

# 5 GOLDEN RULES TO REVERSE DIABETES

<sup>1</sup> Rajesh Jain MD, Jain Hospital & Research Centre, 108 B Gandhi Gram, Vinobha Nagar, Kanpur-208007, Email: [jainhospitals@gmail.com](mailto:jainhospitals@gmail.com), Rajesh Jain<sup>1</sup>. ***5 Golden Rules to Reverse Diabetes***. Diabetes Asia Journal.2024; 1(4):45-66. <https://doi.org/10.62996/daj.34122024>



**"Based on Working with Thousands of  
Diabetic Patients Worldwide"**

**Dr. Rajesh Jain**

# The Doctor



**"I Believe You Can Live A Very Happy &  
Active Life with Diabetes.  
I Will Help You Achieve This with My  
Knowledge, Experience & Skills"**

**20 + Years of Working with Diabetics  
Treated 5000 + Patients Worldwide**

**PG Diploma Diabetes - UK  
MD, MBBS Medicine - IVY League**

**Experience with World Health Org.**

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# & Many World Class Organization

# Introduction

**Hi Friends, I am Rajesh Jain, a qualified diabetologist with more than 20 world class research papers on diabetes. After working in study and management of diabetes. I treated over 5000 patients worldwide.**

**I have completed believe that with right procedure diabetes can be managed and reversed also.**

**I have seen how people with diabetes live a very mundane and problematic life. There is a different way to live life completely active and content.**

**In this book i will discuss 5 golden habits that will put you on the right track to tackle diabetes.**

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**I pray to God and ask you to take steps  
that will result in good clean life.**



**Hi Friends...**

**Let's Discuss First Super Habit**

**"Clean Diet"**



# **First Habit**

## **Eat Clean**

**Keep an eye for what you are Good eating habits will help you keep your blood sugar levels in check and sustain your good health.**

**A healthy diet for type 2 diabetes is fresh fruits and vegetables, whole grains, beans, lean meats, and low or fat-free dairy.**

**Focus on eating fruit and non-starchy vegetables like broccoli, carrots and having small portions of starchy foods, meats & dairy products.**

**Be especially careful having foods that are high on the glycemic index (GI) as they affect sharp rise in glucose levels.**





# **Eat Clean**

## **Important Points**

**Some small and very effective steps are -**

- **Buy sugar free foods - check nutrition facts before buying anything processed. Check how much sugar and carbs are in the food product. Avoid all fried and soda products.**
- **Have Full Nutritious Meals - Don't eat outside and street food too much. Never escape full meals for energy bars or processed food.**
- **Eat Raw Fruits, Skip Juice - Normally juice has more sugar levels and less fiber. So eating raw fruits will keep your sugar levels in check and make you feel more satisfied.**

# Eat Clean

## Important Points

- **Don't load too much Vitamins & Supplements - Loading too much vitamins and supplements may make you feel accomplished. But they can't match nutrients provided by raw fruits and vegetables. So, go natural and keep your health intact.**
- **Keep Counting Calories - Keep a tab on how much you are eating. Eating small portions is a good habit. Keep check on food you like as they add up a lot of calories too fast.**





**Hi Friends...**

**Our Second Super Habit Is Here**

**"Exercise"**



# Second Habit

## Exercise

**There are many ways exercise helps people with diabetes. We recommend at least 3 hours of vigorous activity every week.**

**Exercise helps in increasing insulin activity. Your body cells will be using available insulin in effective manner. It means that your body cells are able to get more energy from your blood stream.**

**Exercise helps both your physical and mental health. It creates good happiness infusing substances. You also gain by keeping your weight in check.**



# Exercise

## Important Points

**Some specific points to have a healthier exercise schedule**

- **Discuss with your doctor - It is always good to take your doctor's nod to start. They will help you coordinate exercise with your blood sugar levels and meals.**
- **Keep an interesting schedule - Make a list of fun exercises like dance, sports, swimming etc. So, you are never bored of your schedule**
- **Start with Low Impact Activities - Don't go for high impact activities like running and football to start with. Start slowly and as you know your body better, you may always increase activities. Start with 10 to 15 minutes activity at a time.**

# Exercise

## Important Points

- **Make Exercise A Habit - Exercising regularly will keep your diabetes in check. Exercising at the same time every day is very beneficial in sustaining a healthy routine.**
- **Join an Exercise Club - If possible you may join an exercise club. Which will sustain your exercise schedule.**





**Hi Friends...**

**Very Important Third Habit Is Here**

**"Medical Help"**



# **Third Habit Medicines**

**Being Regular with checkups and medicines is very important.**

**Even if you are regular with exercise, lose weight and strict with your diet. Your body still need medical help, so always be regular with medical checkups and medicines.**

**As diabetes is also a chronic and progressive disease, you will need consistent medical help.**

**Mainly there are pills and insulin to aid your body. However, some other medicines may be prescribed periodically too**





# Medicines

## Important Points

**Some pointers for effective routine for medical help**

- **Never self-medicate. As diabetes is a lifestyle disease which can be managed properly for long time. But taking it too casually can cause extreme health concerns. So, take it seriously and be in guidance of professional doctor / diabetologist.**
- **Try to take your medicine at the same time every day, as the doctor says. It makes a very good habit and your biological clock also adjusts to medicines.**
- **If any problem even minor comes up after starting a new medicine, consult your doctor.**





**Hi Friends.**

**Very Important Fourth Habit Is Here**

**"Measurement"**



# **Fourth Habit Measurement**

**Measuring key indicators like blood sugar, blood pressure, weight and waist size is very important to keep diabetes in check.**

**Measurement is the most important step to take effective steps to tackle. A fasting blood sugar level between 100 to 125 mg/dL is considered pre-diabetes. If it's 125 mg/dL or higher on two or more separate tests, you have diabetes. For this test, one has to fast overnight, and the blood sugar level is measured.**

**In market there are good home blood sugar measuring devices are available. They measure quite reliably too.**

**If any frequent changes are measured or alarming measurement comes. You should consult your doctor immediately.**

# Measurement

## Important Points

**Some important points to remember**

- **Glucose test should be measured at same time in fasting and random test every 3rd day or as consulted by doctor.**
- **Be in right posture while measuring blood pressure. Measure 2 - 3 times to get final measurement.**
- **Measure you weight and waist size periodically. Focus on right BMI for yourself.**





**Hi Friends...**

**Last but Not Least Fifth Habit Is Here**

**"Positive Mindset"**



# **Fifth Habit**

## **Positive Mindset**

**Be in a positive frame of mind which is your biggest asset to tackle diabetes. Believe that diabetes can be managed.**

**Some important pointers to a good mindset**

- **Be with your friends and families. Enjoy life and focus on good life.**
- **Meditation helps you a lot in calming mind.**
- **Join diabetic patients' group to learn from fellow members.**
- **Use diabetes as an opportunity to live a good clean life.**

**YES!**

## **We Can Live A Health, Active & Fulfilling Life with Diabetes.**

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- **Additional Information**

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**Let's Work Together**

**[drrajeshjain@diabetesasia.org](mailto:drrajeshjain@diabetesasia.org)**

