

# A Hale and Healthy Diabetes Course

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<https://botanicalbridge.com>

# A Hale & Healthy Approach to Living With Diabetes

## Advertising blurb:

Join us for a 6 week course on learning how to live a healthy life while managing your diabetes. Each week we will cover topics that are designed to help you lower your blood sugar level, learn to manage your symptoms, and maintain an active lifestyle.

# A Hale & Healthy Approach to Living With Diabetes

- A 6 week course outline
  - Week 1: Understand diabetes mellitus?
  - Week 2: Kitchen approaches for managing your blood sugar
  - Week 3: Top medicinal herbs for managing diabetes
  - Week 4: Mind-body approaches for healthy living
  - Week 5: Recent evidence-based CAM research on diabetes
  - Week 6: Wrap up! Putting it all into action!

# Week 1: Understanding diabetes mellitus

- What is diabetes mellitus?
- Define core diabetes terms
- Common biomedicine treatments
- How working with medicinal herb can help

## Week 2: Home Kitchen Approaches for Managing Blood Sugar

- Vinegar
- Cinnamon
- Garlic
- Onion

## Week 3: Top Medicine Herbs with Antidiabetic Activity

- Fenugreek seeds
- Asian Ginseng
- Whortleberry
- Aloe vera
- Holy Basil

## Week 4: Mind-body Approaches for Healthy Living

- Meditation
- Forest-bathing
- Accupuncture
- Etc...

## Week 5: Evidence-based CAM Research on Diabetes

- Pull latest research being published on PubMed and CAM on PubMed
- Other sources of data:
  - American Diabetes Association
  - CDC
  - NIH

## Week 6: Wrap Up!

- Summarize what we've learned
- Discuss how we apply the knowledge
- How do you find other resources?