol at early stages of a diabetes of I type it is possible to consider absence of obvious by-effects, appointment justified.

There is a unique message on clinical test of a preparation Linamid at a diabetes for the person. Linamid carry to a class Immunomodulators which can influence pathogenetic process at a diabetes of 1 type. One of them - reduction production FNO -  $\alpha$ , other effect-stimulation of natural killers. Suppresses disintegration peripheral T-lymphocytes reply to antigen stimulation. Earlier the protective effect of this preparation has been established at other experimental models autoimmune diseases. The effect Linamid's on insulin demand and function  $\beta$ -cages was studied at demonstration of a diabetes of 1 type at patients at the age of 10 - 20 years. Research was spent on the volunteers receiving the given preparation in a dose of 2, 5 mg in complex therapy of a diabetes, including insulin and a diet. In 9 and 12 months, in the group receiving Linamid, level glycohemoglobin has decreased on 10 - 15%. In the same group the insulin dose also was more low on 32 - 40%. The basic by-effects: transistor an anaemia, a thrombocytopenia and small pains in joints without clinical signs. Low doses Linamid's reduce requirement for insulin at patients with for the first time revealed diabetes of 1 type, improve function  $\beta$ -cages at the patients having defined remained secretion of insulin. These results are considered, how preliminary as at the big number of patients full destruction  $\beta$ -cages was marked. Because of by-effects, the preparation cannot be used, especially at children while its safety will not be confirmed. Clinical tests Linamid's as preventive therapy of a diabetes of 1 type were not spent (the note of the author).

#### **Contra-indications for patients with the diabetes of 1 type (insulin-dependent)**

Not to use planes for travel. Dispensers insulin can fail in the plane.

As has shown recent research, change of atmospheric pressure in plane salon can lead to receipt of too big or too small quantity of insulin through wearable dispensers.

Doses sensitive to little changes patients a diabetes can be exposed to risk at travel by air. However, according to a foreign source, it concerns only some passengers with diabetes 1 type.

At patients with a diabetes of 1 type in an hour after launch sharply is reduced glucose level in blood (Bruce King, 2011).

During launch when atmospheric pressure goes down, dispensers gave out surplus of insulin - on the average from 1 to 1, 4 units. (To the adult patient with a diabetes of 1 type it is necessary about 50 units of insulin a day.) at planting, on the contrary, pressure increase led to reduction of a dose of insulin - the truth, less than on 1 unit.

Children and the adults receiving small doses of insulin can be sensitive to such changes (Robert Cohen, 2011). But all patients should know about possibility of fluctuations of receipt of insulin at launch and planting.

Recommend to passengers to consult before flight with the attending physician, always to have at itself a stock of glucose and often to check its level in blood.

In turn authors of research suggest diabetics to disconnect dispensers right after launch and planting and to check, whether air vials were formed in it. It is necessary to disconnect dispenser at sharp changes of pressure in salon which can arise at non-staff situations in flight.

Similar problems can arise and out of flight in the plane, for example, at downhill skiing or at small children - at lifting and descent in the skyscraper lift.

I do not advise to diabetics with dispensers, to jump with a parachute!

#### **Primary preventive maintenance:**

1. Salt solutions - 0,9% intravenously - reduce insulin doses;
2. The use of bitters (mustard, a horse-radish, onions), - bitter, sour and salty taste - neutralizers sweet;
3. Zinc - kvass on zinc-containing plants (a pear, a mulberry, apples, a bird cherry, a bilberry);
4. Chromium - bean, a cherry, plum, a buckwheat, a green peas, a potato, milk, corn, an onions;
5. Calcium, manganese, magnesium, calcium, copper;
6. kvass on plants, instead of infusions are cures;

7. Essential amino acids;
8. Can to starve 1 - 2 times a week, but to prick insulin it is not necessary.

Attention! Medicinal grasses very strongly concentrate substances, useful substances which in such high concentration anywhere you will not meet there contain. As any underground plant "Peters a cross" contains a chrome large quantity. Chrome allows to spend glucose to cages, even without insulin action. The plant cures.

Parsley, it perhaps the most popular grass (not considering fenel), added in salads, in soups, in borsches. Parsley has expressive enough taste, the sated green colour.

Thanks to the huge maintenance of various vitamins, parsley is capable to strengthen an organism and to give to the person of force. So in parsley (both in leaves and in a root) calcium and magnesium salts, potassium with iron and fluorine contains Glycosides and Phytoncides. Under the vitamin C maintenance, fresh parsley advances even citrus and directly lemon. So in a fresh lemon the vitamin C maintenance four times is less, than contains vitamin C in fresh young parsley.

In parsley is available as the high maintenance of essence which in turn contains vitamins K, PP, B1, B2, apiol and ascorbic acid. Curiously also that in hundred grams of a carrot contains as much carotene, how many and in hundred grams of fresh parsley.

The parsley greens are recommended to be used to patients with a diabetes. In this grass such substance as Inulin (substitute of vegetative insulin) contains, it is capable, in what that to a measure to replace insulin. Parsley deduces salts from an organism, this excellent diuretic and the means deducing heavy metals from an organism.

This grass also possesses bactericidal action, removes spasms and satisfies a pain. Juice red-haired girls deduce from parsley to themselves freckles on the person. And lithium a part of microcells, calms from overexcitation. From stings of mosquitoes parsley juice helps.

From seeds broths which treat a bladder prepare, treats infringements means (violation menstruations function's). Leaves fresh can be put to morning, they will anaesthetize, and to represent itself as antiseptics and means from stings of mosquitoes. In

the people there is such opinion, that it is useful to eat parsley to men for a potentiality. And this grass gives to women a youth and beauty of a skin.

Attention! Patients a diabetes of 1 type and normal level of arterial pressure on outpatient reception hours often have a masked hypertension, and it is shown more often at night (a night hypertension). At patients with pressure increase at night above prevalence diabetic retinopathies.

### Secondary preventive maintenance

1. Insulin w/m (the doctor - endocrinologist and the Clinical Pharmacist appoints individually).

The most effective scheme - 3-fold injections of insulins - insulin of short action + insulin of the prolonged action (in the morning before a breakfast), at 18 - 19 o'clock - insulin of short action), and for the night - at 22 - 23 o'clock - insulin of the prolonged action).

2. Capsules insulin (in a scientific stage of working out are), reception to meal, are dissolved in thin intestines.

3. Decoct flax seeds if to accept it is long it is possible to lower the dose of insulin appointed the doctor. It is obligatory to co-ordinate with the attending physician! To prepare so: 2 items of a spoon of a seed of flax to erase in a flour, to fill in 0, 5 l of boiled water in the enameled pan, to boil 5 minutes. A cover do not remove, seize. The peel will settle on a bottom.

To drink daily, broth to do every day fresh. Broth needs to be drunk in a warm kind for 20 - 30 minutes till a breakfast, it is possible directly with a peel. And instead of water and tea to drink chicory broth (2 items of l). On a water glass to sustain 15 minutes on a water bath, to cool, filter, and to add boiled water to initial volume). On 3 receptions in day it is enough chicory glass!

4. Scientists are ready to patent new «the medicinal form» insulin - insulin a cud.

The people, suffering a diabetes, receive for today insulin by means of injections that leads to weight of

inconveniences. For this reason scientists from the different countries tried to create more convenient form of reception of insulin. The inhalation form of insulin approved in the USA in 2006, later has been removed from sale because of too high cost. And at attempt of creation of the form of a medicine in tablets, scientists have faced a number of difficulties: insulin easily collapsed enzymes of digestive system and was badly soaked up in a blood-groove.

Creating the edible form of insulin, experts have involved the unique mechanism of transport of vitamin B12 in a human body. This vitamin contacts fiber haptocorrin, which are secreted cages of salivary glands. In such kind the complex is protected from destruction in a stomach excited environment. In a thin gut vitamin B12 separates from haptocorrin and is attached to other fiber - to internal factor Kastle's that allows vitamin to be soaked up easily from intestines in a blood-groove. Experts used the same principle for delivery in an insulin organism.

Researchers have made experiment on rats in which animals received a complex of insulin with vitamin B12 in the liquid form, however people the best way of introduction of a medicine will have use of a chewing elastic band. In the course of chewing the considerable quantity of a saliva which contains necessary for linkage of a medicine quantity haptocorrin is allocated.

5. Oxygen therapy (oxygen pillows, oxygen cocktails, amateur sports, walks in wood, in park, oxygenated products and grasses).
6. Insulin analogue of the prolonged action - Levemir/FlexPen (insulin Detemir) - action 24 hours.

Attention to the doctor and the pharmacist! Who accepts vitamin E and pricks insulin it is necessary to reduce a usual dose of insulin! Also it is important, that the patients sitting on insulin, starting to accept vitamin E, increased its doses gradually!

### The body smell can tell much about the state of health

Smell acetone or a smell of stale fruit - a sign ketoacidosis. (Develops as dangerous complication of a diabetes of 1 type! Against high sugar of blood)! Urgent medical aid is necessary.

### Symptoms ketoacidosis

1. Dryness in a mouth
2. Polyuria

3. Strong thirst
4. Nausea
5. Asthenia
6. Typical the sweetish smell reminding begun to rot fruit.

Attention to the doctor and the pharmacist! The same smell appears at those who sits on a hungry diet, easier, starves!

### Help measures

**Insulin overdose:** Insulin overdose threatens the patient hypoglycemia's, - dangerous decrease in sugar in blood, and it can end hypoglycemic with a coma.

For sick the immutable rule exists a diabetes: after insulin introduction it is necessary to eat, that is to receive a necessary portion of carbohydrates. It is necessary for preservation of balance of glucose in blood and fabrics. The Hypoglycemic coma is much more dangerous hypoglycemia's the rapidity. From occurrence of harbingers to death there can pass all some hours. And glucose quickly passes from a blood channel in a fabric. But with itself glucose takes a water considerable quantity. If at hypoglycemic to a clod the organism is dehydrated and first of all a brain at hypoglycemic to a clod a liquid with glucose with force are torn in cages that causes a hypostasis of fabrics. And the first the brain will suffer.

With each last hour the clinic of a hypostasis of a brain will accrue. At first the patient will have a strong headache, dizziness, it will begin throwing up, then vomiting will begin. In behaviour too there are changes. Speech of the patient becomes muffled, language at it is braided, broken coordination of movements. It becomes that unfairly joyful, raised suddenly this euphoria is replaced by irritability and aggression.

Not each person, having met such person in the street or in the underground, will understand, that before it the sick person who besides requires the help. If still this person with the red sweaty person starts to make faces and writhe in spasms such condition without rendering assistance in some minutes will end with a coma.

Unfortunately, the people, suffering a diabetes, perish that their harbingers mask under intoxication. More often them instead of hospital carry in police branch, and lost consciousness accept for drunk or vagabonds.

People with harbingers hypoglycemic a coma realize, that the help is necessary to them, and they ask about it. But not any person will want to approach and hear this request. Who will want to speak

with any drunkard, besides aggressive. And after all through abuse it is possible to hear: "the Diabetes, insulin, a coma". The harbinger hypoglycemic a coma can carry a mask of the violent alcoholic.

But can be and other mask - foolishness without aggression. The patient is disturbed by violent movements of face muscles and finiteness's. From the party it looks comically. The person winks, slaps hands together or on knees, involuntarily moves hands and feet. His face is deformed by a laughter or crying grimace. But to all this "fun" it is released from force half an hour. And then a coma and "light in the end of the tunnel".

Important! It is necessary to notice, that the similar behaviour causes in diabetics only hypoglycemia. If to help the patient under a mask it is possible to find out very lovely and intelligent person. And while the person in consciousness to render the help very simply. It is necessary to offer the patient a sweet, it is desirable caramel with a fruit stuffing. But, if there is no caramel all will approach - chocolate, a sugar, a white loaf piece, sweet tea. The main thing to understand, that it is a mask and to hear through abuse the request for the help. In clothes pockets it is necessary to leave notes that it is necessary to do if to the person it becomes bad!

But, what to do, if the person has lost consciousness? First, to lay the person sideways and to clear its respiratory ways of slime, then to cause "fast", the patient will come in consciousness after the help of ambulance surgeons, and only then to begin unsolder sick of a syrup with a spoon.

In such circumstances it is good to organise the whole command of assistants. Someone causes "fast", someone searches for a syrup, and someone helps you.

Attention! Abroad such patients hold at themselves packing with Glucagon's. And at hypoglycemic to a clod - to prick it is possible Glucagon.

Attention! In research of the Brazilian scientists heterogeneity diabetic neuropathies' is shown at a diabetes 1 and 2 types which can be caused distinctions of a current of these two types of a diabetes.

For an estimation of the characteristic diabetic neuropathies' at patients with diabetes 1 type and diabetes 2 types are carried out research with participation of patients with a diabetes 2 types and with a diabetes of 1 type. It has appeared, that patients with

a diabetes of 1 type with diabetic neuropathies' were essentially more youngly, had smaller weight of a body and the big duration of illness. Diabetic neuropathies' at patients with a diabetes of 1 type met more often, than at a diabetes 2 types (60 and 32,4%). In both groups of patients, level glycosylated haemoglobin associated with probability of presence diabetic retinopathies'.

Attention! Women-Spaniards and Pacific Asians with history gestational a diabetes have the raised risk of relapses at the subsequent pregnancy.

The use of red meat in pregnancy raises probability of development gestational a diabetes.

At some women during pregnancy the diabetes develops. Researchers have studied data about pregnancies, 1/3 from which diagnosed gestational a diabetes. It has appeared, that the pregnant women preferring vegetative sources of fiber (fish, nuts, dairy products), faced a diabetes less often. At the same time, the diet rich with animal protein (first of all red meat), raised this risk.

#### Diagnosics gestational a diabetes

It is spent to all pregnant women in term of 24 - 28 weeks on oral glucose tolerance the test (OGTT) - with 75 grams of glucose on an empty stomach in the morning.

The ready factory solution in small bottles from dark glass is used.

#### Recalculation

$$1 \text{ mg/dl} = 0.05556 \text{ mmol/l}$$

$$1 \text{ mmol/l} = 18 \text{ mg/dl}$$

#### Results are estimated only on venous plasma!!!

On an empty stomach - 92 mg/dl (5.1 mmol/l),

In 1 hour - 180 mg/dl (10 mmol/l),

In 2 hours - 153 mg/dl (8.5 mmol/l).

Vitamin A can keep insulin level in norm! Vitamin A can be appointed to children!

Pancreas alpha cages are capable to incur function insulin-producing of cages.

Pedro L Herrera (2010) has proved, that the cages of a pancreas which are not participating in synthesis of insulin, are capable to incur in case of shortage insulin-producing of cages this function.



Researchers managed to receive the beta-cages of a pancreas which are responsible for synthesis of insulin in an organism, from the alpha cages synthesizing a hormone glucagon (glucagon - the antagonist of insulin, is responsible for increase of level of glucose in blood).

At adult organisms as one of starting mechanisms of differentiation of cages in insulin-producing sharp reduction of quantity of existing beta cages of a pancreas acts. At destruction less than 95% of beta cages scientists have not found out proofs of restoration of beta cages of a pancreas.

Further it is necessary to find out the molecular mechanism of regeneration of beta cages.

Walks reduce risk of a diabetes.

Attention! The constant use of garlic with chickpea (the Asian peas-nut), treats a secondary diabetes and reduces in a primary diabetes of a dose of used insulin!

The special mix will help to protect from a children's diabetes.

The Finnish researchers have found out a number of certificates in favour of that, having cleaned from a diet of chest children with hereditary predisposition to a diabetes of 1 type - the cow milk, it is possible to protect them from disease development.

It is supposed, that the diabetes of 1 type arises, when the immune system of an organism wrongly attacks the cages of a pancreas developing insulin.

Children receiving mixes only when chest milk participated in the present research was inaccessible. Approximately half from them received instead of a usual mix on the cow milk a special mix, in which fibers of milk have been hydrolyzed to particles of such size, that they did not cause activation of immune system.

The preliminary analysis of results has shown, that at children receiving the hydrolyzed mix, probability of occurrence of antibodies at children receiving a mix on the cow milk, this probability was more almost twice.

Research is insufficiently great to recommend to refuse the cow milk in children's mixes. In the group receiving a mix on the cow milk, the diabetes of 1 type has developed at 8% of children, and in the group receiving the hydrolyzed mix, - at 6%. Such difference is not statistically significant (Dr. Mikael Knip, 2010). All children in

the present, and also in larger research going now, have hereditary predisposition to a diabetes of 1 type (one or both parents suffer a diabetes of 1 type). Children in the present research observed within 10 years.

Attention! To starve for growing thin it is impossible, as cages of a liver with formation fatty infiltration a liver (fatty hepatitis), which further stage - a cirrhosis collapse!

The combination of two various medicines can help a sick diabetes of 1 type at least partially to return ability to develop own insulin.

Micael Challer (2014) children's endocrinologist, has compared the approach in diabetes treatment 1-got type to game in policemen and criminals. He searches for the problem immune cages, standing up for inability of the patient to develop insulin, destroys them by means of a medicine under the name thymoglobulin, developed for transplantations. Then means Neulasta developed for improvement of quality of a life sick some forms of a cancer is applied to stimulate production of new immune cages.

By the end of year at patients after the combined treatment ability to develop own insulin has raised. It shows success thymoglobulin in destruction of "bad" immune cages and success Neulasta in stimulation of new, healthy immune cages. Ability to develop insulin shows increase in quantity of beta cages of the pancreas responsible for development of insulin.

At the resistant form of a diabetes of 1 type I recommend - Attention! Important! Not to increase a dose of preparations, and having reduced them, having divided on a part (in the morning and for the night). So blood sugar often comes to norm!

Many of these people are compelled to suffer daily pricks of insulin for regulation of level of a hormone. But scientists assert, that they have found a way of creation insulin tablets.

Scientists in India assert, that insulin tablets can eliminate the factor of daily stress from insulin pricks, and also guarantee, that patients who feel fear before pricks, will accept medicines when it is required. Working out insulin tablets was a challenge as digestive enzymes destroy insulin before it starts to operate, besides, insulin is more hard soaked up by intestines so, gets to blood more slowly.

Insulin has been packed into fatty capsules - the liposomes created from this of a material, as cellular membranes. Then on a

surface of liposomes have put polyelectrolytes, protecting insulin from digestive enzymes. And for faster receipt of insulin in blood to capsules folic acid - vitamin B9 has been attached. Further the product has been tested on rats with a diabetes, and after results have compared to the answer of an organism on standard insulin an injection.

The invention insulin tablets became valuable opening in the given area.

To lower blood sugar - it is necessary insulin - an insulin substitute. Inulin contains in garlic, a dandelion, chicory and Echinacea, the burdock, Oman high, Elecampane. Our valuable dietary product helps an organism suffering from a diabetes, it is better to acquire saving insulin, regulates an exchange lipids, reduces cholesterol level. It appears, it also is perfectly combined with various juice of berries and vegetables - sea-buckthorn berries, a guelderrose, Aronia, blackberries, cranberries, raspberries, a black currant, parsley, a celery, a beet. Is on friendly terms with a ginseng, *Eleutherococcus*, Chinese schisandra a linden, a calendula, mint peppery and others.

Here some recommendations for practical application:

1. Sea-buckthorn berries juice.
2. Juice of a black currant - reduces sugar level in blood, possesses anti-inflammatory, antisclerostin action, strengthens capillaries.
3. Beet juice - strengthens capillaries, reduces a blood pressure, speeds up liver work.
4. Juice with a ginseng and Chinese schisandra - raises protective forces of an organism, strengthens a metabolism, restores forces and working capacity, promotes life prolongation.

Important! It is experimentally established, that sugar in blood (in urine as consequence) sharply decrease at hunger; a cold (douche by cold water), work and at consumption of acid-zinc enzymes.

Vegetative products give much more sugars, than animal products.

It is necessary to distinguish two kinds of sugars accurately:

- Vegetative sugar, Glycosides;
- Animals of sugar, glycogens.

The first kind of sugars is formed at the use of vegetative food (apples, grapes, pears, a cherry, plum). The second kind is formed from food of an animal origin. An example of such sugar is honey

or intercellular glycogen. Glucotests give identical reaction to both kinds of sugars. However sugar of an animal origin is not dangerous to an organism, and it to destroy is not present need, therefore, if fruit at a diabetes is limited, honey, on the contrary, it is necessary to enter into an organism gradually.

### Diabetes treatment begins with restoration of a gastroenteric path

Then pass to realization of procedures of shift on a pancreas. For this purpose at o'clock when sugar in urine much, it is necessary to organize.

Contrast baths, body heating, its cooling and again heating. It is noticed, that bathing in cold water sharply reduces quantity of sugar in blood. As a rule, at all bathers (walrus, divers) it is observed hypoglycemia (the lowered level of sugar in blood), therefore organism cooling in cold pool with the subsequent warming up releases it from sugars to such degree, that practically it is not required to enter insulin into an organism. After such procedures it is necessary to measure the sugar maintenance in urine and to establish its average size, procedures of decrease in sugar by means of saunas, baths are especially effective. In them it is necessary to be warmed up in the beginning, then for 10 - 15 seconds to plunge into cold pool, and then again to heat up etc. During rest it is necessary to drink the sweetish acidified tea made on a wormwood or on pods of a string bean, it is possible to eat gradually fruit so that after a sauna the quantity of sugar in urine would not exceed 1 - 2%.

Sugar can be lowered and by means of physical work. For this purpose in 30-35 minutes after meal it is necessary to make any work to average weariness of muscles.

Sugar in blood can be dumped usual starvation or the food use approximately ten times less, than usually.

Except shift procedures it is necessary to enter enzymes which stimulate pancreas work into an organism. Such enzymes receive on the basis of plants bitterling.

Thus prepare two liquid substances: bitter tea and enzyme on bitterness.

Tea plants from calculation prepare usually by heating of water to 70 - 80°C (to boil water it is impossible) and additions in it 1 item a spoon on 2 glasses of water. All insist within 1 - 2 hours per

a thermos. Drink on 1 glass in 30 minutes after meal. Duration of a course is defined by the analysis on quantity of sugar in urine. Enzymes prepare and drink by the general technique: 3 litres of water, 1 part. The spoon of sour cream, a half-glass of the plant turned in a gauze sack with weight that there was no contact to air, insist within 2 weeks. As plants for enzymes are used: a nutmeg, string bean pods, a Sophora Japanese, chicory, celandine, jastrebinka Euphorbiaceae, a sow-thistle field, Gorchak, mullein, euonymus. 1 - 2 plants get out Of this list, enzymes from which prepare and drunk separately - 2 weeks one, 2 weeks another.

For diabetes treatment it is possible to prepare kvass also from a bilberry, Kalgan, Eyebright, a gold root, *Eleutherococcus*, Schisandra, Aralia Manchurian, a ginseng. Good results are given by the kvass prepared from genetically restoring plants, such, as: an arnica, rejuvenate, the hare cabbage, sea kale, a burdock, a lily, and also kvass from zinc containing (a pear, a mulberry, apples, a bird cherry, a bilberry).

Complications of a diabetes of 1 type are expressed in various kinds a clod and acetonemic a crisis. Differential diagnostics and competent treatment is necessary.

## Conclusions

Smell acetone or a smell of stale fruit - a sign ketoacidosis. (Develops as dangerous complication of a diabetes of 1 type! Against high sugar of blood)! Urgent medical aid is necessary.

1. In the book competent treatment of a diabetes of 1 type at children and teenagers by new effective methods of treatment (to 98% of efficiency) is shown.
2. It is necessary to include new methods of diagnostics in standards of a diabetes of 1 type (look under the text).
3. It is necessary to do an emphasis on a diet (milk fishes and others) and herbal medicine for normalization of metabolic infringements of glucose of blood (look under the text).
4. Measures of the help for decrease in complications - application Immunomodulators - Derinat though, application Derinat' s is possible at any age - as at kids about one year (for example, in 10 months), and at schoolboys or teenagers. Thus to children the medicine is more younger 3 years write out only in the form of drops as to use such means at early age more conveniently. A spray appoint to children is more senior, which are able to hold the breath and follow instructions of the adult.

Derinat it is not compatible to fat-containing ointments and hydrogen peroxide.

Till 2 years middle a dose of a solution of an ampoule - 0.5 ml intramuscularly. From 2 till 10 years - 0, 5 ml for 1 year of a life.

5. Differential diagnostics of a diabetes of 1 type from other syndromes and diseases (acetonemic a syndrome, a diabetes 2 types and others) is necessary.
6. It is necessary to apply herbal medicine that grows in your region.
7. Disease can be treated and cured if to know an illness original cause - for small children are infections, for children of more senior - autoimmune processes against the different reasons. Treatment will be a miscellaneous depending on the form of a diabetes of 1 type - them 4 forms (look under the text).
8. Vitamin A can keep insulin level in norm! Vitamin A can be appointed to children!
9. Microcells - magnesium, zinc, chrome and others are necessary, their concentration in fabrics needs to be defined. Sometimes with predominance the specified microcells it is enough diet to cure illness, after all almost any nosology begins with a lack of vitamins and microcells, but this theme of the separate book.
10. Preventive maintenance and treatment of complications of a diabetes of 1 type (in the subsequent publications).

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