

Senior Project '15

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People living with diabetes are prone to many other diseases. Maintaining blood sugars at steady and healthy levels is key to preventing many of these debilitating health problems; however treating glucose levels can be very challenging. Challenges include stabilizing blood sugars once you have treated it. Having something fast and easy to get to and use makes treatment easy and quick. Having a simple treatment for diabetics is key to control. I believe using natural methods like naturopathy will help stabilize and help control diabetes.

What is diabetes? Diabetes is an autoimmune disease where cells attack the pancreas (insulin producing organ) not allowing it to produce insulin. Type 1 diabetes is when a person has to take their blood sugar up to four times a day and must give insulin through an injection or a pump any time they eat. Not taking care of ones diabetes can have very bad effects on the body. If diabetes is not taken care of you can end up with cardiovascular disease, blindness, strokes, or even kidney failure.

Management and control is very important while having any illness, in this case diabetes. The Importance of controlling diabetes well is something not to be taken lightly. It is most definitely difficult to control and manage diabetes as there are many factor pertaining to having absolute control. What we can do to lighten the load of having this is to perhaps turn to natural methods for better help.

Honey and Black Seed have many benefits, as they can cure almost any ailment. Pure honey and black seed can be used to control and ante diabetes through many properties in them.

Diabetes can be controlled in healthier ways using natural methods. Diabetes medicine right now is through injections and strict control of blood sugars. There are many way to control diabetes but as time goes on we need these methods to be healthier, such as using honey and black seed for control, or other natural methods.

Islam has everything, including what we need to know about keeping our health. Islam shows us the proper way to care for ourselves and even also gives us natural methods to care for ones self, such as consuming honey and black seed. There are many ayahs and hadith about these topics.

Using these methods will help everyone especially the people that have trouble with controlling their diabetes. Introducing new way to help stabilize and manage diabetes is what we need instead of having strict regulations that discourage one from wanting to take care of themselves.