

# Natural & Alternative Medicine

September 05-07, 2016 Beijing, China

## Assessment of homeopathic remedies' effects in type 1 diabetics

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**Introduction:** Due to the increased prevalence of patients with type 1 diabetes (T1D), in Iran, USA and, especially Scandinavia, the author decided to apply a natural, safe, complementary and holistic method of healing to enhance beta cells' activity and to lower the need of patients for Insulin. This 7 year study (2009-2015) was done to evaluate the efficacy of homeopathic remedies in patients with T1D.

**Materials & Methods:** Among 169 diabetic patients seen at the clinic, 15 patients with T1D i.e. 11.26% were admitted. Their first interviews and physical examinations were carried out, taking about 60 minutes for each patient. Their rubrics were analyzed and their simillimum or constitutional remedies were selected and prescribed. Their blood sugars were monitored 3-5 times a day. A1c was tested every 3 months. Their insulin was continued, as prescribed by their M.D's. As soon as the patients' fasting blood sugars (FBS) started coming down, they were guided on how to lower their daily insulin, starting from the morning dose.

**Results:** Among the 15 patients, 12 cases, i.e. 80% of them experienced better numbers of FBS and A1c after taking homeopathic remedies, including Syzygium and their simillimums. For juvenile patients, their parents reported better behavior and found more compliance in addition to better numbers of FBS and A1c. Non-juvenile patients reported more inner calmness and experiencing greater self-control.

**Conclusion:** The results show a strong association between the use of homeopathic remedies and the lowering of FBS, and A1c and their need for insulin. Their increased need for insulin after discontinuing the remedies, or failing to take remedies on time is another scientific sign of the true effects of the homeopathic remedies.

### Biography

Seyedaghanoor Sadeghi graduated from Tehran Medical Sciences in 1987 as a Professional Medical Doctor. He has practiced Conventional Medicine during the last 27 years and about 7 years as a professional Homeopath. More than 35 articles have been authored by him and has published on various websites especially hpathy.com. 6 books were authored under various topics, related to homeopathic medicine.

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