



Myth- Fruits Cause Diabetes

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Abstract:

Sugar is found naturally in fruit, vegetables and dairy foods, It's better to eat whole fruit and vegetables. If we eat natural foods like whole fruits and vegetables, we need not count the amount of sugar to be eaten, because remember it is mother nature and mother nature is never wrong Diabetes has become more common in countries among the population where food availability is in plenty. Doctors generally blame or tell their diabetic clients to avoid fruits in case of diabetes. Hence, it is important to understand the relation between diabetes and fruits We talk about Diabetes being genetic, so is really Diabetes genetic. Just as key is necessary to open the lock-similarly for Diabetes to get initiated in the body, at rigger is required.

Need to understand if fruits are any where related to Diabetes.

Biography:

Vidushi Agrawal has completed DHMS, HMD and MSc DFSM from IGNOU, India. She is a registered homeopath, dietician & nutritionist by qualification. She is actively and dedicatedly practicing dietetics & nutrition only, since 2008. After years of practice of homeopathy, she realized there was a maintaining cause always which would slow down or create an obstacle in the healing process. Hence, through observation and clinical trials, she



came up to a strong belief that the maintaining cause was none other than lifestyle & food. After that there was no looking back and today, she is practicing the concept of “alkaline diet” for her patients, which have given 100% results with those patients who follow it as per her instructions.

Recent Publications:

1. Alkaline diet - an answer to most modern so called life style diseases part iii: effective usage of visible fat & whey water: external application: alkaline / acidic (skin, hair and hair scalp), Vidushi Agrawal
2. Rapidly progressive skin metastasis in EGFR wild and ALK Fusion negative adenocarcinoma lung: An unusual presentation, Vidushi Agrawal
3. Clinico histopathological correlation in leprosy, Vidushi Agrawal

Webinar on Diet & Nutrition | May 18, 2020 | Toronto, Canada

Citation: Vidushi Agrawal, Myth- Fruits Cause Diabetes, Diet & Nutrition 2020, Toronto, Canada.