

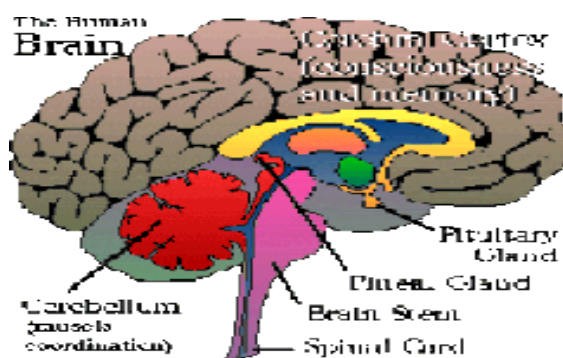
Editorial Note

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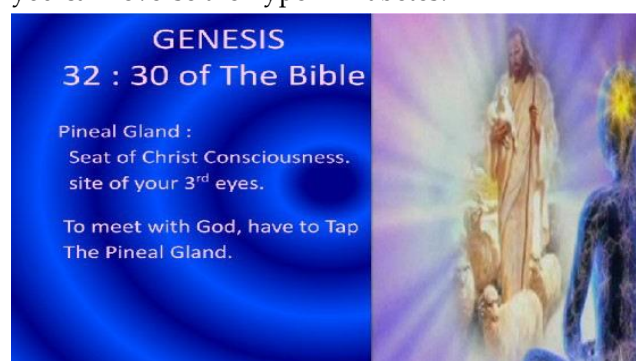
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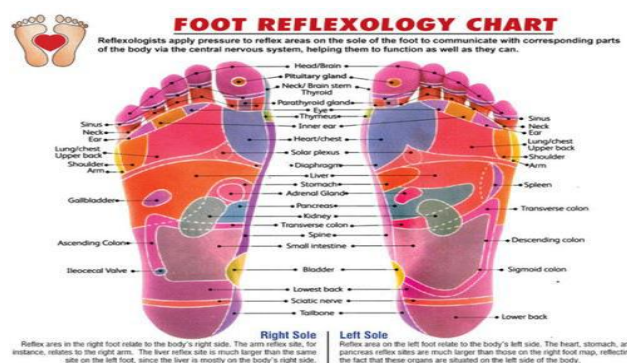
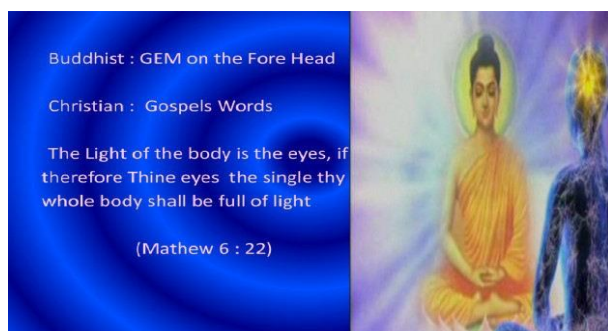
Indeed it gives me pleasure to script an editorial note as an Executive Editor of THE AFRICAN JOURNAL OF Diabetes MEDICINE. During 40 years of Academic carrier, this journal almost provides excellent articles almost equivalent to all high Indexed and Scopus journals. This journal enlightens and enrich all the academicians by providing various multiple information in a highly palatable way in relation to [Diabetes Mellitus](#). Start from Basic, Genetic, Therapeutic and Pathophysiology of both Type 1 and Type 2 Diabetes has been explained in wide manner. In nut shell this is the only one journal feeds the entire information in a precise manner. By reading this journal your knowledge acumen will be ascertained in a unique way. I am associated with this journal for the past 2 months. Within this short span, really I learned lot and also able to appreciate all the scientific people how they hard worked towards Diabetes. It goes beyond explanation. As an executive editor, I feel proud to share my research experience. I did a unique research in [Diabetes](#) apart from the routine researches. I am more interested towards Type 1 Diabetes Mellitus and Type 2 Diabetes Mellitus on reverse/cure by scientific and holistic way. My unique research on 500 BORN BLIND persons related to Type 2 Diabetes Mellitus. Surprisingly, the study research none of them are diabetic where as 80% of normal people at the same age & sex having Diabetes Mellitus. This throws open my mind how come a blind person not a diabetic and what protect these peoples from getting Diabetes. So, to the holistic approach in a scientific way and we estimated the Serum Melatonin both born blind as well as normal diabetic population, to my utter surprise Serum Melatonin level are very low in diabetic person whereas very high level in born blind people. This made me further step into the research how, and what relations between the [β cells and Melatonin](#). Previous research reveals Melatonin Receptors MT I & MT II. Present in the β cells that gives the solution and answer to the blind people not getting Diabetes. Holistically, what we called as a THIRD EYE,

Scientifically it is a Pineal GLAND.



So, Pineal gland plays a major role in controlling, reversing and curing the Diabetes. The [Pineal gland](#) can be stimulated by meditation as well as Melatonin rich foods. Meditation relieves the stress, thereby relieves the insulin resistance and somewhat regenerate the β cells. Normally Melatonin production takes place in the night between 11 pm to 3 am. So, this study reveals all diabetic patients by means of meditation can enrich the Melatonin secretion, thereby you can reverse the Type II Diabetes.





Same Melatonin in Type I Diabetes also play some role in regenerating the β cells thereby, reduces the severity of Type I Diabetes. Therefore, I may request to explore the Pineal gland still more by the young researchers in future.

My second research on diabetic peripheral neuritis as most of the patients having severe burning sensation and numbness. This numbness, burning sensation is more in the evening and night and whenever they are relaxed. Moreover during concentration on any work this symptoms will disappear. So alertness of brain leads to disappearance of the neuritic symptoms. In view of this we planned to develop a slipper, that stimulates the [peripheral nerve](#) thereby reduce the neuritic symptoms. Patients feels better after wearing this vibrating slipper and symptoms almost vanished, this project is under process. Soon it will be released. Find the image of sample slipper just for reference (to be finished).

Finally the β cell is yet to be explored fully and the young researchers must try to find out the solution to the Diabetic population.