

# Balanced acid-base therapy for the prevention and treatment of diabetic cardio-cerebrovascular disease

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**Abstract:** Purpose: Explore the prevention and treatment of diabetes, Effective methods for cardio-cerebrovascular disease. method: Psychotherapy, Diet therapy, Drug Therapy Comprehensive application, Balance the pH of the body. result: benefit Prevent and treat diabetes with balanced human acid-base, Cardio-cerebrovascular disease all achieved satisfactory effect. conclusion: Balancing Human acid-base is prevention and treatment of diabetes, Effective methods for cardio-cerebrovascular disease.

**Keywords:** balance acid-base; Diabetes; Cardio-cerebrovascular disease

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Diabetes, Cardio-cerebrovascular disease has become a major killer of humans., Prevention and treatment The methods of these diseases also become hotspots of global medical research. author close Year years op with balanced acid-base, balancing Yin and Yang methods to Diabetes and cardio-cerebrovascular disease Prevention Both and treatment have achieved gratifying results, 2008 year, applied to the state Intellectual Property Office for Chinese Herbal composition for treatment of diabetes mellitus and its preparation method The invention patent for, Year 8 The Invention Patent certificate was obtained in the month, Year 6 Month This project is the Inner Mongolia Autonomous Region science and technology Office as a clinical trial research Science and Technology project "project, by Inner Mongolian Medical University" The Chinese Medical College and the Autonomous Region Mongolian hospital work together to complete the. now for clinical treatment, case for, description tcm Balance Yin and Yang (Modern Medical balance Acid-base method) is the best way to Prevent and treat a "" Diabetic and cardio-cerebrovascular disease.

## 1. Introduction to governance

1.1 first to enlighten the patient to maintain a healthy mindset, not urgent, not impatient, eliminate mind concerns, Set confidence, actively cooperate with TCM syndrome differentiation and treatment, This method is for psychotherapy.

1.2 Eat Alkaline Foods, eat less acidic foods, ratio of alkaline foods to acidic foods should be 7:3 or 8:2, This method is for dietary therapy.

1.3 Most of the Western medicines are synthetic chemicals, into the body can be converted into acid poison, and Chinese herbal medicine is a natural plant with life., convert to alkaline substance after entering human body, quick-level balance Constitution and blood pH. second, syndrome differentiation of Chinese medicine with yin and yang clear, then can be used against the patient Individualized Treatment, eliminates the different causes of each person's disease, to Achieve the root cause., This is psychotherapy, Dietary therapy, drug therapy Each account 1/3 1 1 method.

## 2. Examples of medical records

2.1 Diabetic Cases: Week So-and-So, men, year old, Han, occupation for small contractors, Year 9 Month To visit the-

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Doctor. Private prosecution near 1 months, Thirsty for more drinks, multiple food, multiple urine, wasting, limb weak, go to a city hospital check: blood sugar 22.3, urine sugar +4, ketone body +3, Doctor Instruct Inpatient treatment, need insulin

injection. patients are less willing to accept, then come to my door for consultation. The author explains the pathology and treatment of the disease with the concept of Chinese medicine, patients decide to treat with Chinese medicine. Author with 3111 to govern then, with white tiger, thirsty flavored treatment, Day recovery. then, instruct it to test blood sugar every six months, security eat alkaline foods, eat less acidic food, follow-up 3. The year test indicator is normal. 2015 early, Patient Phone informed, for work reason, hard to diet, Regular wine is excessive. Ask if I'm going to get sick? author answers: Binge eating. Avert relapse. 2015 year 4 Monthly test blood sugar for 8.10, 2015 year 6 month blood sugar rises to 12.70. Why before 3 years very good, nearly one year back again Johnny? is sufficient to indicate the harmfulness of acid-base imbalances.

xxx, men, year old, Taxi Driver. page year at a classmate's party, learns of Diabetes. Ten year, low mood, lack life courage, usually with a second, double-gua and Propolis maintain, The blood sugar is still 16.10. by the author of Chinese medicine syndrome treatment, with four Miao Gegenqinlian decoction treatment days Full recovery. after, because it does not note Moderation Diet, random overeating, make physical acidification, to 2014 year month cerebral infarction hospitalization. Although diabetes never recurred, but suffering from cerebrovascular disease, can be thought of as a physical acid-base. How important the balance is,.

2.2 Cardio-cerebrovascular disease case: is ascertain, men, year old, sinovel Workers. annual year 4 Month doctor. patients with coronary heart disease, angina in Dalian hospital. To. Although the patient has been relieved after surgery, but often unprovoked, You are asked to know their blood pressure, Bloodfat, cholesterol, high blood viscosity, Belongs to the four high constitutions, acid-base loss in balance, arteries Hard, heart-vein stasis-onset. due to modern medical stent surgery and certain medications only symptom, instead of balancing acid-base and activating blood stasis to cure the root causes, So it's often unprovoked. then red safflower injection and ligustrazine hydrochloride injection intravenous drip, Oral Xuefu Zhuyu Tonga, instruct them to eat less acidic food, eat more alkaline foods, maintain the heart during and after the treatment. Ease of love; when mitigation, 3 is basically stable, half a month to heal. today's doctor's advice, body recover, no recurrence.

### 3. Discussion

Body Constitution is a weakly alkaline Constitution, acid-base Balance to maintain normal metabolism, The Chinese Medicine is called the balance of Yin and yang. first but physical and blood acidification, metabolic disorder triggers the current. Commodore "S Your disease, Diabetes and cardio-cerebrovascular disease or gout, or ""three high Autism, modern Medicine is a cure for such diseases, instead of, The effect is naturally not ideal. pento On [years of clinical practice, with the holistic view of Chinese medicine and individualized differentiation of dialectical treatment treatment, the balance of acid-base is the key to treating diabetes and cardio-cerebrovascular diseases. is off cause of illness to restore health.

3111 The method emphasizes psychotherapy, Dietary Therapy, Comprehensive application of drug therapy, Is both The holistic view of TCM theory in the treatment of diabetes mellitus and cardio-cerebrovascular diseases, and is modern biology, Psychological, Du Huai Medical mode.

Live Vegetables, Fruit, Coarse grains for alkaline foods, Herbal Herbs of plant type are alkaline drug things, all fats and foodstuffs, flour are acidic food; Most of the chemical synthetic Western medicine is acid drug. so, daily life should eat more vegetables, fruit, coarse food, less cooking meat, fine Grain, to maintain acid-base balance in the body. treatment with multiple herbs, Less chemically synthesized Western medicine, to prevent and treat diabetes and cardio-cerebrovascular diseases, to achieve a healthy physique.

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