

8 Major Views of

Dr BM Hegde

on Diabetes

How to
Manage Your
Diabetes
for Life





Dr. Belle Monappa Hegde

Dr. Belle Monappa Hegde popularly goes by the name B.M.Hegde. Hegde was born on 18 August 1938 in Pangala near Udupi, Karnataka, India. He obtained MBBS from Stanley Medical College, Madras in 1960 and later M.D. from King George Medical College, Lucknow. Dr. Belle Monappa Hegde is a medical scientist in India.



1 Nature Protects Everything it creates

Doctor BM Hegde strongly believes that 'Nature Protects Everything It Creates.' That means nature creates human beings. They contain the corrective mechanism for curing any disease in them. But you need to live sensibly and regularly to enhance your longevity.



2 Diabetes is a Lifestyle Disorder

Dr. BM Hegde's views on diabetes suggest that it is caused more because of disorder in the lifestyle.

We must eat according to the genes that we inherit. One should never consume too much food. Due to sedentary lifestyle diabetes is being caused.

Dr. Hegde in his speech explained the level of food intake remains the same, but the energy doesn't get expended. This is how diabetes is caused. But, in today's scenario, you fail to run away.



3 Sugar: a small part of Diabetes, Pancreas is not the only culprit

But, in today's scenario, although you face the metaphorical tiger in the office, you fail to run away. Whenever your body senses any threat your blood sugar level increases. And this is termed psychological stress.

The level of food intake remains the same, but the energy doesn't get expended. This is how diabetes is caused said Dr.B.M Hegde on diabetes.



4 What Makes Ayurveda Unique

Dr. Hegde says that the controlled studies in the future should not make use of reductionist ideas. Western medicines are created based on matched-control. In which, the height, weight, age, Body Mass Index, and sex is compared. This won't help to cure diabetes.



5 Medical Studies on the Principle of Ayurveda

He suggested that all the medical studies in the future be based on the principles of Ayurvedic classification. He says the healthy chaos of an individual should be considered as well.

The concept of Ayurveda is more difficult than the current method applied. It is expensive as well. However, once the idea has been harnessed, it can create wonders.

The concept will certainly emanate from India. And the rest of the world will copy it. Diabetes can undoubtedly be cleared with Ayurvedic power.



6 A Real Dhanwantari Medicine

If the concept of Ayurveda succeeds in proving that sugar can be controlled. And that is done with the help of **Ayurvedic medicine**. Then it shall be regarded as the real Dhanwantari medicine.

BM Hegde about diabetes has some unique notions. He says with the change in our lifestyle; diabetes can be tactfully handled.

Dr. B.M Hegde Speech on Diabetes explains why Danwantri Medicine is important for our body which consists of Aahara-Vihara-Aaushadi that is very important to lead a healthy lifestyle.



7 Whole Counts, Not the Bits

Dr. BM Hegde on diabetes says that consuming anything as a whole, matters! He says that depending on food items that are nutritious and whole as well can be beneficial for your body. Ayurvedic medicines tend to focus on this aspect while ignoring the bits and pieces. Ayurveda proves to be useful because it doesn't make use of a reduction strategy.



8 Tackle Diabetes with Herbs

The herbs used in the preparation of **SUGAR KNOCKER** are entirely natural. They are found in nature and are given explicitly by God.

The aim is not just to lower the level of diabetes in the body. More importantly, it is to allow your body to live under controlled conditions. Leading a systematic life can be a solution to all health problems.

Dr.B.M Hegde speech on diabetes throws light on what herbs can do to our body and how it can be used in our daily lives.

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