

**LIFE BEGINS FROM HERE**

**BY**

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## Introduction.....

Diseases have spread in this era and people by their simple knowledge became trying to research and find fact- treatment continuously. Since we note that science is the inability to find a solution to some of the chronic diseases that found it hard to recover from them completely. In this paper we will discuss one of these diseases. It is Diabetes or, as some call ( age disease ), where Saudi Arabia ranked third in the world in the average of Diabetes patients by the policies included in the third edition of the Diabetes Atlas in blood recently issued by the World Health Organization .So we thought to find a natural remedy to contribute in the treatment of this disease.

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## **Questions.**

- What is Diabetes and what causes it ?
- What is Alkaline water? And How can be obtained?
- How could alkaline water effect the blood sugar levels ?
- How effective is alkaline water on diabetes?

One down-side of insulin treatment is the fact that patients with diabetes repeatedly en continuously puncture themselves with insulin needles. This can effect their physical and mental state of being, specially children suffering from this disease.

We tried to find a natural and effective solution to tackle this problem, by using one type of drinking water, which is the alkaline water.

## **Problem:**

Studying the effect of alkaline water, by replacing it with normal water, in lowering blood sugar levels in diabetic patients.

**Aim:** Reducing the frequency of insulin injections, which are harmful physically and psychologically.

## **Hypotheses :**

### **The Null Hypothesis :**

Drinking 2 liters of alkaline water daily will not reduce blood sugar levels by 20% at least in adults, and therefore reducing insulin injections frequency.

## The Alternative Hypothesis :

Drinking 2 liters of alkaline water daily will reduce blood sugar levels by 20% at least in adults, and therefore reducing insulin injections frequency.

## Experiment :

### Used Materials:

1. 3 gallons of Zamzam water.
2. Blood sugar measuring device.
3. Sample consisting of an adult diabetic patient.
4. Pen & paper to note measurements and findings.

### **Procedure:**

This experiment was carried out on one sample ( one adult diabetic patient), after measuring pH-level of Zamzam water (pH= 8 )

- 1 ) Blood sugar levels of the sample was measured 3 times/ day while drinking normal water for a period of 2 weeks.
- 2) The same procedure was carried out on the same sample, but while drinking Zamzam water. Also for the same period.
- 3) Blood sugar readings were registered.
- 4) The readings were compared before and after drinking Zamzam water.
- 5) The whole experiment were repeated 3 times on the same sample.

6) The experiment took place in Baish General hospital and at home.

### Results:

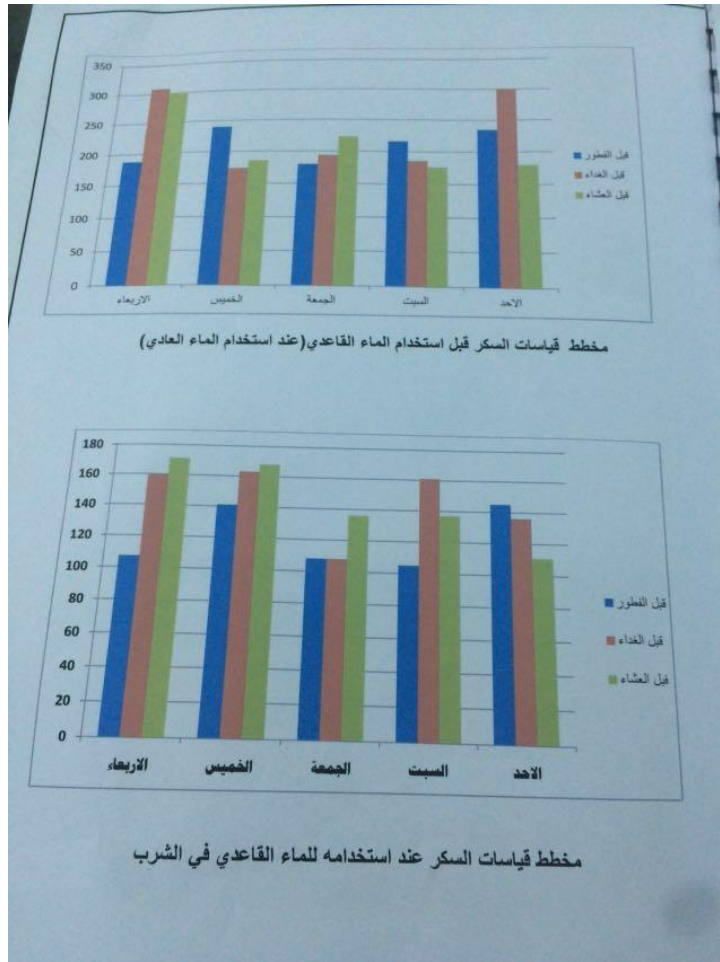
A reduction was noticed on blood sugar levels of the sample after drinking Zamzam water as shown on the tables and charts. The reduction of blood sugar amounts to 64.92%

Days	Before breakfast	Before lunch	Before dinner	total
Wednesday	188	309	301	798
Thursday	240	174	186	600
Friday	180	194	223	597
Saturday	216	186	176	578
Sunday	235	300	180	715
				3279

Blood sugar readings of the sample when drinking normal water.

Days	Before breakfast	Before lunch	Before dinner	total
Wednesday	107	160	107	438
Thursday	141	163	141	472
Friday	108	180	108	424
Saturday	105	161	105	403
Sunday	145	136	145	392
				2129

Blood sugar readings of the sample when drinking alkaline (Zamzam) water.



## Findings :

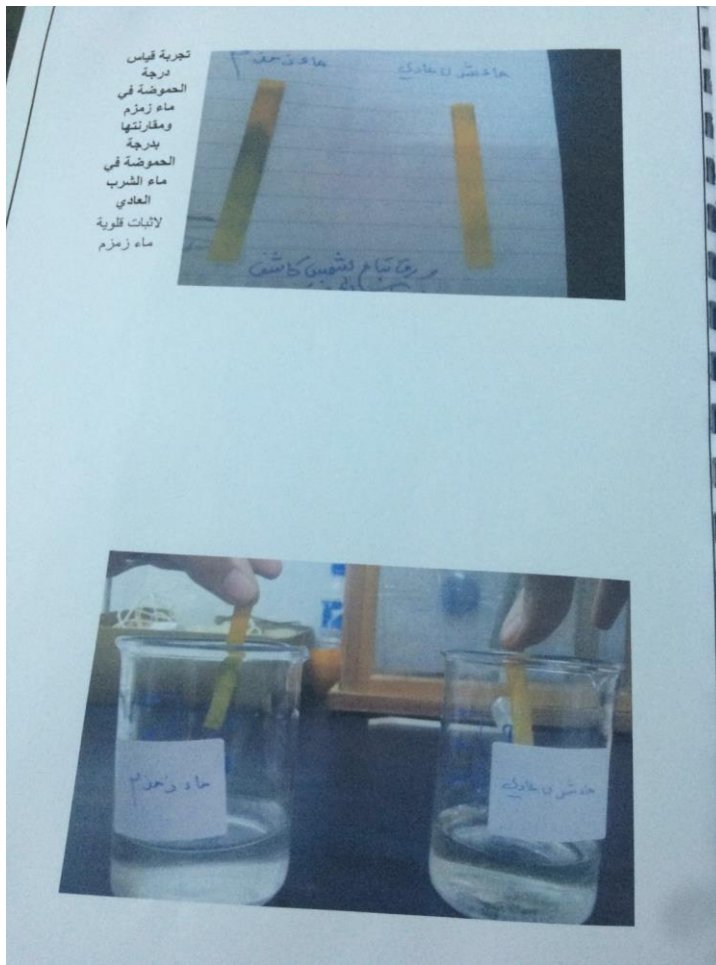
1. Drinking alkaline (Zamzam) water can reduce blood sugar levels.
2. Continuation of alkaline water drinking can ultimately lead to less insulin injections frequency.
3. Reduction of blood sugar is likely to become more apparent when alkaline water is regularly consumed.
4. Ability of blood sugar levels to reach normal level will reduce insulin injection frequency.

## Recommendations:

1. Patients are advised to continue consuming alkaline water for more beneficial results.

2. Also for healthy people, it is advisable to drink alkaline water instead to normal water, due to the rich and necessary minerals alkaline water has.
3. Only one sample was selected in order to facilitate the experiment and to control other variables and circumstances.
- 4.
5. This experiment was limited to only one sample. Conducting this experiment on larger group will lead to

clearer results.



## Conclusion

In the end , I can only say that I offered my opinion on the subject of Ali I have been able to write it and express it , and finally I would like to thank everyone who helped me in my research of my friends and teachers Thanks also Beach General Hospital to welcome me and giving me the opportunity and follow-up cases, I do not forget my school to provide the right atmosphere for it.



## resources and references

