

DR PANDA'S ways for long life: Zero rice, zero oil & belly exercise for diabetics & cad

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Introduction: Intent of the study done from 1995 to 2006 over a period of 10 years over 3000 cases of Both Type-I & Type-II shows a marvelous result that Restriction of Rice to Zero and Little or Zero Oil (EXCEPT CONSUMPTION EFA OIL) Consumption with Belly Exercise gives a dramatic effect not only Controlling diabetes but also reduction and reverse of ECG pattern in Diabetes with IHD OR Acute Myocardial Infarction.

Zero rice: Rice is the most important grain with regard to human nutrition and caloric intake; there are two types of rice. One is polished and another is unpolished rice. Since polished rice lacks Vitamin B1, B2, B6, and B12 thus increases the homocysteine level thus increase in triglyceride level. Thus there is much cardiovascular risk factor. Though Diabetes is linked in cardiovascular events, this polished rice increases the risk of Coronary artery disease thus the heart attack. Twenty years back "Heart attack was the royal kind of death" means that those are rich. But it is prevalent now in poor. It is only due to heavy consumption of polished rice.

Zero oil: However all oil contains both Saturated and Unsaturated Fats. But proportion is less or high. So the lipid metabolism process is linked to the breakdown of carbohydrates and fat, both of which are fundamental elements of diabetes mellitus. Lipid metabolism occurs in the pancreas and many of the lipid metabolism steps are regulated by insulin. Insulin issues relating to both type 1 and type 2 diabetes can have a profound impact on the lipid metabolism process. In India most important factor is adulteration of oil. Then why we consume oil after 45. Again I am emphasizing that Zero Oil does not exclude EFA.

Belly Exercise: we do quick exhalation and natural inhalation. Normally exhalation takes one fourth of the time of inhalation. Quick exhalation and natural inhalation follow each other. Normally exhalation takes one fourth of the time of inhalation. Quick exhalation and natural inhalation follow each other. During quick Exhalation there is increased venous pooling. During quick natural Inhalation there is arterial pooling. By this way if there will be venous pooling and arterial pooling there will be slow degradation of arterial plaque.

Conclusion: zero rice, zero oil & belly exercise can lead to have more life span.

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