

# Traditional Chinese Medicine (TCM) View of Diabetes

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**Diabetes Mellitus** is a syndrome characterized by hyperglycemia resulting from impaired insulin secretion and /or effectiveness. There are many complications of diabetes such as retinopathy, nephropathy, atherosclerotic coronary and peripheral arterial disease and peripheral and autonomic neuropathies. There are two types of diabetes IDDM (type I: insulin Dependent) and NIDDM (type II: Non insulin dependent DM).

Diabetes is called **Xiao Ke** in Chinese Medicine. It is believed there are three major organs involved in the disease. They are the lung, stomach and kidney organs. There are three types (patterns) Xiao Ke (diabetes) classified by Chinese Medicine according to the patient's clinical symptoms, pulse and tongue and which organs are mainly involved.

**A customized herbal formula** can be prepared for each pattern of Xiao Ke Herbal therapy along with food therapy for majority diabetes cases Depending on the type of diabetes, different acupuncture points are used for the specific treatment. Acupuncture treatments will help balance the organs and increase circulation to prevent complications from diabetes.

Also, acupuncture treatments help promote a better quality of life for severe diabetes patients

What causes Xiao Ke (diabetes) in the Chinese Medicine point of view? It is believed that people who indulged in alcohol and sweet and/or greasy foods and have an irregular, unhealthy and sedentary lifestyle are prone to develop Xiao Ke diseases. This lifestyle easily consumes and blocks the body's energy. Once the body's energy is blocked, there is stagnation and eventually, toxic heat will be generated. The toxic heat will further consume the vital organ's fluid and cause organ malfunction and disharmony. The organ of lung, spleen, and kidney has not been in harmony for a long time before Xiao Ke (diabetes) develops.

The first step to treating and /or preventing diabetes is to start with exercising regularly and food therapy such as the Chinese diet therapy (Chinese Yao Shan.) Recently research indicates that our muscles transport blood glucose into the muscle cells to lower blood sugar level without the need of insulin during muscle exercise. That is the reason exercise is important in preventing diabetes and helping to control blood sugar. The increased circulation prevents and helps in delaying any degenerating complication such as neuropathy.

There are several categories for Chinese food therapy in preventing and in the treatment of diabetes.



## If you are diagnosed with diabetes:

1. In general, diabetes patients should eat more bland food rather than hot spicy food that further damage body yin fluid, avoid sweet and greasy foods and alcohol consumption. Smoking can further damage lung yin fluid that worsen Xiao Ke (diabetes) in Chinese Medicine theory.
2. Try to avoid processed carbohydrates, eat more multi-whole grains such as corn, barley, buckwheat, brown or black rice.
3. Eat more green leafy vegetables.
4. Limited the amount of fresh fruits, due to the high content of sugar.
5. Drink green tea regularly to help prevent diabetes. Just make sure that you do not drink too strong or highly concentrated green tea, otherwise, it will compromise calcium absorption.
6. Certain foods have the property to assist in lowering blood sugar such as: bitter melon, onion, shitake mushroom, kelp, black and white fungus (mushroom), bean sprout, seaweed, bamboo, and seafood.

If your relatives and/or friends have some concerns about diabetes, please contact Dr.Hu at (619) 226-6506 for a consultation.

