Diabetes Table 2

More free copies of the diabetes table can be obtained from: http://ukhomeopathy.co.uk

I reversed my type 2 diabetes and today I take no medications at all. Find out if I can help you reverse your type 2 diabetes.

Call/Email/Skype for a FREE 15min initial chat.

(Note reversal does NOT mean cure BUT better control with less or no medication

Name of patient:_____

Year: 20____

	Name of Medication	Times/day
(Med 1)		
(Med 2)		
(Med 3)		

Month	Comments	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
	Med 1																															
	Med 2																															
	Med 3																															
	Fasting																															
	Time taken (fasting)																															
	2hr after heaviest meal																															
	Time taken (2hr)																															
Take this reading only for 10 consecutive days *	1hr after same heaviest meals																															
	Time taken (1hr)																															

***Only applicable if you are in my 6 month diabetes (type 2) reversal program. A program that helps you get better control of your blood glucose levels with less or no conventional medications.**

Comments – use it to write down if certain foods/ emotions etc affected your readings etc:

Notes: Put reading in the appropriate boxes, eg fasting (12hr after last meal from previous night)5.2, Post Prandial (2hr after meals) 8.4, 1hr after SAME heaviest meal 10.1etc

Med taken: If you have to take it three times a day, then make three ticks, if twice then 2 ticks etc in the appropriate Med 1,2 or 3 box.

Pre-diabetic Levels: **Fasting Blood Sugar Levels: 5.6- 6.9 (WHO 6.1 to 6.9), 2hr PP (after meals): 7.8 to 11.1, HBA1c: 6.1 to 6.4% (43-46 mmol/mol)**

(According to ADA – used for diagnosis). Check with your doctor for recommended levels.

To convert from mmol/L (used in the UK) to mg/dL (used in the states etc), multiply by 18

http://ukhomeopathy.co.uk Email: info@ukhomeopathy.co.uk

ONLINE CONSULTATION NOW POSSIBLE VIA WEBCAM AND SKYPE (skype username: UKHOMOEOPATH)

Help with: Emotional Problems (Anxiety, Depression, Fear, Fear of Flying, Lack of Confidence etc). Diabetes, Cholesterol and Weight Loss

Tel: +44 20 8941 9122 Mobile: +44 7956 904 869