

[Disarming the Doctors](#)

Category : [May/June 2000](#)

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HEALTH

Disarming the Doctors

Challenging how physicians treat diabetes, Sai Baba recommends good thoughts, good diet and exercise

The famed saint of South India, Sathya Sai Baba, is well known for his spiritual teachings and his vast projects for social upliftment. But he's also quite knowledgeable about health as revealed in this candid conversation recorded by Dr. Venkata Kanubaddi in February, 1999. Here Baba challenges two devotee doctors to rethink the common medical concepts about diabetes, heart disease and chronic fatigue syndrome.

Satya Sai Baba: "What is the treatment for diabetes?"

Doctor devotee: First diet, then exercise, next pills, and insulin last, Swami.

Baba: Insulin can lower blood sugar very quickly. Then the patient can get

sweating and decreased blood pressure and can go even into coma. It is best to avoid insulin, if at all possible. Tablets are okay. What is the cause of diabetes?

Devotee: Pancreas is the problem, Swami.

Baba: Pancreas is not the real problem. It is mainly wrong diet and lack of exercise. People in South India eat excess rice. People in North India eat excess wheat. Both can increase blood sugar very

quickly within half an hour after eating. Because people in the South do not like wheat much, they should eat chapathis [a wheat flat bread]. That way they don't overeat rice. Similarly, people in North should eat rice. That way they do not overeat wheat. On the other hand, if you eat corn or ragi [a relative of millet], blood sugar will rise slowly over two to three hours. The body can manage such a slow increase very well, and then diabetes will not be a problem. People should not eat as their tongue

dictates. The tongue has 48,000 taste buds. Improperly used, they can cause sugar craving and lead to diabetes. The senses have to be regulated for good health. There is some genetic cause also for diabetes.

Devotee: Yes, Swami. Latest research also is confirming this. Is there anything that Swami doesn't know!

Baba: How is your mother?

Devotee: Her diabetes is better, but she has arthritis.

Baba: What is her

blood sugar?

Devotee: She
checks it herself,
Swami.

Baba: You are the doctor and you don't even check your own mother! These doctors nowadays don't treat diabetes properly. Best thing is diet

control and
exercise. For
diabetes, green
leafy vegetables
are good, except
cauliflower.
Cabbage is good.
All fruits with
black seeds like

apples, pears,
grapes,
watermelon, etc.,
are good, except
custard apple (as
it has too much
sugar). Papaya is
good. Avoid all
roots, especially

potatoes. What
else are you
doing?

Devotee:
Research for
new medicines

for treatment of
diabetes,
Swami.

Baba: The best
thing is diet
and exercise.

What is the
cause of heart
disease?

Devotee:
Increased

cholesterol,
increased
blood
pressure...

Baba: No, it is

"hurry, worry,
curry." Too
much hurry
causes worry
and
stress--not
good for

heart! See
Swami [Baba
refers to
himself], no
health
problem!
Avoid too

much oil.
Eating garlic
daily can
reduce
cholesterol.
Almonds
without peel

can also
reduce
cholesterol.
Soak them in
water
overnight,
remove the

peel, and eat
in early
morning.

Devotee: Isn't

garlic rajasic
food, Swami?
Is it not bad
for
spirituality?

Baba: Body
health first;
these gunas
[inherent
qualities]
and spiritual

health come
next.

Without a
healthy
body, you
cannot

proceed on
the spiritual
path.

Devotee:
How does
one control
blood
pressure,
Swami?

Baba:

Reduce

salt. Less

salt, less

blood

pressure,

more salt,
more blood
pressure.

Devotee:
Nowadays,
there is a
new
disease
called

Chronic
Fatigue
Syndrome.
Patients
complain
that they

don't have
any
energy to
do
anything.
What is

the cause, Swami?

Baba: No
cause like
that. It is
low
energy

because
these
people
waste a
lot of

energy
through
bad and
polluted
thoughts,

improper
and
indiscrimi
nate use
of senses.

Thus,
their
energy is
drained
out and

they feel
chronic
fatigue. If
they can
replace

their
polluted
thoughts
with good
thoughts

and divert
their
senses
towards
the

Divine,
thus,
thinking
good,
seeing

good,
hearing
good, and
doing
good,

they can
recover
the lost
energy
and can

get well.