

# Top 10 Ultimate Health Gadgets for Diabetics

India has a presence of more than 72 Million cases of Diabetes with the projections of 300 Million Diabetics by the year 2025. Growing prevalence of sedentary lifestyles and the ever-increasing number of cases has given India the title of "Diabetes Capital of the World."

The significant problems lie not in the condition of Diabetes but the complications that come along. Diabetes is one of the primary cause of -

- Heart Disease
- Nerve Damage
- Foot Damage
- Kidney Damage
- Eye Damage
- And various other health conditions

Thanks to the rich Indian culture and history, we also have a strong presence and knowledge of traditional practices like Ayurveda and Yoga, helping you easily combat all lifestyle diseases.

One of the most effective and widely accepted formulas is

- Aahara - Diet
- Vihaara - Lifestyle
- Aushadhi - Medicine

Inculcating a diet of natural foods and specific ayurvedic herbs and making lifestyle changes like exercise can have a tremendous effect on your health.

The effect of Ayurvedic herbs has been accepted Globally, and revolutionary products like Sugar Knocker have made it simpler for people with Diabetes to leverage the power of Ayurveda. Everyone can't consume various Ayurvedic herbs like Cinnamon, Amla, Tulsi, and numerous others daily.

This is where Sugar Knocker comes into the picture, which combines the extracts of all these herbs and a few others for you to consume easily and daily.

## Importance of Health Gadgets

There are a lot of aspects of Diabetes that must be tracked to keep it under control. Thankfully, modern technology equips us with many tools that help us track everything and make changes to improve our health. You can practically prevent hundreds of diseases by keeping track of some key factors.

In this article, we will be sharing the top 10 Health Gadgets for diabetics that will help you keep your health in check.

## 1. Magnifying Glass

Diabetes has a substantial impact on your eyesight. It is essential to care for your eyes, and thankfully, many tools help you accomplish this. One of them is a magnifying glass.

You must use a magnifying glass, especially while reading. Excessive stress on your eyes while reading and watching screens can invite various problems, and a magnifying glass can help you prevent all of these.

You can find hundreds of options on all E-Commerce websites, including Amazon, Flipkart, etc. The price range for these glasses ranges between Rs. 300-1000.

## 2. Diet App

Diet is the most important thing for anyone with Diabetes. We are sure that you have no idea about the impact that a proper diet can have on your body. You can potentially get off medicines entirely just by inculcating a healthy diet.

One of the best ways to achieve this is by using a diet App. These apps help you plan each of your meals and keep track of every nutrient entering your body and limit the number of sugars in the diet. Some of the Best used Diet Apps are -

- [LifeSum](#) - Starts from \$3.75 per month
- [MyFitnessPal](#) - Try for Free
- [Carb Manager](#) - Start for Free

## 3. Yoga App

Yoga is the traditional Indian practice of Asanas, which is very useful in combating Diabetes. The best way to practice Yoga is by using Apps which not only tells you about the best Asanas for Diabetes but also the steps to perform them.

Some of the best Apps are -

- [Daily Yoga](#) - Free with In-app purchases
- [Pocket Yoga](#) - Free with In-app purchases
- [Yoga Studio](#) - Free 7 days trial

## 4. Calorie Counter App

Sugar levels in your body are directly linked to the number of calories you consume in a day. Obesity is the number one cause of Diabetes, and the calorie counter App can help you keep a check on your calories. Some of the best apps are -

- [Lose It](#) - Free with In-app purchases
- [FatSecret](#) - Free with In-app purchases
- [MyFitnessPal](#) - Try for Free

## 5. Fitness Bands

One of the biggest challenges in busy modern-day lifestyles is tracking everything. Imagine getting a report of all your physical activities and calories consumed in the day according to your goals? Yes! This is possible with a fitness band which acts as your personal fitness trainer.

Some of the significant benefits are -

- Monitor Heart Rate
- Monitor Calories Consumed
- Keep track of the physical activity
- Set and monitor Goals
- And many others

Some of the best ones are -

- Fitbit Charge 4 priced at Rs. 9999
- Samsung Galaxy Fit priced at 8990
- Fitbit Inspire HR priced at Rs. 8999

## 6. Glucometer

The trio of diet, physical activities, and medicines are behind controlling sugar levels in the body. If you tend to eat more unhealthy calories or reduce your physical activities, your body reacts with Hyperglycemia.

Hyperglycemia is a condition of high sugar levels in your blood. It can also occur because of the dosage of medicines that artificially produce the insulin, which is required by your body. One of the best ways to track your Sugar levels is by using a Glucometer.

A glucometer is a handy tool for everyone with Diabetes. You can regularly track your Sugar levels and make changes accordingly. Some of the most common Glucometers are -

- Accu-Check Instant Blood Glucose Monitor
- Dr Trust Glucometer Machine
- Beato Smartphone Glucose Meter

The price range is between Rs. 1000-2000.

## **7. 7 Day Pill Organiser**

It is vital for everyone with Diabetes to consume every medication on time. Diabetes invites a lot of related illnesses along with medicines for them. It is also common for people, especially elderly members, to forget to take the right medication on time.

Using a 7 Day Pill Organiser comes to the rescue as you can quickly identify the pill to be taken on a specific day. The price range of the 7 Day Pill Organiser is usually between Rs. 250-500.

## **8. NovoPen**

NovoPen is the smartest device for everyone who is dependent on insulin. With conventional needles, it becomes quite hard to track your doses and also use the exact dosage.

NovoPen, on the other hand, is a smart solution and has a memory function that remembers the last dosage so that you can track timings. It also has a Dial, which measures quantity and end of the dose click helps you take the exact dosage every time.

The types of NovoPen are -

- NovoPen Echo®
- NovoPen Echo®
- NovoPen® 5
- NovoPen® 4
- FlexTouch®
- FlexPen®

The price range of these devices is between Rs. 1000-2000.

## **9. Medical Alert ID**

Health and safety is the first priority for everyone on Earth. Remaining safe at all times means being prepared for the worst. Medical Alert ID is one of the best tools for you to have peace while travelling.

In case of medical emergencies, First Aid plays a vital, for Diabetics. In case of medical problems like fainting, administering Glucose to a person with Diabetes can have severe issues.

Medical Alert ID helps you maintain all your essential medical details, including Diabetic condition, other diseases, blood group, and many others on a bracelet, potentially saving your life in case of emergencies.

The price range of Medical Alert ID ranges between Rs. 500-2000 for the best ones.

## **10. Bath Thermometer**

Hot Baths are often recommended to Diabetics as they help loosen blood vessels and improve blood flow. Many studies have been on hot baths, and all point out that hot baths help control type 2 diabetes.

But if the water temperature exceeds a particular limit, you can face skin problems, skin diseases, and skin burns. You have to take care of your skin while fighting the Diabetes disorder.

The best tool for this purpose is a Bath Thermometer, which tracks water temperature every two seconds and alerts you when the temperature rises above a specific limit.

The price range of these thermometers is between Rs. 500-1500.

## **Conclusion**

Now that you are equipped with the best devices for keeping a check on diabetes, you must understand all these tools can only help you ascertain the facts but not control them. You have to make sure to fight the root cause of Diabetes so that you can resolve all your health problems at once.

The root cause of Diabetes is the inability of pancreatic Beta cells in producing natural insulin. The solution to this problem is available in Ayurveda, and Sushrut Ayurved Industries has engineered the technique to develop the revolutionary product of Sugar Knocker.

Sugar Knocker consists of the extracts of several potent Ayurvedic herbs, which are known and proven to help rejuvenate pancreatic cells. It helps resolve the root cause of Diabetes, which will eventually lead you to treat yourself completely.

## **Learn how Ayurveda can help you curb Diabetes with the Diabetes Controllability Test**

Sugar Knocker offers a free Diabetes Controllability Test, which enlightens you about how Ayurveda can help you fight Diabetes.

It considers all your characteristics, including age, Diabetes levels, physical activities, body weight, and various other factors to give you a custom recommendation and insights about your health.

## **Say Bye-Bye to Diabetes by partnering with the power of Ayurveda**

Imagine consuming more than ten potent Ayurvedic herbs, all of which are known to cure Diabetes? It is possible now with Sugar Kocker, which contains the extract of all these herbs in a small pill.

Try Sugar Kocker now by clicking [here](#) and rejuvenate your Pancreatic Cells now!