



DIABETES TREATMENT PACKAGE

Diabetes is a condition where the blood sugar level increases. Lack of physical exercises due to sedentary habits, wrong food habits and stressful living lead one to diabetes - a lifestyle disease. Diabetes can be efficiently controlled by Naturopathy and Yoga treatments and even taper or stop medication and insulin intake. Diabetes can be prevented by adapting the Nature Cure Life, with proper Diet.

NATURE CURE TREATMENTS

1st Week

- 1st Day : Warm Water Enema + Mud pack on abdomen + Partial massage to abdomen
- 2nd Day : Cold hip bath + Full body massage (Oil)
- 3rd Day : Cold friction bath + Gastro hepatic pack
- 4th Day : Mud pack to abdomen + Full body massage (Vibro)
- 5th Day : Full immersion bath + Abdominal cold pack
- 6th Day : Steam / Sauna + Alternative hip bath

2nd Week

- 1st Day : Cold spinal spray + Full body massage (Oil)
- 2nd Day : Mud pack on abdomen + Underwater massage
- 3rd Day : Full immersion bath + Gastro hepatic pack
- 4th Day : Cold hip bath + Full body massage (Vibro)
- 5th Day : Partial massage on abdomen + Full mud bath
- 6th Day : Steam / Sauna + Alternative hip bath

3rd Week

- 1st Day : Cold spinal spray + Full body massage (Oil)
- 2nd Day : Mud pack on abdomen + Underwater massage
- 3rd Day : Full immersion bath + Gastro hepatic pack
- 4th Day : Cold hip bath + Full body massage (Vibro)
- 5th Day : Partial massage on abdomen + Full mud bath
- 6th Day : Steam / Sauna + Alternative hip bath

4th Week

- 1st Day : Cold spinal spray + Full body massage (Oil)
- 2nd Day : Mud pack on abdomen + Underwater massage
- 3rd Day : Full immersion bath + Gastro hepatic pack
- 4th Day : Cold hip bath + Full body massage (Vibro)
- 5th Day : Partial massage on abdomen + Full mud bath
- 6th Day : Steam / Sauna + Alternative hip bath

(However, the treatments, duration of treatments are decided by consultant physician as these may differ in each individual case.)

YOGA

Along with Naturopathy treatments, Yoga therapy sessions will be conducted for better results, which is offered free of cost. Yoga session include Asanas, Pranayama, Relaxation Techniques, Meditation and Kriyas.

Asanas	Pranayama	Kriyas
Surya Namaskar	Kapal Bhati	Kunjal
Dhanurasana	Bhastrika	
Pavan Mukthasana	Suryabhedana	
Janusirasana	Anuloma Viloma	
Ardha Matsyendrasana	Bhramari	
Ustrasana		
Savasana		

DIET

Diet plays an important role in controlling Diabetes. Diabetic Diet should be of 60-70% of carbohydrates, 15-20% of proteins and 15-20% of fats. Fat intake should be restricted. The ideal diet will be given while consultation.

‘Take right choice to control your Diabetes before it ruins your Life’