



## Rupar Iyar

*Pura Wellness Inc*

### **Holistic approach of treatment of type 2 Diabetes with Homeopathy and Alternative methods**

**D**iabetes Mellitus is metabolic disorder of the endocrine system. This awful disease is growing rampant and becoming a serious threat to human health. Just in UK alone, there are 4.6 million people diagnosed with diabetes, with 12.3 million at further risk. Conventional therapy works on lifestyle management, oral glucose lowering or insulin injections as the main choices of treatment. Total recovery from this disease utilizing these methods has so far not been reported. Glucophage is the most commonly prescribed drug with severe long-term side-effects effecting the liver or kidneys. Alternative therapies of acupuncture, dietary supplements, yoga, or hydrotherapy are far less likely to have side effects but do not offer a complete cure.

Homeopathy is a complementary system of treatment in which ailments are treated by minute doses of natural substances that in larger quantities would produce the symptoms of the disease. In recent times, there is often fervent debate that homeopathic remedies are so diluted

(beyond Avogadro's number) that they do not contain any of the original medicinal substance and are placebo. This is because Homeopathy challenges the existing established boundaries of physics and chemistry. In recent times, with the advancement of Nanotechnology, scientists from different fields of research namely material sciences, immunology, and chemical engineering have either directly or inadvertently proven the existence of the molecular structure of homeopathic medicines. Treating diabetes with individualized homeopathic treatment to correct the constitutional susceptibility combined with alternative methods has been found to be effective and curative without the dreaded side-effects.

### **Speaker Biography**

Rupar Iyar foray into alternative medicine started 25+ years ago. What started casually, today is a deep-seated passion to help improve others' health. She practices in Los Gatos, CA, and runs a free-clinic at ICC.

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