



# Controlling Diabetes Naturally With Chinese Medicine (Healing With Chinese Medicine)

*Lynn M. Kuchinski*

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Due to the over-eating of sugars, simple carbohydrates, fats, and oils coupled with too much stress and too little exercise, millions of Westerners are afflicted with diabetes. Sufferers of this disease not only experience the discomforts of fatigue, extreme thirst, extreme hunger and food cravings, polyuria, mood swings, irritability, restless leg syndrome, and heart palpitations, they are also prone to developing blindness, high blood pressure, heart disease, and non-healing ulcers and sores which can lead to amputation. The bad news is that, because of changes in diet and lifestyle, the cases of diabetes in developing countries are on the rise.

The good news is that traditional Chinese medicine has many effective therapies for combating this potentially life-threatening disease. These include Chinese dietary therapy, acupuncture, moxibustion, Chinese herbal medicine, Chinese self-massage, and a host of other simple, low or no-cost therapies which have been time-tested in Asia over 2,000 years. If you or anyone you know suffers from either hypoglycemia or diabetes, you need the information in this book.

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