

HOW TO HALT DIABETES IN 25 DAYS

Nutritional transformation
for type-2 diabetics



M I K E A D A M S

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Second Edition

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Dedicated to all the people who have opened their mind to seek the information presented in this book and who have taken it upon themselves to change their personal health without relying solely on the advice of drug companies and medical professionals.

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Chapter 1: The insulin myth

It's time to put to an end the truly bad information that diabetics get from conventional medicine, including organizations like the American Diabetes Association. These organizations tell diabetics they can eat anything they want—even food that's loaded with sugar, like ice cream—as long as they control their blood sugar through the use of insulin or medications. In reality, many type-2 diabetics wouldn't need insulin at all if they would modify their diet and stop eating refined sugars, refined carbohydrates and other simple carbs. The only reason they need insulin is because they continue to consume very high-glycemic foods and beverages. These behaviors are not only what caused type-2 diabetes in these people in the first place, but it's also behavior that seems to be encouraged by the American Diabetes Association and other participants in conventional medicine that push drugs onto patients.

Most diabetics believe this information, too. I've talked to diabetics who continue to drink sodas loaded with high-fructose corn syrup five to six times a day; believing the lie that this highly dangerous dietary sugar won't harm them as long as they "control" their blood sugar with either insulin or prescription drugs. The bottom line is, consumers aren't being told the truth about type-2 diabetes. Diabetics don't have to inject themselves with insulin every day if they just consume low-glycemic foods and beverages.

The standard American breakfast is poisoning your pancreas

Let's take a look at the standard American breakfast. Most type-2 diabetics will get up and eat a breakfast of pancakes, which are extremely high in carbohydrates, typically made with refined white flour, and have a very high glycemic index. Then they will pour syrup—which is nothing but liquid sugar and a little bit of flavoring—on top, so they are getting liquid sugars in addition to the high-glycemic carbohydrates in the pancakes. Then they may also have toast or a bagel—and these days the bagel is basically just a round cake because it's so sweet—with a glass of juice, thinking the juice is healthy. In fact, unless it was freshly squeezed out of a fresh juicer, store-bought juice is very bad for diabetics because it has a high-glycemic index.

Many diabetics will also eat a few slices of bacon. Bacon contains not only saturated animal fats, but also the chemical additive sodium nitrite, which is added by food manufacturers to turn the bacon red and make it more attractive to consumers. Sodium nitrite is converted by the body into a highly carcinogenic class of chemical compounds called **nitrosamines**, which circulate and begin damaging organs—most notably the pancreas, the organ that produces insulin. When people eat bacon, ham or other processed meats, they are poisoning their pancreas and harming their ability to produce insulin.

This particular breakfast is making diabetes worse in several different ways: It's attacking the pancreas, heightening blood sugar, and destabilizing blood sugar levels, and because it is highly processed, it is stripping vitamins and minerals out of the body, leaving the body depleted of the very nutrients it needs in order to start reversing diabetes.

I've found that every single type-2 diabetic I have ever met is worsening their condition, and they continue to do so even after they understand the glycemic index. Very few type-2 diabetics are able to stop eating the sugars.

The healthy, low-glycemic breakfast

Let me describe a breakfast that a healthy individual should consume. Breakfast is a meal that should be very low-glycemic; one that should have absolutely no refined carbohydrates and no sugars at all. I'll give you an example: I typically drink a breakfast smoothie of low-glycemic vegetables each morning, usually cucumber, celery and fresh sprouts combined with some superfood powder or low-glycemic fruits, such as blueberries. Earth's Promise Blueberry is my favorite low-glycemic superfood powder.

Sometimes, instead of the fruit flavor, I'll make chocolate, but the chocolate I use is raw, unprocessed cacao. It has no milk fat and no sugar whatsoever. I'll combine the ingredients in a Vitamix blender, and I might add a little bit of protein, such as NutriBiotic's vanilla rice protein powder or another high-quality whey protein powder. I'll put in a little bit of stevia as a sweetener, because stevia doesn't affect blood sugar levels, and then I blend it all up with water and drink it. It's highly nutritious, fulfilling, the taste is wonderful, and it doesn't slam my blood sugar levels around the way the standard American breakfast might.

This low-glycemic breakfast helps my blood sugar levels hover between 85 and 110 at any given moment during the day. If you keep those levels low and stable, your whole day gets easier, you are more alert, your pancreas doesn't have to work as hard to produce insulin, and you don't gain weight. Insulin is the fat storage hormone, which is why insulin is so dangerous to diabetics. If you're a diabetic, every time you inject yourself with insulin, you are encouraging weight gain and telling your body to store more fat. Once diabetics begin injecting themselves with insulin and refusing to change their diet, they begin a downward spiral. They will need more and more insulin, they'll get heavier and heavier, and then they'll begin to suffer from heart disease, cardiovascular disease, knee pain, hip pain, and pretty soon, they're going to be suffering from diabetic neuropathy—numbness in the limbs. The majority of all leg amputations in the United States are performed on diabetics as a result of this condition.

Instead of consuming high-glycemic foods such as sugars, carbohydrates, pastries and doughnuts, diabetics urgently need to be moving to a low-glycemic diet that completely eliminates these things. If they do that, most of them will find that, unless their diabetes has advanced to an extreme stage, they may be able to safely eliminate their need for insulin. Ultimately, they may even cure their diabetes simply by switching to a low-glycemic diet. Fifty percent of patients in a clinical trial conducted at UCLA were able to cure themselves of type-2 diabetes in just three weeks by altering their food intake. In its early stages, this disease is extremely easy to reverse and cure. Of course, this is not a message that promoters of diabetes—which, in my opinion, includes the American Diabetes Association—want you to know. They want you to continue having diabetes so they can sell you more drugs and more insulin.

Insulin profits

Let's face it: Insulin is very profitable and it's a great revenue model for the drug companies. As long as they can convince people to keep eating sugars, they know that people have to keep dosing themselves with insulin. Plus, when the diabetics get overweight and start to suffer from cardiovascular disease, the drug companies can sell them drugs for their heart in addition to drugs for diabetes. In fact, the American Diabetes Association lists at least 16 different drugs just for high cholesterol and heart disease. They deny that food and exercise alone can be effective at reversing diabetes and claim that only drugs can manage diabetes and that there is no cure. They tell diabetics to consume all the sugars they want, as long as they "balance" their sugar intake with doses of insulin.

This information is harmful and manipulative because it teaches patients the wrong thing. They don't need to be taking more insulin while pursuing a high-glycemic diet; they need to be shifting to a low-glycemic diet so they don't need the insulin. But the promoters of drugs, the promoters of diabetes and conventional medicine don't want patients to realize that, because they would lose money. A patient cured is a customer lost to the pharmaceutical industry and all its nonprofit front groups that really promote diseases rather than teach people how to cure them.

Other diabetes myths

The industry also promotes other myths, such as “when diet and exercise aren't enough,” you need drugs. What does that mean? The industry never really explains it. Diet and exercise are always enough when it comes to preventing type-2 diabetes. Most people aren't willing to make the dietary changes because an anti-diabetes diet is a diet that has absolutely no liquid sugars, no refined sugars and no artificial sweeteners. It's a diet that has no saturated animal fat or processed meats, no cookies, sugary breakfast cereals, bread, bacon, sausage, pepperoni pizza, cheese or thousands of other items that diabetics have generally grown up eating. And this is why they have diabetes in the first place—because they've been subsisting on the very foods that promote it.

Getting off these foods for life is a challenge, but the diabetes organizations don't even give people the opportunity to make these changes because they don't tell them what changes have to be made. I'm probably the only person out there telling diabetics the truth, which is that you cannot touch a doughnut, a pastry or a soda for the rest of your life if you want to be free of diabetes. It's that simple.

I used to be borderline diabetic. I know all about blood sugar disorders, and I know about the lies connected to them. I also know about the lies of the food industry. Some of the largest soft drink companies in the world deny that sodas promote diabetes in the same way that tobacco companies once denied that nicotine was addictive. It's a lie, but it's one that continues today as the junk food industry defends its own foods.

I used to eat all kinds of sweets. I ate sugary foods of all kinds. I would consume several sodas a day, along with extremely salty foods or snacks loaded with MSG. I would eat cookies and candy on a regular basis, along with cakes, doughnuts, pastries and muffins. As result, I had blood sugar disorders and I was 50 pounds overweight. My tastes at that

time were very much like the tastes of most diabetics today. Everything I ate had to taste extremely sweet or I didn't like it. I couldn't stomach any food that didn't taste sweet. This is something I call "taste inflation," and it's something that nearly all type-2 diabetics experience. We have been consuming sweetened foods for so long that we have become desensitized to sugar. We need more sugar to create that sweet, comfortable taste, so we have to seek out increasingly sweet foods just to satisfy our cravings. Fruits, which should taste absolutely wonderful to the human palate, end up tasting bland because we have become calibrated toward sweet foods.

What the American Diabetes Association does not tell you is that your taste can be recalibrated through training. You can actually learn to enjoy the taste of cucumber juice with a few blueberries. Over time, you can free yourself from the sugar habit and move away from the ultra-sweetened foods to the point that you don't even want them anymore. Once you've recalibrated your taste, you make healthier food choices automatically. Foods that you once thought were boring—like celery or carrots, for example—become a lot more flavorful once you move away from the sugar and processed foods that are commonly sold in grocery stores around the world.

However, recalibrating your taste takes some real effort. Moving away from sugar and toward low-glycemic foods requires you to make some sacrifices. In the early days of this transition you're going to crave those sugars simply by habit. You're going to eat foods that you think are bland, but someday you will begin to appreciate them as quite delicious—foods such as fresh, raw fruits and vegetables, and even nuts that are unsalted, unflavored and unprocessed. As you begin to transition away from the sugary, salty, processed foods that gave you diabetes in the first place, your natural sense of taste will begin to awaken, and you will find yourself enjoying foods that you once thought were boring. When you continue this long enough, you will find yourself not craving any of the sugary foods ever again. I used to be a soft drink junkie, and today I wouldn't drink one if someone offered to pay me to drink it. I don't crave it, I don't want it and I would reject it.

Extreme mineral deficiencies

What's the secret to making this transition possible? One of the reasons that you crave sugary and salty foods is because your body is living in a state of extreme mineral deficiency. How can I make such a prediction about your body? If you're diabetic, crave sugars and salty food, and have blood sugar disorders, then 99 times out of 100 you're suffering from

severe mineral deficiency. In fact, the general population—healthy or otherwise—suffers from severe mineral deficiencies.

By mineral deficiencies, I mean your body doesn't have enough of both the macro minerals and the trace minerals. You don't have enough zinc, magnesium, and calcium. You're lacking these because trace minerals simply aren't found in the soils that produce the foods that make up the national food supply today. When your body lacks these minerals, it creates severe imbalances. When you lack magnesium, it creates a craving for foods that are naturally rich in magnesium. This often appears as a craving for chocolate. If you crave salty foods, like chips or salted nuts, then you probably lack other macro minerals, including calcium, zinc and phosphorus. Your body is trying to tell you that you need more minerals, but most human beings only consume two minerals—the sodium and chloride in salt. So we feed ourselves processed salt, and we never get the nutrition we need to quell the cravings. We continue to crave because we are mineral-deficient.

Some carbohydrate cravings are also caused by vitamin B deficiencies, and some of the blood sugar imbalances are made worse by vitamin D deficiencies. Good nutrition can help us calm down these cravings and transition away from the sugary foods and junk foods that are destroying our health. Nutrition must be part of the answer, and that's the big secret here that diabetics are never told. Once you understand how to give your body the nutrition that it's craving, then you will have the information that you need to safely transition from all of the harmful processed foods and get back to a healthful diet that can reverse type-2 diabetes and prevent all sorts of other diseases, such as cancer, heart disease and depression.

The key is getting these vitamins and minerals into your body in sufficient quantities, but just taking a daily multivitamin won't work. The most commonly available cheap vitamins are made out of nothing but synthetic chemicals without any natural vitamins and minerals in them. What you need is nutrition that is natural, and you get the best nutrition by going directly to the plants. Here are some action items to help you get started:

Number one: Start buying organic produce. Organic fruits and vegetables are much higher in vitamins and minerals than non-organic produce for a number of reasons. Organic produce tends to be raised in soil that is more fertile. Some people frown at the idea of spending more money for organic produce, but you're not just paying more for an apple, you're paying more for what's in the apple. You are buying the vitamins and minerals; things that have been shown to be more plentiful in organic produce through nutritional

analysis. When I talk about organic produce, I don't mean go buy a box of something that says "organic" on it. I'm talking about fresh produce—raw fruits, vegetables, nuts, seeds and roots.

Number two: You must supplement your diet with superfoods. Superfoods are a class of foods that have higher nutritional density than typical food. Superfoods include things like spirulina, chlorella, green tea, blueberries and other nutrient-dense items, many of which come from the ocean. Supplementing with superfoods is crucial because you cannot get enough nutrition just by eating everyday foods. There's not enough nutrition found in foods—even organic foods—to reestablish sufficient mineralization in the human body. Maybe 200 years ago when the soils were first used they were fertile and had lots of minerals, but today the soils are all but depleted, so farmers have to add synthetic chemicals just to get the plants to grow. However, they don't add trace minerals, such as chromium or strontium, and these are the minerals our bodies crave.

Why is it so crucial that these supplements come from the ocean? The ocean is sort of like a liquid soil. The practice of farming the ocean is called aquaculture (rather than agriculture, which is farming on land). In aquaculture, the plants absorb the minerals of the ocean and turn them into bio-available organic format minerals—minerals that are readily absorbable by your body because they are found in plant form. If you want to get minerals into your body in the most efficient way possible, you must supplement with ocean-grown foods.

In some cultures, the consumption of ocean-grown foods is traditional. For example, in Japan people eat a lot of seaweed, but in the United States we hardly eat any plants grown in the ocean. These plants can offer some real solutions to our mineral deficiencies, so it is crucial that you take supplements from the ocean. One of the best is spirulina, an ocean-grown, blue-green algae. Other supplements are kelp and a sea vegetable called bladderwrack, so named because it's good for the bladder. There are varieties of sea vegetables you can cook with or consume as supplements, and there are also supplemental powders or capsules you can buy that are made with ocean vegetables or spirulina. These supplements are crucial to remineralizing your body and ending the cravings for all those processed foods that made you diabetic in the first place. The more nutrition you get, the faster your cravings will fade, so get those minerals into your body.

It's also important to have a good, wholesome multivitamin made from plant sources. One that I've been recommending for years is made by Nature's Way. It's called *Alive! Whole Food Energizer*. It's a multivitamin known as a mega nutrient, and it has medicinal mushrooms, a

lot of fruits and vegetables, omega fatty acids and even some supporting digestive enzymes to help it be more easily assimilated into the body. It's an excellent choice in terms of a multivitamin supplement, with a recommended dosage of three tablets a day. Some days I take a lot more, and if I were starting out in a situation of malnutrition, I would probably take five or six of these a day for several weeks until I established a better foundation.

You can also buy superfood powders. I have already mentioned an Enzymatic Therapy product called Earth's Promise. There are some other superfood powders on the market that you can blend into your morning breakfast smoothie, and you can experiment with the taste to see what you like best. If you need to add in a little bit of sweetener at the beginning—which you undoubtedly will because your tastes are inflated toward the sweet side of the spectrum—the two sweeteners that I recommend for diabetics are stevia and agave nectar. Agave nectar is the one that diabetics love the most because it tastes just like corn syrup but has a very low glycemic index. Agave nectars usually have a glycemic index ranging 19 to 30—much lower than the glycemic index of processed sugar or liquid sugars. This is a great sweetener for diabetics to use as they're trying to wean themselves off of the high-sugar habit. Check the resources section on page 46 for agave sources.

The strategy for getting yourself off of those processed foods and eliminating your need for insulin as you reverse diabetes is simply this: Feed yourself great nutrition, remineralize your body through superfoods and ocean-grown supplements, and take a quality, plant-based multivitamin—such as the Alive! Whole Food Energizer supplement—to give yourself the vitamins and phytonutrients (the nutrients from plants) that you need to end cravings.

Start moving away from high-glycemic foods

As your cravings begin to fade, move away from high-glycemic foods. Move toward low-glycemic foods and sweeten them only with stevia and agave nectar. Over time, use slightly less and less sweetener so you train your tastes to need less stimulation. Within about 90 days, you will remineralize, reinvigorate your natural metabolism and radically alter your cravings. You won't crave the processed foods that probably created diabetes in your body in the first place. You may not even need insulin anymore. I always recommend that you work with a qualified health practitioner to safely transition so that you gradually and consistently eliminate your need for insulin as well as other diabetes drugs.

This process works, but it requires you to make an effort to recalibrate your tastes. It requires the transfer of spending from diabetes drugs to nutritional supplements, and it requires you

to give up those sugary foods and soft drinks that you used to enjoy. I know all about the sacrifice; I went through it myself. You are fortunate enough and courageous enough to have sought out this information that the diabetes industry hopes you never learn. Now all you have to do is apply it. It absolutely works.

Satisfaction guaranteed

If this information doesn't work—if you follow this and you don't get the results I've described here—then I don't want your money. You'll get a full refund. Send the book back if you don't get these results.

Remember, I have a 100 percent satisfaction guarantee on everything that I sell because this information is rock solid. It is all honest, unbiased and proven, and it works. All you have to do is apply it. You'll notice that I don't sell any diabetes supplements, and I don't sell any superfoods. I have nothing to gain from you pursuing these healthy changes, but you can gain back your health. You can gain back your future. You can gain back the person you used to be before diabetes took over your body.

Beware the purveyors of prescription drugs

Make no mistake—the purveyors of prescription drugs will draw you into medical bankruptcy and exploit you for their maximum profit. They don't care whether you have diabetes or not. They don't care how long you live or what quality of life you end up with. They don't even care if you have to amputate your legs, because that just generates more money for surgeons. All they care about is selling you more insulin and more diabetes drugs. If you think otherwise, you're too trusting of an industry that really has only one purpose, and that is to maximize profits.

I would prefer that you be healthy rather than sick. I have made it my mission to empower people with information that can change their lives, and the vast majority of that information stands in contrast to what people are being taught by conventional medicine. The truth about how to heal yourself stands against all the disinformation, lies, distortions and medical myths promoted by conventional medicine. The reason is simple: If something prevents disease, they lose a customer. They have no interest whatsoever in helping you be healthy, and that's why the information you received from conventional medicine in the past has been a detriment to

your health. You've been fed information designed to keep you sick and in a state of chronic illness so they can convert you into a lifetime revenue stream. You've been used.

Take back control of your health

I'm offering you a way out. I'm offering you a way to take back control of your health. You can cut all that industry from your wallet and start saving your life, your health and your money from this day forward. You're going to have to follow the information that I've included in this book. You're going to have to give up those refined sugars for life. You're going to have to give up those sodas forever, no exceptions. You're going to have to stop believing the medical industry is going to save you; it's not. It's just going to exploit you, year after year, until you die. If you want to live a life in which you are in control, you have your health, and you are the one determining the outcome, then you have to take charge right now, and that begins with nutrition. You nourish your body, and you nourish your mind. You enhance the health of your nervous system, your cardiovascular system and your endocrine system. You will stabilize your blood sugar levels, and you will begin to shed excess body weight. You will retake control over your health simply through nutrition. It's that powerful. It's the most powerful secret in the world of health, and it's a secret that conventional medicine hopes you never find out.

The promoters of junk food and conventional medicine know that, as long as they can convince the American population to keep eating processed foods, junk foods and nutrient-depleted foods, they can keep people in a state of chronic disease. Then they can profit from them by selling them more junk food and more prescription drugs. They can turn the population into profit centers, and that's why the pharmaceutical companies are the most profitable organizations in the world. The top 10 pharmaceutical companies in America make more money than all the other Fortune 500 companies combined.

How do you think they make all that money? Do they make that money by teaching people how to prevent disease and thereby eliminating their customers? Do they make that money by curing people of diabetes, heart disease and cancer, sending them home and saying, "We hope we never see you again because you're going to be healthy for the rest of your life"? Of course not. They don't make money through prevention; they make that money through censorship of information like this. They make that money by keeping the American people in a state of ignorance about the true solutions to natural health, and they make that money by exploiting human beings for their own selfish profits. That's why

they are so profitable—they have a scam that is powerful and traps people in a system of dependence on pharmaceuticals for the rest of their lives.

What I'm offering you is a way out of that trap. I'm offering you true health freedom. Again, I have nothing to gain no matter which path you choose. Whether a year from now you're sick or healthy doesn't help me or hurt me in any way, although I'd much rather see you healthy, lucid, taking control of your health and denying the pharmaceutical industry the revenues of your disease. I have a philanthropic interest in your health, but I have nothing to gain from it and nothing to sell you, other than this revolutionary information that can change your life—just as it did for me and thousands of other readers, many of which have overcome diabetes because of this information.

You hold in your hands right now the secrets that can change your life from this day forward, but it's up to you to take the steps and start applying this closely guarded knowledge to your life. That means making some different decisions right now. Get some superfood supplements. If you want the best spirulina, buy it from Cyanotech or get a product made with Cyanotech's spirulina. It's grown in Hawaii, it's pristine and it's very low in any kind of contaminants or heavy metals. It's the cleanest spirulina in the world.

Get some agave nectar, you can find it in grocery stores and certainly some health food stores. Get some stevia. If you've never been to a health food store, just go there and take a look around at what's available. Get some of that organic produce. Play around with some recipes, and make yourself a smoothie you can drink for breakfast instead of eating the diabetes-promoting breakfasts that are standard in America. Clean out your pantry and your refrigerator. Find anything made with corn syrup, sugar, sucrose, aspartame or sodium nitrite, and throw that stuff away. Do not poison your body another day. Remember, what you put in your grocery cart will eventually end up in your body, so make a decision at the point of purchase to hold your grocery cart sacred. Keep those unhealthy junk foods, processed foods, sodas and processed meats out of the cart, and you'll keep them out of your life.

Start making these changes incrementally; you will not be able to do this overnight. It's going to take several weeks, but it can be done, and thousands of people are doing it. Through these steps you will remineralize your body, your cravings will fade, your blood sugar will stabilize and you will naturally and automatically find yourself not needing diabetes drugs. Then you are on your way to a lifetime of healthful living—free of blood sugar disorders, free of type-2 diabetes, and finally in control of your own freedom and your own health.

Chapter 2: The diabetes epidemic

It's time for some straight talk about sugar, white flour and diabetes. This is the kind of straight talk that you will *never* hear from conventional or mainstream sources. Why? The sugar industry is well connected. They have a powerful lobby, which is very influential and also very corrupt. They've been able to influence the USDA into making sure that the new, 2005-released Food Guide Pyramid does not tell people to eat less sugar. So even the health and food authorities aren't telling you the truth about sugar and diabetes.

In this nation, we are in the middle of a diabetes epidemic—two-thirds of the country is overweight and **more than one-third has prediabetes**. We have a sugar problem. Consumption of sugar is excessive and pervasive. It's been skyrocketing over the last several decades, yet the USDA will not tell people to eat less sugar. Why is that such a mystery? Could it be that the sugar industry is very influential?

Did you know your tax dollars subsidize the sugar industry? That's right—you are paying for an industry that is ultimately providing a food ingredient that promotes chronic disease and even death. How's that for irony? This is the situation today, and that's why you won't hear this truth anywhere else.

Diet and exercise scientifically proven to stop diabetes in three weeks

The real solution is diet and exercise. According to a recent study published in the Dec. 15, 2005 edition of the *Journal of Applied Physiology*, three weeks of moderate exercise and a high-fiber, low-fat diet actually reverses type-2 diabetes in at least 50 percent of patients. UCLA head researcher Christian K. Roberts and six other researchers from California universities found that only three weeks of these easy lifestyle changes improves cholesterol and blood lipids—two important factors in type-2 diabetes.

However, as *New Scientist* pointed out in their Jan. 13, 2006 online news feature “Three-week diet curbs diabetes,” the scientists’ examination of the diet and exercise regimen’s impact on the blood vessels themselves makes the study groundbreaking. They discovered that moderate exercise combined with a low-fat, high-fiber diet results in fewer free radicals and more nitric oxide in the blood.

Increased levels of nitric oxide and decreased levels of free radicals make your arteries open up more easily, which decreases your chances of developing atherosclerosis, which has just recently been linked to type-2 diabetes, as well as heart disease. By following the few simple changes in this book, you'll not only halt your diabetes, but reduce your heart disease risk as well.

Censorship remains in full swing

Now, you may not even hear this information from me for very long because they're going to try to censor me. If you're reading this, make some copies and hand them out to a few people—it may not be available for very much longer. I'm sure I'll be sued by the ADA, the sugar industries, soft drink companies, and everybody out there who benefits from your pain and suffering when you consume sugar products. Let's face it: Sugar is very profitable. Frankly, they do not want people to know the truth about the relationship between sugar, white flour and diabetes, but that is exactly what I'm going to reveal right here.

First of all, let's start with the obvious. I'll say what the USDA doesn't have the courage to say, but is absolutely true, well-documented and well-proven. Excessive sugar consumption, especially refined sugars, promotes and directly leads to adult-onset type-2 diabetes.

Sugar consumption is terrible for your health. It causes heart disease, strokes, nutritional deficiencies, dental cavities and a whole list of other diseases and conditions that I will name here. If you consume enough sugar for long enough, you're going to end up with some complications that could actually put you on the operating table of a doctor preparing to amputate one or more of your limbs.

150 pounds a year of disease-causing sugar

In the early 1800s, people consumed only about 12 pounds of sugar per year. Over the last 150 years, consumption has risen to more than 150 pounds a year—more than 10 times what people used to consume. Some people eat as much as 300 pounds a year of sugar, right now. That's 300 pounds of sugar—pretty close to one pound a day. It's absolutely outrageous. It's unbelievable.

Sugar consumption directly correlates with the rise in diabetes, hypoglycemia and the various nutritional deficiencies we're seeing in our population. When doctors say diabetes is genetic, they're completely out of their minds. It's not genetic; it's based on what people are consuming. People's genes didn't change from 150 years ago to today: What changed is their diet and the foods they chose to put in their mouths. More than 100 years ago, in the late 1800s, diabetes only occurred in three of 100,000 people—a fraction of a percent. Today, diabetes is rampant. Right now, anywhere from 15 to 20 percent of adults older than 50 are diabetic, and one-third of the adult population is prediabetic.

What has changed from the past to the present? Has the gene pool changed? Have people suddenly genetically mutated to be susceptible to diabetes? Of course not! What's changed is the consumption of sugars—especially white flour, refined white sugar, high-fructose corn syrup, sucrose, maltodextrin and other refined sugars that are everywhere in our foods and beverages today.

In the year 2000 alone, more than 213,000 people died from diabetes-related health complications, according to the Centers for Disease Control (CDC), and those numbers tend to be vastly underreported, the CDC explains. The real number of deaths is more likely closer to **half a million Americans each year**.

Sugar damages the human metabolic engine

These days, the average American consumes around 600 calories a day in sugar. That's unbelievable, because the human body as a metabolic engine was not designed to consume sugar at all. Refined sugar is not something that occurs naturally in the environment, and thus is not something that the human body was built for. To use the metaphor I mention from time to time, it's like putting rocket fuel into your car.

Sugar's glycemic index is too high; it gets converted to blood sugar too quickly. Your body is not designed to run on high-octane, sugary fuel. You're supposed to have complex carbohydrates with some fiber mixed in, so you'll get the carbohydrates more slowly. If you eat sweet food that is also high-fiber, such as an apple, it's not going to slam your blood sugar in the same way as apple juice, apple-flavored candy drops or apple syrup. These would all boost your blood sugar levels sky high, which is extremely bad for your health and, as we'll see here soon, causes a long list of various other disorders.

In the past 15 years, our national consumption of high-fructose corn syrup—the primary sweetener in soft drinks—has risen 250 percent. In this same time period, **our diabetes rate has increased by 45 percent.** This is the correlation I was talking about. By the year 2010, some estimates say 40 percent of Americans 65 years of age or older will have adult-onset type-2 diabetes. This is absolutely astounding, especially when you consider that more than 100 years ago, this hardly existed. Doctors had to search far and wide just to find a single patient with diabetes. Fewer than three out of 100,000 people—that was the normal rate that occurred when people were out exercising a little bit, eating unprocessed foods out of their own gardens and not purchasing the junk foods, candies and soft drinks we consume today. The foods, beverages and sugars we eat in modern society contribute to this: In fact, they directly cause it.

Can you trust diabetes organizations?

Again, this is information that the sugar industry does not want you to know: In fact, to some extent, I think the diabetes organizations out there don't want you to know it, either. The American Diabetes Association, for example, derives some of its funding from at least one major soft drink company. This is why you'll see statements from people at the American Diabetes Association that sound absolutely ridiculous, statements like, "Sugar isn't the cause of diabetes: Insulin is the problem."

This is like saying that when you jumped out of an airplane, it wasn't the parachute problem that killed you; it was hitting the ground. It is the same kind of logic. Of course it's sugar! Sugar causes the insulin swings, the burnout of the pancreas, and the insulin-sensitivity problems that ultimately lead to diabetes. So, to say it's an insulin problem and not a sugar problem is just smoke and mirrors. It's just a shell game to distract people from the truth, which is that sugar, refined carbohydrates and white flour directly promote and cause adult-onset type-2 diabetes.

Disastrous health effects of sugar consumption

It's now time to cover some of the conditions that are caused by excessive sugar consumption. These are some of the things you can look forward to if you choose to drink a lot of sugary soft drinks for the rest of your life, consume a lot of white flour, or eat any food made with a lot of refined sugar, including breakfast cereals. In fact, a lot of breakfast cereals are

the worst of both worlds—they have white flour combined with sugar. You mix it with a liquid, usually milk from cows, and you have a very unhealthy food that actually depletes your body of important vitamins and minerals. It also messes with your head, so that you feel fatigued, can't focus, experience brain fog, and have mood swings in the late morning. This is the result of eating white flour combined with refined white sugar for breakfast, and this is what millions of people do every single morning. They can't figure out why they're not very good at focusing at work, but it's no mystery to me.

Let's go through the whole list here because, as you know, we have a library of more than 570 books on health, wellness, and nutrition. I've done the research with these books and pulled out the effects of eating a lot of sugar. I'll go through the list for you and read them off with some comments. By the way, if some of these ring a bell, if you're experiencing these now, then it could be a red flag saying it's time to make a new choice and stop consuming all the soft drinks and sugars.

Sugar consumption causes mineral deficiencies, including zinc, magnesium and several others as well. Zinc is very important for nervous system function and especially wound healing. If you hurt yourself or have a surgical procedure and you don't have enough zinc in your body, you won't heal very quickly. You may not heal at all. This is why some people with diabetes get a wound and it never heals. Ultimately, doctors end up having to amputate something because the wound won't heal.

Diabetics typically don't have enough zinc. In addition, they have nerve damage due to diabetic neuropathy, caused by high circulating blood sugar. Sugar consumption overworks the pancreas, the organ that produces the insulin necessary to lower blood sugar. If you stress out your pancreas day after day and year after year; by chugging down soft drinks and all these refined sugars, then sooner or later you're going to burn out your pancreas. I know that's sort of a crude metaphor, because our organs don't burn out like light bulbs, but it's valid in a sense. When you stress any organ, it can become fatigued. If you don't give your pancreas a rest, which means avoiding all refined carbohydrates for a while, then you can actually cause it permanent damage. When people overwork their pancreas and it no longer produces the insulin it once did, they then have adult-onset type-2 diabetes.

The other explanation for type-2 diabetes is that people's insulin sensitivity is reduced. Even though their pancreas organs produce more and more insulin, their cells fail to respond to it and take blood sugar out of the bloodstream. So, it could be an insulin-production problem or an insulin-receptor problem, or it could be both. By consuming a lot of refined

sugars, you're actually promoting both, and you're going to end up with one or the other as the dominant factor in your diabetes. You must take these sugars out of your diet if you want to have a healthy pancreas.

Sticky blood is bad for your health

High blood sugar also makes your blood sticky. Yes, sticky. What's wrong with sticky blood? Blood cells are supposed to be viscous. They're supposed to flow freely and individually, so they can fit into small blood vessels and reach your eyes, your internal organs and your body's extremities, providing oxygen and important nutrients. When your blood sticks together, it circulates around in clumps, or little tiny clots. These clumps can't fit into the small blood vessels and capillaries and, as a result, they can't bring nutrients to these areas.

This is why people who consume a lot of sugar end up going blind. They have macular degeneration, so they lose their eyesight. You might also start to lose feeling in your feet or hands due to the death of nerve endings that aren't getting enough nutrients. If you have numb hands or feet, you won't notice if you hurt yourself. Damaged limbs that go untreated get infected, and eventually you'll have to hack those limbs off because of gangrene. You may think I'm exaggerating, but I'm not. Amputation is a very real threat when it comes to severe diabetes. Remember, these risks are all because your blood has become sticky; you need flexible blood for your body to work the way it was designed to. To have flexible blood, you need to eat a lot of essential fatty acids—healthy omega-3 oils, fish oils, cod liver oil, macadamia nut oil, raw nuts, and olive oil.

When your blood becomes sticky, you also produce the effects of cardiovascular heart disease—CHD. You get atherosclerosis, the buildup of plaque in your arteries. In fact, most diabetics die from complications related to some form of coronary disease. Heart attacks, strokes, and even congestive heart failure—these are the kinds of health problems you face from walking around with high blood sugar.

I haven't even mentioned some of the other organ failures common with high blood sugar, including kidney failure. Your kidneys become burned out as well, to use that metaphor again. They can no longer process all the toxins and remove them from your bloodstream. Pretty soon, you're on dialysis, you've got atherosclerosis, you can't feel your toes, and you're going blind. What's the common cause here? It's sugar consumption—something

you control, something you could have stopped many years ago, or maybe if you're reading this, something you can stop right now. By stopping it, you can avoid all of these terrible, destructive side effects the sugar industry hopes you never learn about.

Yet more scary diseases caused by sugar

I'll quickly go through the rest of the list of diseases and disorders caused by sugar consumption: cataracts, mood disorders, mood swings, violent behavior, aggressive behavior, depression, premenstrual syndrome (especially when sugar consumption is combined with caffeine), impotence and premature ejaculation. Furthermore, according to the book "Food and Healing," excessive sugar consumption causes unrealistic sexual attitudes and expectations, strong urges, fantasies, and crimes of sexual violence. I haven't heard this mentioned in many places, so I'm not sure how widely believed it is, but it's an interesting concept. I do know behavioral disorders and violent behavior are very common with excessive sugar consumption.

High-sugar diets also drain your liver and imbalance your adrenal glands, which will lead you to feeling fatigued or depleted. When this happens, a lot of people turn to caffeine for a little boost, throwing their blood sugar way out of balance and causing all sorts of complications. Look at the cycle: A person wakes up and eats some sugary cereal that throws off their adrenal glands. A couple of hours later, the person feels tired and drinks some coffee to get a boost. The caffeine interacts with the blood sugar swings that are already going on and drops blood sugar even further. Right before lunch, this person is potentially hypoglycemic—they're irritable, shaking and feeling faint and unable to focus. They're really, really hungry, so what do they do? At lunch, they pig out on more refined sugars, as well as a lot of saturated fats, processed meats or other disease-causing foods.

Then, the same cycle repeats itself in the afternoon. By the time dinner comes around, they're starving and they overeat again. All this time, they're draining their adrenal glands, causing fatigue, overworking their pancreas, and storing excess body fat. That's why when people eat like this, they end up tired all the time, addicted to coffee, sugars and carbohydrates, suffering from obesity and diabetes, and showing early signs of cardiovascular heart disease. These all go together—they have a common cause. That's why you see this pattern in so many people. Just ask any doctor, they will back this up. They see it all the time. The common cause is the consumption of white flour and refined sugars, especially in soft drinks, which contain high-fructose corn syrup.

Moving on through the list, high sugar consumption also causes allergies, arthritis, and hormone fluctuations. It suppresses the immune system (leaving people susceptible to the common cold) and causes bronchitis, sinus infections, digestive difficulties, breast cancer, Alzheimer's disease and *Candida albicans*.

Sugar consumption upsets the body's mineral balance, causing an acidic stomach that messes with your acid/alkaline balance (it doesn't help that most people are too acidic to begin with). Sugar consumption also causes hyperactivity, anxiety and concentration difficulties, some of which I've already talked about. Your brain runs on blood sugar, so when you start having these big swings in blood sugar, your brain doesn't like it. Your brain's a physical organ, so it needs fuel just like any other organ in your body. When you're messing with its fuel supply, your brain will suffer from brain fog, irritability, anxiety, mood swings, or aggression, especially in young males. It also kills brain cells—did you know that? This is again from our library of more than 400 books, most of which are written by medical doctors.

Sugar feeds cancer tumors and more

Sugar consumption causes heart disease, fatigue, weight gain, depression, and arthritis. Is this interesting enough yet? According to Nancy Appleton, author of “Lick the Sugar Habit,” there are 78 metabolic consequences to eating sugar. We're going through some of them here. Sugars feed intestinal yeasts, toxic organisms, fungi, and cellular cancer. If you've got cancer tumors and you want to give them the food they need to grow and spread, keep eating sugar and drinking soft drinks. Your tumors will be so thrilled, they'll throw a party.

Sugar consumption accelerates aging and tooth decay, promotes alcoholism—that's an interesting one—gastric ulcers, asthma, yeast infections, gallstones, appendicitis (I encountered that one back in the days when I used to eat a lot of sugar), multiple sclerosis, hemorrhoids, varicose veins, elevated insulin responses, periodontal disease, osteoporosis...

This list is quite fascinating. I bet it wasn't on the label of the last soft drink you consumed, was it? This wasn't on the candy bar you ate. They don't want people to know this stuff. If all of that isn't enough, then what about all of the pesticides and chemicals sprayed on cane and beet sugar during the processing and the bleaching? Are they on the labels? You're

consuming these chemicals—often solvents—and pesticides and you don't even know it. It's not even listed on the label. It's all part of the food processing procedure, but the FDA doesn't require these companies to list it.

Sugary soft drinks are the primary culprit

I think that's enough of a list there. You get the picture—this is bad stuff. This is why people who consume a whole lot of sugar are typically not very healthy. This is why we, as a nation, are not very healthy. We're all eating sugar and drinking soft drinks. Twenty-five percent of the beverages people drink in this country today are carbonated soft drink beverages, sweetened with high-fructose corn syrup. And if you think you're getting around the sugar problem by drinking diet soda, here is news for you: You're not. Diet sodas are sweetened with toxic, chemical sweeteners known as excitotoxins. These promote migraines, brain tumors, nervous system damage and other problems even worse than diabetes. So, if you're drinking soft drinks, diet or regular, you can pick your poison. They're both toxic.

Don't be deceived by brown sugar

By the way, the sugar category includes high-fructose corn syrup, corn syrup, maltodextrin, sucrose and a lot of other forms—it's all sugar. Don't be confused and think that you're healthier if you go out and buy brown sugar.

What a scam! Do you know how they make brown sugar? They take white sugar and add some coloring to it. Then it's called brown sugar and they sell it for a higher price than white sugar. It's not any better nutritionally. It's a giant con, but people buy it because they think it is somehow healthier. It's the same thing with eggs. People think brown eggs are healthier than white eggs, but it's absolute nonsense. There's no difference whatsoever between brown eggs and white eggs. The only thing responsible for the color of egg shells is the genetic code of the chicken who laid the egg. There's nothing different about what's in the egg, nutritionally speaking.

The same thing's true with sugar. Brown sugar and white sugar are the same garbage. Now, if you want to eat molasses, that's different. Molasses actually has nutrition in it, which is why it has a pungent taste that some people don't like. If you want a sweetener that's good for you and is packed with vitamins and minerals, eat molasses. In fact, molasses is one of

the foods I recommend on my healing foods list, as it is loaded with B vitamins and has lots of magnesium and trace minerals. It's actually good for you.

Evaporated cane juice crystals?

Don't be fooled by evaporated cane juice crystals, either. Some people think it's healthier than sugar and yes, it has a little bit more nutrition in it, just like molasses. It has a slight bit of magnesium and some B vitamins, but it's still a high-impact sugar. It may not be as refined as white sugar, but it's not natural either. They have to squeeze those cane stalks through a press to get this juice out and then dry that juice. That is not the way nature intended people to consume complex carbohydrates. If you really want to consume cane sugar, go get yourself a piece of sugar cane stalk and chew on that. If you happen to have teeth of steel, you can pull this off.

The problem with white flour

White flour is not quite as bad as sugar, but it's still on the bad end of the nutrition scale in terms of causing diabetes. What's wrong with white flour? White flour is heavily processed; the nutrition has been removed from it. It lacks the essential fatty acids, fiber and proteins of the original whole grain with which it should have been combined. Those were stripped out and discarded, just to get the endosperm of the grain, which is the carbohydrate.

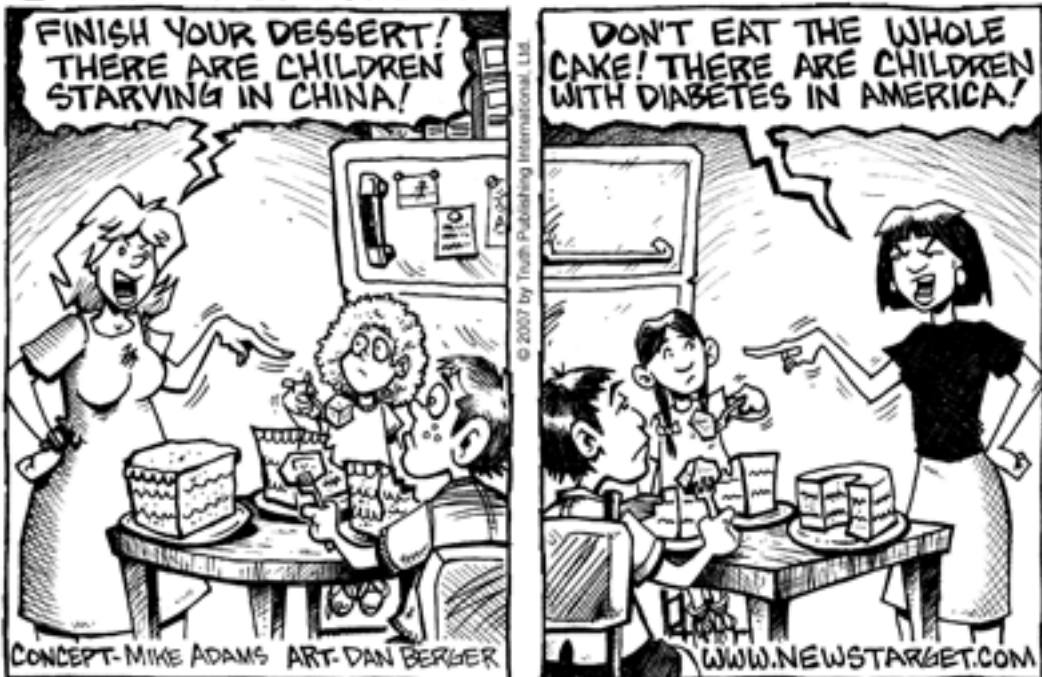
The endosperm was then bleached with chemicals. What kind of fun chemicals am I talking about here? The chemical in particular is alloxan, which directly promotes diabetes. White flour contains trace amounts of alloxan, which was used in the bleaching process to make that flour white and beautiful. For some reason, people think white foods are more beautiful, taste better, or are cleaner than dark foods. It's nonsense. Give me some dark foods; give me some rye bread. I'll take molasses, please, over white sugar. I'll take that whole grain bread that looks like horse food. I'll eat that over a piece of white bread any day. Why? I don't want to have diabetes, I don't want to be obese, I don't want to die of heart disease and I don't want to have my limbs amputated just for enjoying some white bread. I want to be healthy and I'll bet you do, too.

White flour depletes nutrients from your body

White flour is pretty much the same story as refined white sugar. All the side effects of processed sugar consumption, such as depletion of nutrients—zinc, magnesium and B vitamins—are generally true with white flour consumption. But what do most people do out there? They eat them BOTH! They combine white flour with refined white sugar, fry it in oil and call it a doughnut. Here, have a little round-shaped piece of death and disease. Chew on it—it tastes great, don't you think?

I gave up eating doughnuts years ago, but I've had thousands and thousands of doughnuts in my lifetime and I'll agree they taste great. However, they are one of the worst foods for you. It's like wheel-shaped slow suicide. Think about it: Doughnuts have not only refined white flour with the alloxan, not only white sugar with everything we've already talked about there in terms of promoting diabetes, but they also have icing on them. Do you know

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Children in China are now adopting western diets by consuming more red meat, more dairy products, more processed sugars and refined white flour. The result? They're not starving anymore; they're suffering from diabetes!

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what that icing is made out of? Take a guess. It's made out of hydrogenated oils mixed with more sugar; then if it's colored, it's artificial colors derived from coal tars.

These are cancer-causing substances, combined with hydrogenated oils that promote heart disease, combined with more sugar, which promotes diabetes, on top of a piece of doughnut cake made with white flour, which promotes diabetes and obesity. Then, the whole thing is fried in oil—usually the cheapest oil they can find—just to make it taste good. When you put this in your mouth, it's like swallowing a little disease time bomb. No wonder we're all so sick today. We're chowing down on doughnut left and right. It's doughnut nation around here.

How to make your diabetes even worse

To top it all off, after people have gone to all the trouble of acquiring diabetes, they do things that actually exacerbate it. They drink a lot of caffeine, which of course messes with their blood sugar levels and depletes the adrenal glands even more. How many times have you seen people drinking a cup of coffee and tossing in spoonfuls of sugar? That's a terrible combination. It's very dangerous to your health.

Furthermore, most people continue to pursue a sedentary lifestyle. If you sit around most of the time, you do not have enough exercise to justify the consumption of ANY sugars whatsoever. Someone like Lance Armstrong, who is cycling 100 miles a day, is burning about 6,000 calories an hour. Now, there's a case where you could justify the consumption of some refined carbohydrates. When you're a machine, like Armstrong, and you're pedaling away on that bike, you've got to have some fuel. You need some high-octane fuel when you're seriously cycling, jogging, or swimming. But that's the only time you need these refined, high-octane carbohydrates; the rest of the time, you don't need any refined carbohydrates at all—no white flour, no sugar whatsoever.

If you are sedentary or only exercise a little, you need complex carbs. These carbs are slow to digest and have a low glycemic index. Complex carbs include carbs that are mixed with fiber, like you get from raw fruits and vegetables like snap peas and carrots.

Today, too many people today sit around all the time: eight hours at the office, an hour or two in the car, and four more spent glued to primetime television when they get home. To them, exercising is walking from the parking lot to the K-Mart so they can buy some

more snack foods. And they buy all of these energy bars, thinking the bars are going to give them some get-up-and-go. Energy equals SUGAR in the energy food industry. What you see in the grocery store is a candy bar labeled as an energy bar and sold to you for twice the price. This “energy” bar will promote diabetes because you don't have the lifestyle to support the consumption of that kind of fuel. Unless you exercise hours a day, you'll never justify putting a high-sugar energy bar into your body.

The real story on exercise vs. dietary sugars

Just to give you a concrete example of this: I exercise a lot. I'm a pretty active guy—I go cycling, I do gymnastics and I jog a lot. I also do a lot of gardening. I eat very few simple carbs, such as bananas. I never eat refined carbs—no white flour and no refined sugars whatsoever. The densest form of carbohydrate I will consume is a nutritional bar made with dates or figs. Figs are one of my favorite fuel sources. If you're exercising, eat a lot of figs or dates. There are some excellent food bars made with dates and figs as the sweetener and they have no refined sugars whatsoever. Even with the amount of exercise I do, which is probably more than 99 percent of the people out there, I would never put refined sugars into my body.

Similarly, many people today are shifting to the Glycemic Index diet. The GI diet has become popular because it works. There's a whole book on it that's good reading and contains accurate information. Most people would benefit from eating much lower glycemic index foods, as they need to stop consuming refined carbohydrates and start consuming complex carbohydrates.

Stop consuming processed grains and start eating whole grains—that's how you not only prevent diabetes but help reverse it, and when I say “reverse diabetes,” I mean it. The book “A Physician's Guide to Natural Health Products That Work” talks about the high fiber, high complex carb diet. This diet has a high success rate—**about 70 percent of diabetic patients were able to stop their insulin and their oral diabetic therapies just by shifting their diet.** Now, if that's not an indicator that this is a food-derived disease, then I don't know what is. They changed their foods and now 70 percent are off their insulin.

Drugs will never cure your diabetes

This astounding statistic blows away any drug that's being sold to people with diabetes. Drugs are useless with this disease except to manage or suppress acute symptoms. Drugs will not cure your diabetes, nor will they prevent it. They will only cost you money and mask the symptoms. If you want to be free of diabetes for the rest of your life, you have to change your food choice, starting right now.

Plus, you have to start some physical exercise. I don't care if you think you're stuck in a chair because you can't move your legs; there's something you can move. There is something you can use to exercise, even if you just pedal with your hands or lift some two-pound dumbbells up and down—something to get your heart beating and something to get your lungs pumping—that's all you need. No matter your current level of fitness, you can find something to do for exercise and help reverse or prevent adult-onset type-2 diabetes.

Depletion of chromium

High sugar consumption elevates blood cholesterol and triglyceride levels, while depleting chromium. Chromium is an important trace mineral for insulin sensitivity; in fact, chromium is the one nutrient diabetics or pre-diabetics need to be taking with medical supervision. Diabetics and pre-diabetics usually don't get enough chromium, and their excess sugar consumption robs their bodies of what little they have.

You've got to have some chromium in your body if you want to be a healthy human being. However, it does have a toxicity level, so I always advise people to make sure they're taking chromium under the supervision of a qualified medical practitioner—a naturopath or medical doctor—who knows what they're doing and understands nutrition. For one thing, if you're on insulin right now, when you start taking chromium, your insulin needs will change; they will most likely go down. You need to be working with a doctor to adjust those insulin levels safely, otherwise you could end up in a dangerous situation with extremely low blood sugar. That could cause you to pass out and go into a coma, so don't start taking this nutrient without correct supervision. Chromium is a powerful nutrient and you need to understand and respect your body's reaction to it.

Chapter 3: How to get off insulin for life

If you have type-2 diabetes (not type-1), by taking chromium, changing your food choice, getting off of those refined sugars and carbohydrates and getting on to complex carbs, you can most likely eliminate your need for insulin altogether. Unlike type-1 diabetes, adult-onset type-2 diabetes is really a metabolic disorder. It's not a genetic disease and not something that happened by chance. You didn't get struck by lightning and suddenly develop type-2 diabetes. This is something that you created. This is something that you caused by making a series of choices in your life. The good news is you have the power to make new choices. By making new choices, starting today, you could begin to see improvements very quickly—a matter of days, even.

Omega-3 fatty acids, or healthy oils, are highly beneficial for blood sugar control. These are fantastic for preventing or reversing diabetes when combined with the other strategies we've already talked about here. You must have healthy oils in your body if you want to be healthy. They affect blood sugar levels, cardiovascular health, nervous system health, brain health, reproductive health—you name it, you've got to have healthy oils.

Olive oil is a great option, as are flax oil, salmon oil, macadamia nut oil, and raw nuts and seeds such as peanuts and cashews. Even avocados have healthy oils in them—they are one of my top recommended healing foods. You've got to get these healthy oils into your diet in fairly large quantities. I actually eat about 33 percent of my diet as oils and fats. Consuming plenty of healthy fats will actually reduce your overall body fat, especially when combined with exercise and good nutrition.

This is no mystery. This is not even controversial—I talk about a lot of controversial topics, but this is not one of them. This is basic scientific fact. This is Nutrition 101. Every doctor and nutritionist out there who isn't from the Dark Ages of medicine understands this. They will tell you the same thing I'm telling you. If you've so far ignored it, then it's time for you to make some new choices, because no matter how many times they tell you, none of this is going to change until you start doing something different in terms of your food choice.

Watch out for hidden sugars

Beans are really healthy for you, especially for controlling blood sugar levels and preventing diabetes, but I don't want you to think that you can go out and start buying baked beans, Boston baked beans, barbecue beans or pork and beans. Read the ingredients on these. They have sugar in them.

Barbecue sauce almost always contains sugar, so if you're buying barbecue-flavored beans, or any kind of flavor at all, sugar is probably in there. You need unprocessed beans that you soak in some water, cook in a crock pot and add the flavors yourself. You can also buy organic beans without additives from a natural health food store. You don't want MSG in them, you don't want sugar in them, and you don't want high sodium either. You just want some healthy beans.

Grains should also be part of your new food choices, as should hummus. Buckwheat is a classic whole grain and it's fantastic for blood sugar control. Quinoa is one of my favorite grains and I highly recommend it. Also, buy yourself some hummus, which is made from chick peas. It too is one of my top recommended healing foods. I encourage people to eat humus frequently, as it's a very healthy food.

Manmade = bad for diabetes

When it comes to foods for diabetics, if it's made by man, it's probably bad for you. If there's a food in a nice pretty package that has a brand name and a coupon, it's probably bad for you. If it has refined sugar or white flour, if it tastes like pastry, cakes or donuts, it's BAD for you, okay? This isn't difficult to follow; what's difficult is actually changing your behavior.

Recent studies say that the vast majority of diabetics in this country are not controlling their blood sugar. A neighbor once came over and asked me what she could do for her diabetes. She was diabetic, probably in her mid-50s, extremely overweight and had just had her knee replaced, which is another classic surgical procedure for obese diabetic women. I told her, "First of all, I'm not a nutritionist. I'm not a doctor. I can't give you specific advice, but in general, people should stop drinking soft drinks—that's one of the things they should do." A week later, she came back, drinking a soft drink, and asked, "Well, what else can I do?" I almost threw my hands up in the air. "Forget it! You're not willing

to do the simple things to get better. Why keep asking? Why bother? You've just had your knee replaced—wasn't that a sign? The disease is based on your choices. That means YOU have to make the changes.”

The importance of fundamental nutrition

How do you really make these changes? Here's one way: I find that one reason why so many people, especially women, consume refined carbohydrates is because they don't have adequate nutrition. When they lack vitamins and minerals, their whole endocrine system is out of whack and their appetite control is simply not working the way it should be. It causes them to have irresistible cravings for things like chocolate and sugar. In terms of altering brain chemistry through the consumption of refined carbohydrates and sugar, they end up medicating themselves.

Now, if this sounds familiar, then stay tuned because I used to be just like this, too. I'm not being judgmental about any of this—even about my neighbor, because what she does is her choice. But this is a classic cause that you can do something about.



When I look at food products on the shelf, I can instantly tell you what toxic ingredients (or unintentional chemicals) they contain. Most people, however, just see whatever ridiculous health claims the food manufacturers want them to see, and the truth about processed foods remains hidden to them.

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What do you do? You get some major nutrition into your body. If you want more details, check out my book “The Seven Laws of Nutrition,” but the short version is: Eat some whole-food, concentrated food supplements. You must supplement nutrition, as you cannot get adequate nutrition from the food supply.

This is another opinion you won't hear in many places, but it's true. Foods are depleted of nutrients because they're raised in soils that are depleted. They're usually overprocessed and overcooked, too. They have no real nutrition any more. To halt diabetes, you must supplement with whole foods and whole food concentrates. I'm talking about microalgae like spirulina and chlorella. I'm talking about whole berries, like blueberries, raspberries and blackberries, which are my favorite superfood fruits, as they're loaded with antioxidants.

I'm also talking about whole vegetables—broccoli, spinach, kale and cauliflower. Any kind of vegetable is fine for you, but those are some of the more potent ones. Beans, peas, legumes, carrots, tomatoes, avocados—you name it. To put good nutrition into your body, you need vegetables in whole concentrated form. There are products out there that are made from whole foods. A variety of companies make these nutritional supplements. Garden of Life and New Chapter, for example, make high-density nutrients, or superfoods you can buy and consume as powders or capsules or tablets.

Good nutrition will halt the carbohydrate cravings

If you really want to stop those carbohydrate cravings, if you really want to be able to give up soft drinks, you must get yourself outstanding nutrition. Once you do that, those cravings will fade. You won't have them any more.

If you want something sweet in your mouth, get yourself some stevia. You don't need any refined carbohydrates whatsoever—you can just use stevia as a sweetener. Make yourself a stevia milkshake. Put in some ice, some milk and some fruits, and you're good to go. If you can stand the taste, put in some spirulina powder, like I do, or some chlorella powder. Stir that in and drink it down.

I drink something like that every single day. As a result, I have zero cravings for carbohydrates. I mean zero—absolutely zero. I don't crave donuts, cake, pastries or anything like that. I just don't crave them any more, even though I was raised on those kinds of foods. I know that you can change your tastes and you can modify your nutrition. You can be a person who is free of the curse of carbohydrate cravings.

Stop waiting around for miracle solutions

I consider it all to be pretty easy after you make it through the tough transition. Taking supplements is darned easy; it's not going to get any easier than that in terms of health. If you can take a prescription pill or a swig of Mylanta, you can take a supplement. If you're waiting for something easier, forget it. You're not going to find it.

I had another person come up to me and say, "What can I do for my diabetes?" I said, again, "I'm not your doctor, but generally speaking, here's some nutritional information: You need to get some supplements. Here are some things that tend to control blood sugar in people, here are some things that enhance your nutrition and so on." The person replied, "You know, it's hard for me to do that. I don't know if I can stand the taste of those things. Is there something else I can do?" I answered, "Well, again, I'm not your doctor, but exercise is very good for people with diabetes. Diabetics tend to respond very favorably to regular physical exercise." The person responded, "Well, you know, my joints hurt. I don't like getting out of the chair. I don't really have the energy to exercise. Is there something else I could do?" Eventually I said, "You're not asking me what you can do for diabetes. You're asking me what you DON'T have to do to cure your diabetes. You're asking me for something that requires no time, no money and no effort. Isn't that true?" The person said, "Well, yeah," so I said, "Well, forget it. There's no such thing."

The pharmaceutical con

The drug companies want you to think there is such a thing. They want you to think there's some magic prescription drug, something they can inject into your bloodstream at \$1,000 a pop, that will do all of that. That's a lie; there is no such thing. If you're holding out, waiting for that miracle drug, miracle supplement, miracle vitamin, weight loss aid, gimmick or gadget that you attach to your body to reduce abdominal fat or whatever, then forget it. It's not coming; you're going to be waiting for the rest of your life. There is no such thing.

The only thing that makes a difference in halting diabetes is to make new choices and stick with them. Yes, it takes some effort and may even take some money out of your pocket. Anything worth having takes a little bit of effort, some investment in yourself. I think it's well worth it. You'll be ecstatic at the results you can achieve. Again, even if you have diabetes right now, I believe most cases of adult onset type-2 diabetes are fully reversible through diet, nutrition and exercise. It's not that complicated. This is something that's easy to reverse, especially if caught in the early stages.

Stop making excuses why you can't be healthy

If I sound a little agitated on this particular point, it's because I am sort of agitated. I'm tired of reading emails from people who say, “Well, that didn't work. What else can I do?” You can give people a list of 10 things to do and they will find a reason why they won't do any of them. “No, can't do that, too expensive, too much time, don't feel like it, too tired, don't have a car, don't have a bike, no shoes, my socks don't match. I can't jog today...” People will come up with the dumbest excuses for why they can't be healthy.

I'm sorry, but I can't help those people. I really can't. At some point, people have to take some responsibility for the health outcome they wish to achieve. I know it's unpopular that I demand people to take some responsibility for their health. People aren't used to that. They're used to doctors and drug companies doing all this decision making for them. “We know what's best for you. Here, take this because we know better. Here, consume this drug every hour because it's been proven to reduce the risk of diabetes complications by 0.5 percent.” People are used to medical professionals making the decisions for them. When I ask them to make their own decisions, sometimes that's a shock. It's like, “What do you mean? You mean I have to do something different?” I say, “Well, only if you want different results. If you want the same results you've achieved right now, keep doing the same things. It's really pretty simple.”

So, I get kind of agitated sometimes and I get kind of adamant about it. It's because I want to help people—I really do. I want people to make a change, but I cannot do the work for them. I'm only in charge of my own health. Your health is your responsibility, as it is with each and every person out there. Each person is responsible for the outcome they wish to achieve today and for the rest of their lives.

The blunt truth about personal choice

Diabetes absolutely involves avoiding refined sugars and white flour for the rest of your life. I know that's a long time—hard to imagine. No more donuts, no more pizza crust ... What are you going to do without sugar in your coffee? What could be worse than that? “I'd rather die,” some people say. I say, “Well, don't worry, you will. You might not even have all your limbs when you do, if you want to keep eating that way.” Yes, harsh, but true. I told you that I'm not going to hold back; I'm going to give you the blunt truth no one else is willing to tell you.

The blunt truth is that you've got to make a choice. I encourage you to make positive choices. I hope you're around for a long time. I hope you live a healthy, happy life, free of obesity, free of diabetes, with healthy brain function, healthy attitudes and healthy relationships. I really want you to have all of those things because we all deserve them. I deserve them and you deserve them. The whole world deserves them, but a lot of people are never going to experience these things. Why? They just can't break out of that decision; that pattern of eating breakfast cereal with sugar.

They just can't give up those soft drinks or coffee with sugar. They just can't get out of their seats and exercise three times a week for 30 minutes. That's all it really takes. Some people will never experience the happiness that we all deserve, but I think you will. If you've read this far, it must be information that you feel is relevant to you. So, thank you for that. You really deserve a lot of credit for sticking in there.

Please put this information to use. Yes, it takes some effort, it takes some time and it takes some money. So what? What doesn't take time, money or effort? Everything does. Just invest in yourself. Get the results you want. Give up sugar and white flour for the rest of your life. You will be much happier and healthier for doing so.

Chapter 4: Prevention

Diabetes is a metabolic disorder that results in elevated blood sugar levels (hyperglycemia). Though people without diabetes experience a blood sugar spike after eating sugary or starchy foods, their glucose levels usually stay within the normal range. But for diabetics, this is not the case. Their blood sugar levels rise uncontrollably, especially after eating. There are two forms of diabetes, known as type-1 and type-2. With type-1 diabetes, the pancreas completely stops producing insulin, a hormone that regulates carbohydrate metabolism. With type-2 diabetes, the pancreas still produces insulin, but the body tissues have lost sensitivity to the hormone. The two forms also differ by their roots. type-1 is an autoimmune disorder, while type-2 is largely a result of sedentary lifestyle and poor diet.

Diabetes is an extremely dangerous blood sugar disorder that can result in blindness, limb amputation and even death. However, according to a number of expert sources, you can prevent type-2 diabetes (and, sometimes, even type-1 diabetes) by following some important nutritional and lifestyle recommendations. Nature and life itself provide us with all the tools and methods we need to prevent this nutrition- and lifestyle-based disease. Read on to learn how to prevent and treat diabetes and other blood sugar disorders through diet, nutrition and exercise.

Preventing type-2 diabetes with minerals and vitamins

Chromium

In their “Encyclopedia of Natural Medicine,” Drs. Michael Murray and Joseph Pizzorno state that an underlying chromium deficiency in the U.S. population is the reason why diabetes is so common. In “Nature’s Medicine,” Gale Maleskey also asserts this hypothesis, writing, “In fact, the evidence is stronger than ever that chromium deficiency plays a fundamental role in the development of type-2 (non-insulin dependent) diabetes.” In one widely publicized study, professor Richard Anderson of the USDA Human Nutrition Research Center demonstrated that giving chromium supplements to rats improved their glucose tolerance, which is the body’s ability to transport blood glucose into cells. According to vitamin guru professor Earl Mindell, chromium improves glucose tolerance and reduces risk for insulin resistance by increasing insulin’s activity, enabling it to control blood sugar

levels more effectively. Professor Anderson also found that diets high in simple sugars—a known risk factor for type-2 diabetes—deplete the body of chromium, while diets high in complex carbohydrates help keep chromium levels stable. Of course, this could be due only to complex carbohydrates' high-fiber content, so another study tested solitary chromium's ability to actually prevent type-2 diabetes in 29 people who had a family history of the disease. In the controlled experiment, researchers gave some people one milligram of chromium daily and others a placebo. The study further proved chromium's efficacy in preventing the disease.

Magnesium

Like chromium, the mineral magnesium prevents chronic insulin resistance, so a magnesium deficiency may be a precursor for diabetes, according to authors Dr. Sheldon Hendler and David Rorvik, in their book "PDR for Nutritional Supplements." In fact, studies show that even non-diabetic adults on a magnesium-deficient diet develop 25 percent greater insulin resistance. Animal studies also demonstrate this link between magnesium deficiency and diabetes, leading some experts to believe that magnesium deficiency itself, and not the mainstream medical view of chronically elevated insulin levels, may result in the development of type-2 diabetes.

Vitamin E

Vitamin E protects against diabetes in a number of ways. "New Foods for Healing" author Selene Yeager writes that vitamin E protects against diabetes by protecting the pancreas and "influencing how the body burns sugar." Dr. Julian Whitaker, author of "Reversing Diabetes," also believes that vitamin E may prevent the metabolic disorder that leads to diabetes. Some research studies confirm Dr. Whitaker's assertion by demonstrating that low levels of vitamin E are associated with high diabetes risk. In a widely publicized study of 944 men, ranging in age from 42 to 60, those with low levels of vitamin E had a risk of developing diabetes that was 3.9 times that of men with normal vitamin E levels. Furthermore, high doses (1200 IU daily for three months) of vitamin E may also prevent type-2 diabetes by lowering levels of C-reactive protein (9CRP) by 30 percent. This is significant because high levels of CRP often predict the onset of diabetes.

Vitamin C

Vitamin C is a well-known diabetes treatment because it improves how the body utilizes sugar, which in turn reduces blood sugar levels.

Preventing and treating type-2 diabetes through nutrition

Type-2 diabetes is largely a nutritional disease, so as you might expect, good nutrition is essential to any diabetes prevention or treatment program. Let's take a look at the foods you should fill your plate with and the foods you should avoid.

Foods you should eat:

Fiber

According to the "Textbook of Natural Medicine," "Epidemiological and experimental data show diabetes mellitus (type-2 diabetes) to be one of the diseases most clearly related to inadequate dietary fiber intake." The "Encyclopedia of Natural Medicine" also states, "The frequency of diabetes is highly correlated with the fiber-depleted, high-refined-carbohydrate diet of civilization." Since modern society's high incidence of diabetes is associated with the fiber-depleted modern diet, a return to the traditional, high-fiber diet that our ancestors used to follow would reverse this trend. This suggestion is nothing new, as scientists have been investigating fiber's potential health benefits for more than two decades. Both forms of fiber, but especially soluble fiber, work to prevent diabetes by delaying the absorption of sugars and starches. Soluble fiber dissolves in the body and, once inside the intestines, it creates a sticky gel that causes the body to absorb sugars and starches more slowly. Insoluble fiber delays the absorption of sugars and starches by adding bulk to the digestive tract. Whole grains take longer to digest than refined grains, preventing sharp peaks in blood sugar and requiring less insulin to process the glucose. You can find out which whole grains and other complex carbohydrates won't make your blood sugar spike by using the widely available glycemic index, a guide that ranks various foods' effects on blood sugar levels by ranking them from 1 to 100.

Foods high in omega-3 fatty acids (salmon, flaxseed, chia and salba)

Your body needs omega-3 fatty acids to help prevent type-2 diabetes, among other health disorders. One of the most remarkable things about essential fatty acids is that they actually increase metabolism so your body burns more calories. Maintaining a healthy weight is key to type-2 diabetes prevention because obesity is the number one predictor of diabetes. In addition to helping you lose weight, omega-3 fatty acids may prevent diabetes by improving insulin action, both enhancing insulin secretion and increasing your cells' sensitivity to insulin. As a result, omega-3 fatty acids may be remarkably effective at preventing diabetes. A three-year Dutch study of 175 people aged 64 to 87 found that people who eat even just one ounce of fish per day are less likely to develop glucose disorders.

Foods you should avoid:*Foods high in simple sugars*

Most experts agree that consumption of sugars and simple starches are linked to diabetes. As professor Christian B. Allen and Dr. Wolfgang Lutz write in “Life Without Bread,” “Diabetes is clearly a disease of poor sugar metabolism, and sugar (i.e., carbohydrate) is the dietary source of this imbalance.”

Foods high in omega-6 fatty acids (refined vegetable oils, processed foods, greasy foods)

When it comes to fats, most people are not eating enough of the ones they need—omega-3 fatty acids—and eating too much of the unhealthy ones, such as omega-6 fatty acids. In the 1920s, researcher Dr. S. Sweeney first realized that diets high in omega-6 fatty acids lead to an increased risk of type-2 diabetes. Dr. Sweeney produced type-2 diabetes in his medical school students simply by feeding them a diet high in vegetable oils for just 48 hours. Since Dr. Sweeney’s time, more studies have proven that omega-6 fatty acids lead to increased diabetes risk by increasing insulin resistance.

Preventing and treating type-1 diabetes with vitamins and minerals*Vitamin D*

Scientists are uncertain of type-1 diabetes’ exact causes, but they suspect viral infections, genetic factors, allergies or a combination of all three may be to blame. According to “Prescription Alternatives,” some studies now link the onset of this form of diabetes to vitamin D deficiency. If this is the case, then vitamin D can help to prevent the disease as well. Scientists have already looked into this possible link through animal studies and discovered that the active vitamin D hormone helps prevent type-1 diabetes in animals with an inherited tendency to develop the disease. According to Richard Hobday’s book “The Healing Sun,” a European study published in the medical journal *Diabetologica* in 1999 suggested “vitamin D supplements taken in infancy protect against, or arrest, the initiation of a process that can lead to insulin-dependent diabetes in later childhood.” If the results of this study are correct, then vitamin D supplementation of high-risk infants can dramatically decrease the number of children who have their entire lives affected by insulin-dependent diabetes. An interview with Dr. Michael Holick discussing the importance of sunlight for Vitamin D production is available free at www.TruthPublishing.com

Niacin (Vitamin B3)

In 1950, researchers discovered that niacin might prevent type-1 diabetes in lab animals. These studies, and some performed 30 years later, sparked several human-based studies that again demonstrated niacin's ability to not only prevent type-1 diabetes but, if given soon enough after diagnosis, to slow the progression of and sometimes even reverse the disease. In fact, a five-year New Zealand-based study showed that niacin reduces further development of newly onset type-1 diabetes by 50 percent. So, how does niacin work? According to "Encyclopedia of Nutritional Supplements" and "Encyclopedia of Natural Medicine" co-author Dr. Michael T. Murray, niacin may prevent diabetes by inhibiting both cell damage and the production of nitric oxide.

Preventing and treating type-1 diabetes through nutrition

Again, experts do not exactly know what causes insulin-dependent diabetes to develop, but some researchers believe that allergies to dairy products and gluten may be at least partly to blame.

Dairy products

Studies show that cow's milk may promote type-1 diabetes. In fact, some experts believe that children who have a family history of type-1 diabetes should never be allowed to consume cow's milk or other dairy products. Furthermore, dairy products may even lead to increased type-1 diabetes risk in people who do not have a family history of the disease. As Dr. Frank A. Oski writes in "Don't Drink Your Milk:" "Early introduction of milk to the diet and short duration or absence of breastfeeding increase the risk of IDDM (type-1 diabetes)." According to Dr. Oski, cow's milk contains bovine serum albumin, which is a known environmental trigger for type-1 diabetes. However, evidence demonstrates that bovine serum albumin (BSA) can be denatured, or changed into a harmless form, by increasing milk-processing temperatures from 72-degrees Celsius (161.6-degrees Fahrenheit) to at least 85-degrees Celsius (185-degrees Fahrenheit). Some BSA-free milk products are commercially available, but the change is not widespread throughout the dairy industry as of yet, according to Dr. Oski.

Gluten

Like dairy products, gluten is a common food allergen and may promote type-1 diabetes. Animal studies reveal that among rats who are genetically prone to develop type-1

diabetes, those who are fed wheat gluten develop the disease 40 percent of the time, compared to rates of 10 to 15 percent among rats who are on gluten-free diets. Human studies are still underway.

Diabetes is preventable

By following the above nutritional advice, you can largely prevent and treat type-2 diabetes and, to some extent, type-1 diabetes. Make these dietary changes today to start normalizing your blood sugar levels and begin feeling better than you ever have. Additionally, don't forget that regular exercise is also key to proper blood sugar maintenance and insulin activity. "Natural Prescriptions" author Dr. Robert M. Giller calls exercise "one of the most effective ways of preventing diabetes and controlling blood sugar levels." Eating smart and exercising regularly is a surefire recipe for preventing and treating type-2 diabetes.

Chapter 5: The 25 day strategy

Now, with everything you've learned about sugar, white flour and diabetes, it's time to put the 25-day diabetes halting strategy into action.

Halting your diabetes is not only possible, it's practically guaranteed if you exactly follow the steps outlined below. However, it is by no means easy for most people to do. This is the diabetes reversal “crash course.” It requires you giving up many foods you undoubtedly love and enjoy—the very same foods that gave you diabetes in the first place. It requires you challenging and breaking old habits. And it leaves no room for mistakes. There are no “cheat days” and no childish dietary gimmicks like, “Eat all the ice cream you want!”

This is the way to halt diabetes if you're really serious about being free of this disease. If you're not so serious, then you can make these changes one week at a time instead of one day at a time: that will halt your diabetes in 25 weeks instead of 25 days. It still works, it's just easier to make those necessary changes slowly.

The 25-day plan is for the deeply motivated diabetic. It's for people who are fed up with the disease and are ready to make the tough choices necessary to beat this disease. For you, these 25 days will be extremely challenging. But if you follow through, by the 26th day, your body will have radically shifted its biochemistry. Your blood sugar will stabilize, your insulin resistance will subside, and your need for insulin injections or diabetic drugs will most likely be completely eliminated.

Plus, as a bonus side effect, you'll lose excess body fat. That's not the aim of this program, but it is a natural side effect.

Let's get started.

Before beginning:

Check with your health practitioner before beginning. Let them know everything you intend to do. Make sure you are medically fit to follow this strategy. These 25 days can be stressful to the human body as you detoxify and transform your biochemistry. Make absolutely sure that you are healthy enough to handle this.

Understand that if you are currently on insulin, your insulin needs may sharply and suddenly change as you pursue this strategy. Carefully monitor your blood sugar as you do this, and communicate closely with your doctor or health practitioner on a daily basis to let them know your blood sugar levels. Remember, if your need for insulin sharply drops (as it probably will), and you continue to inject yourself with the same amount of insulin you used to use, you could put yourself into a hypoglycemic coma. This is serious stuff. Proceed with caution, and ALWAYS check your blood sugar levels before injecting yourself with insulin.

Ready? Here's the 25-day program. No holds barred. Follow this and you'll be 100 percent free of diabetes for the rest of your life.

DAY 01 Halt the consumption of all soft drinks. Never drink soft drinks again for the rest of your life. If you need help quitting soft drinks, read “The Five Soft Drink Monsters” from www.TruthPublishing.com

DAY 02 Engage in a least 45 minutes of mild exercise. Walking is an excellent choice, but if you're more fit, try something a little more strenuous (as your fitness level allows).

DAY 03 Halt the consumption of all white flour and products containing white flour: white bread, crackers, cookies, cakes, pastries and so on. Remember, white flour contains a toxic chemical solvent called alloxan that directly causes diabetes in lab rats. Never consume white flour again for the rest of your life.

DAY 04 Begin consuming healthy quantities of essential fatty acids, omega-3 oils in particular. These oils can come from flax oil, olive oil or salmon. I also strongly recommend RAW nuts and seeds on a daily basis: cashews, almonds, peanuts, macadamia nuts, etc. Only eat them raw, and only in small quantities (usually no more than 10 nuts during any one-hour period).

- DAY 05** Engage in another 45 minutes of mild exercise. By now, you should have recovered from the day 2 exercise, so pick up the pace a little. This is not about burning calories, it's about altering your metabolism, blood sugar levels and insulin response. As you exercise, your body chemistry is transformed and you begin shifting out of the realm of diabetes.
- DAY 06** Halt the consumption of all added sugars in all its forms: sugar, evaporated cane juice crystals, sucrose, corn syrup, table sugar, and so on. This means no more syrup, pancakes, cake, cookies, ice cream, frozen yogurt, sweetened yogurt, etc. Also, watch out for sugars in pasta sauces, salad dressings and fruit drinks. Read nutrition labels and avoid anything with refined sugars of any kind.
- DAY 07** Begin consuming whole grains: whole-grain breads (Ezekiel Bread or French Meadow Bakery bread), whole-grain cereals (Ezekiel cereal, Uncle Sam or meusli), and whole-grain breakfast cereals (oat groats, kashi, etc.). From this day forward, always consume whole grains, never refined grains. TIP: Wheat bread does not qualify as whole-grain bread. Wheat bread is just white bread with a healthy-sounding name.
- DAY 08** Boost your exercise up to 60 minutes. When possible, exercise outside to get some natural sunlight on your skin. This will produce vitamin D, which will help stabilize blood sugar levels and prevent the progression of diabetes.
- DAY 09** Switch to stevia as your sole sweetener. Halt your consumption of all artificial sweeteners: sucralose, aspartame, Nutrasweet, saccharin, etc. Buy stevia in powdered form at any health food store, and use it as your sweetener of choice. Your only alternative sweeteners are agave syrup (from cactus) or xylitol.
- DAY 10** Begin regular supplementation with essential vitamins and minerals. You can also start this well before day 10, if you choose. This must include chromium picolinate, and should also include calcium, magnesium, zinc and the B vitamins. As always, be sure to get the thumbs-up from your health practitioner.

- DAY 11** Begin some form of resistance exercise. To do this without weights, start with simple Pilates mat work. Alternatively, you can purchase some light dumbbells and a workout video. You may also want to join a gym and work with a personal trainer. No matter what your choice, begin a regular program of once-a-week strength training. This will alter the way your body uses sugar and increase insulin sensitivity. It will also boost your metabolism and the flow of blood and oxygen to all the tissues of your body.
- DAY 12** Make this day the beginning of the end of caffeine in your life. Caffeine promotes blood sugar imbalances and hormonal disorders. Today, begin weaning yourself off caffeine. Complete your caffeine addiction recovery by Day 25. Try to wean yourself off caffeine slowly to avoid migraine headaches. Once you've completed the rehab, never consume caffeine again. Ever.
- DAY 13** Halt your consumption of all hydrogenated oils. These unnatural, man-made oils promote cardiovascular disease and accelerate the progression of diabetes. Never buy or consume grocery products containing trans fats, hydrogenated oils or partially-hydrogenated oils. Never eat hydrogenated oils again for the rest of your life. Watch out for restaurant foods, baked goods and margarines. They almost always contain these disease-promoting oils.
- DAY 14** Continue with the cardiovascular training from here on, every three days. Exercise for at least one hour every three days, and work to improve your cardiovascular performance with each session.
- DAY 15** Begin taking fiber supplements on a regular basis. My top recommendation is a product called Fiberzon from the Amazon Herb Company, but other products like psyllium husk will work just fine, too. Increased fiber consumption will slow the conversion of dietary carbohydrates into blood sugar, which will help stabilize blood sugar levels. It will also help cleanse your large intestine.
- DAY 16** Learn about the glycemic index. You may want to read the book, "The Glycemic Index Diet" or simply download GI charts on the web. Learn about the GI values for common foods, and avoid high-GI foods for the rest of your life. No more apple juice, pear juice or other refined fruit juices. Always eat fruits raw and in their whole form, never juiced.

- DAY 17** Eat more raw fruits and vegetables. Even though fruits have fruit sugar, they are fine to consume in moderation, even for diabetics. The best fruits in terms of nutrition are berries (especially blueberries). For vegetables, eat raw or blanched vegetables (don't overcook them). Don't eat processed vegetables or manufactured foods made with fruits or vegetables.
- DAY 18** With the guidance of a qualified health professional, begin taking gymnema sylvestre. Clinical evidence shows that this herb actually restores the insulin-producing capability of beta cells in the pancreas. The herb is available at most health food stores and is considered quite safe for regular consumption.
- DAY 19** Switch to water as your only beverage. Give up drinking tea, juice, milk and other beverages. Only drink water. The most economical way to do this is to buy a kitchen water filter. From a health perspective, the best water is pure spring water such as Evian.
- DAY 20** Check in with yourself: are you still engaging in cardiovascular exercise every three days? Are you doing some form of resistance training once a week? Have you stayed off sugar, white flour, soft drinks and hydrogenated oils? Are you still taking your supplements and essential fatty acids? Use this day to review your progress and make any corrections necessary. Get back on track to complete the 25 days.
- DAY 21** Begin taking daily whole food concentrates—nutritional supplements made from whole foods, not isolated chemicals. An excellent choice is the Alive! Whole Food Energizer by Nature's Way. If you prefer whole food powders, try Berry Green from New Chapter. The Ultimate Meal, sold in health food stores, is also an excellent choice.
- DAY 22** Halt your consumption of all fried foods. No more fried foods for the rest of your life: fried chicken, egg rolls, onion rings, french fries, doughnuts, fried snack chips, etc. All fried foods contain cancer-causing toxins that simultaneously damage your pancreas and liver, worsening diabetes. No more fried foods. Ever.

DAY 23 Strictly limit saturated animal fats. Fats from animals, found in meats, cheese and dairy products, play havoc with diabetes. Begin sourcing your fats from plant sources: avocados, nuts, olive oil, etc. Ideally, you want to be 100 percent free of all animal fats, but this is not a requirement of the program. Just work to limit those fats as much as possible.

DAY 24 Introduce yourself to exotic grains. Visit a health food store and try some products made with buckwheat (the top grain for diabetics because it has a relatively low glycemic index score) or quinoa (an outstanding whole grain from the ancient Incas). Experiment with eating these exotic grains on a regular basis. You may also want to try kamut, millet, spelt and oat groats.

DAY 25 If you haven't been doing so all along, schedule to visit your doctor on this day. Get an updated medical opinion of your health situation, because big changes are well underway. She may take you off your diabetic drugs or suggest that you dramatically lower your insulin dosage. She may even tell you that insulin is no longer needed.

Putting the plan to work

That's it! That's the 25-day plan for halting adult-onset, type-2 diabetes. It's not an easy plan, as you may have noticed. There are no gimmicks, no tricks and no shortcuts. This is the plan for people who REALLY want to be free of diabetes.

In terms of diabetes, you really have two choices. You can continue to do things the way you've always done them—eating the same foods, avoiding exercise, drugging yourself with caffeine, etc.—or you can do something different. If you want different results from what you've experienced so far, it calls for doing something different.

This 25-day plan for halting diabetes is something different. It's something that works. It's based on the laws of human biochemistry and, unless your pancreas is so damaged that it can't create insulin anymore, this plan can halt this disease and get you 100 percent free of insulin injections for the rest of your life.

The only person who benefits from this 25-day plan is you. Nobody else can take these actions for you. It's all up to you from this point forward.

Now you have the knowledge. You know what it takes. From this point on, it's just about diving in and introducing yourself to a whole new life: a life with new foods, new habits and a new body and mind. You'll be reborn in 25 days with a whole new you.

I know, I've been there. I used to be borderline diabetic and obese. I followed this plan myself. But I did it the slow way, with lots of trial and error. Now you have this 25-day solution all spelled out for you, so you don't have to make the same time-consuming mistakes I made. You can do this much faster than I did.

No matter how long it takes, remember that you're never alone on this journey. I'm right there, walking alongside you. I've beaten every craving, every food habit, and every lifestyle choice that I'm asking you to make. I've done it, and so have thousands of others. You're not alone. You're actually in good company.

Good HEALTHY company.

Welcome to the club.

Resources

Product	Nutritional Benefits	Available at:
Agave nectar	Low glycemic sweetener	www.LivingFuel.com and www.GoodCauseWellness.com
Alive! Whole Food Energizer	Remineralizes the body	www.NaturesWay.com and health food stores
Antioxidant Defense Systems	Loaded with plant nutrition and natural medicine	www.GoodCauseWellness.com
Berry Green	Remineralizes the body	www.NewChapter.info
Buckwheat	Fantastic for blood sugar control	Health food stores
Celtic Sea Salt	Provides full-spectrum trace minerals	www.CelticSeaSalt.com
Cinnamon Plus	Lowers blood sugar	www.WellnessResources.com
Cinnulin PF	Lowers blood sugar	www.LEF.org or www.BaselineNutritionals.com
Cyanotech's spirulina	Remineralizes the body	www.Nutrex-Hawaii.com
Earth's Promise	Remineralizes the body	www.Enzy.com and health food stores
Eidon Minerals	A complement of all essential and trace minerals necessary for good health	www.Eidon.com
Ezekiel breads & cereals	Full of fiber and nutrients	Health food stores
Fiberzon	Slows the conversion of dietary carbohydrates into blood sugar	http://amazondreams.amazonherb.net/Group06_Metabazon.aspx *

Product	Nutritional Benefits	Available at:
French Meadow Bakery bread	Full of fiber and nutrients	www.FrenchMeadow.com
Glucotor V.2	Keeps blood sugar low after a meal	www.BaselineNutritionals.com
LeptiSlim	Helps balance cravings and restore normal Leptin function	www.WellnessResources.com
LivingFuel	Available as a green or berry superfood powder	www.LivingFuel.com
Metabazon Liquizon Capsules	Offers excellent support for liver and pancreas function	http://amazondreams.amazonherb.net/Group06_Metabazon.aspx *
Meusli cereals	Full of fiber and nutrients	Health food stores
Molasses	Loaded with B vitamins and has lots of magnesium and trace minerals	Health food stores
Nopal Organic Capsules	Effective in stabilizing and regulating blood sugar levels	www.GoodCauseWellness.com
NutriBiotic's vanilla rice protein powder	Good source of protein	www.Nutribiotic.com and health food stores
Quinoa	Fantastic for blood sugar control	Health food stores
Rejuvenate! Superfood	Contains spirulina, chlorella, chia seeds and more	www.IntegratedHealth.com
The Ultimate Meal	Remineralizes the body	www.UltimateLife.com and health food stores
Uncle Sam cereal	Full of fiber and nutrients	Health food stores

* This is the page of Terry Pezzi, an Amazon Herbs distributor who strongly supports our nutrition education efforts. We recommend you contact Terry if you want to learn more about Amazon Herbs. Email tapfreedom@comcast.net or call 1-520-247-1700.

Research notes

Here are selected quotes and research notes on diabetes from some of the best-known authors, doctors and researchers in the world. In these quotes, you'll find strong support for everything stated in this manual.

(Relevant terms are in bold for your convenience.)

In the early 1800s the per capita consumption of **sugar** (sucrose) was about 12 pounds a year. Today in the United States, the per capita consumption of **sugar** is more than 150 pounds a year. For every person who consumes only 5 pounds of **sugar**, there is another who eats 295 pounds annually (Challem et al. 2000).

Disease Prevention And Treatment by Life Extension Foundation, page 662

In countries where people eat a diet low in fat and **sugar** and high in whole foods such as unrefined grains and fresh fruits and vegetables, **diabetes** is almost nonexistent. When they move to the U.S., their **diabetes** risk skyrockets. Tragically, as Western “nutrition free” processed and fast foods such as McDonalds®, and soft drinks such as Coca-Cola® and Pepsi® are introduced to Third World countries, their rates of **diabetes** are rapidly rising. It is estimated that by the year 2010, some 40 percent of Americans 65 or older will have adult-onset **diabetes**.

Prescription Alternatives by Earl Mindell RPh PhD and Virginia Hopkins MA, page 405

Refined **sugar**, and simple **sugars** (corn **syrop**, honey, maple **syrop**, white grape juice concentrate, etc.) in general, place stress on our blood **sugar** control and other body control mechanisms. When high-**sugar** foods are eaten alone, blood **sugar** levels rise quickly, producing a heightened release of insulin. Eating foods high in simple **sugars** is usually harmful to blood **sugar** control—especially in hypoglycemics and **diabetics**. **Sugar** also has a detrimental effect on mood, premenstrual syndrome, and many other health conditions, especially when combined with caffeine.

Encyclopedia of Natural Medicine by Michael T Murray MD Joseph L Pizzorno ND, page 54

The glut of **sugar** can also cause kidney disease, eye problems, and severe nerve damage to the lower limbs and other parts of the body. (People with **diabetes** account for more than 50 percent of the lower limb amputations performed in the United States each year.)

Alternative Cures by Bill Gottlieb, page 212

White refined **sugar**, or sucrose, drains your liver, imbalances your adrenal glands, overtaxes your nerves, and depletes your B vitamins. It contributes to allergies, arthritis, premenstrual syndrome, and abnormal hormonal fluctuations in both women and men. It is the root cause of functional hypoglycemia (low blood **sugar**). It accelerates the onset of adult **diabetes** (high blood **sugar**). Perhaps most commonly, by setting up the body's energy level to hit a false peak and then crash back down, it causes chronic fatigue and an unstable metabolism.

Food Swings by Barnet Meltzer MD, page 42

The people who make those awful bottled “natural” fruit drinks and teas aren't going to like this, but it's possible that the steep rise in our consumption of high-fructose corn syrup has contributed to the rise in **diabetes** by depleting chromium. (As our consumption of high-fructose corn syrup has risen 250 percent in the past 15 years, our rate of **diabetes** has increased approximately 45 percent in about the same time period.) According to studies done at the Agriculture Department's Human Nutrition Resource Center, **fructose** consumption causes a drop in chromium, raises LDL “bad” cholesterol and triglycerides, and impairs immune system function.

Prescription Alternatives by Earl Mindell RPh PhD and Virginia Hopkins MA, page 418

When the pancreas becomes exhausted by the constant demand of producing insulin to convert all that **sugar** into heat and energy, it finally malfunctions and the excess **sugar** then pollutes the bloodstream. And without sufficient insulin to process glucose, the body is deprived of an essential food and the **diabetic** remains hungry no matter how much he or she eats. **Sugar** accumulates in the bloodstream faster than the body can excrete it through the urine, and the victim is literally poisoned. He becomes tired, weak, nauseated, and depressed. **Sugar** also plays havoc with our teeth. It feeds the bacteria normally present in the mouth, causing them to multiply. This leads to plaque formation, cavities, and gum disease.

Power Aging by Gary Null, page 39

Does **sugar** contribute to **diabetes** and coronary heart disease? Dr. John Yudkin, considered one of the world's leading authorities on **sugar** in the diet, concludes that the trouble **sugar** causes goes considerably beyond tooth decay and extra pounds. For example, **sugar** causes irregularities in the insulin response; **sugar** causes **diabetes**-like damage to the kidneys; it contributes to degeneration of the retina; it raises blood fat levels; and it increases the stickiness of the blood platelets, a common precursor of heart trouble.

Complete Guide Health Nutrition by Gary Null, page 110

Dr. James Anderson at the University of Kentucky Medical School popularized the high complex carbohydrate, high fiber diet for the treatment of **diabetes**. With this diet, about 70% of **diabetic** patients were able to stop insulin and oral **diabetic** therapy. This program of bread, pasta, fruit, and vegetables works because fat interferes with the action of insulin while high carbohydrate foods intensify the action of insulin. Beans seem to be particularly effective in this diet. The carbohydrates used must be natural. Whole-wheat flour is good; **white flour** is bad.

A Physicians Guide To Natural Health Products That Work by James Howenstine MD, page 113

You might think that replacing white **sugar** with honey, molasses, and other “healthy” sweeteners is the way to go. Unfortunately, just like **refined white sugar**, almost all natural sweeteners have a high glycemic index and provoke a sharp glucose release. The one “natural” sweetener that is low on the glycemic index is **fructose**. However, **fructose** poses problems of its own, especially for **diabetics**. It is a primary culprit in glycosylation, the chemical binding of **sugars** to proteins, which, as I explained in the first chapter, is one of the mechanisms behind the cascade of complications in **diabetes**.

Reversing Diabetes by Julian Whitaker MD, page 125

High **sugar** intake increases adrenal activity 10-12 times (causing high blood **sugar** itself). Excess Calorie, fat, and **sugar** consumption leads to Insulin resistance. An estimated 2/3 of **diabetes** is from overweight, obesity and high blood **sugar** leading to fewer Insulin receptor sites. Remedial low Calories means less Insulin and more Insulin receptor sites. High blood **sugar** causes Zinc deficiency, lowered healing. Under stress/Mineral deprivation, the body can catabolize up to 50% of its own Protein tissues for

breakdown to **sugars**. High blood **sugar** with acidosis from deficiency of intrinsic Insulin causes deposits in blood vessels precursing Brain stroke and/or heart attack; and is usually accompanied by hepatic/liver disease that prevents Protein assimilation in the liver, assimilable forms of Amino acids, and Insulin-building Amino acids in the pancreas.

Anti-Aging Manual by Joseph B Marion, page 243

As your blood **sugar** rises, all sorts of things can go wrong with your body. But many of these complications take years to develop. High blood **sugar** makes your blood sticky, and this stickiness can trigger many biochemical changes. Most notably, it increases the number of free radicals, unstable oxygen molecules that damage your blood vessels and clog them with cholesterol-rich deposits. This process, called atherosclerosis, sets the stage for heart disease, kidney failure, eye problems, and a nervous-system condition called **diabetic** neuropathy.

Blended Medicine by Michael Castleman, page 11

Chromium is so important in helping glucose travel from the bloodstream to the cells that adequate amounts may really help your condition if you suffer from hypoglycemia or **diabetes**. In fact, there is evidence that one contributing factor in the development of a blood **sugar** disorder is an imbalance or malfunction of your chromium-insulin mechanism. If you suffer from hypoglycemia, your problem is that you produce too much insulin, with a corresponding quick drop in blood **sugar**. Perhaps your body is responding to a diet of refined carbohydrates (**sugar** and **white flour**), which do not supply enough chromium for proper metabolism. If you have eaten such nonfoods for a long time, your pancreas may simply be worn out from overproducing insulin to cope with them, and at the same time your stores of chromium may be depleted. The end result may be that your pancreas has exhausted itself trying to keep up with your diet, and can no longer produce insulin at all. You may then find yourself at the next stage of blood **sugar** disorder: **diabetes**.

Complete Guide Health Nutrition by Gary Null, page 397

An article in Science magazine reported that the greatest cause of cataracts is the body's inability to cope with food **sugars**. The worst offender is lactose, followed by **refined white sugar**. Simple **sugars** include: table **sugar** and corn **syrup** (sucrose),

honey (glucose), milk **sugar** (lactose), fruit **sugar** (**fructose**), and xylose, the **sugar**-like substance often used to sweeten “**sugar-free**” **diabetic** candies, chewing gum, and cookies. Recommendation: Sharply reduce or even eliminate your intake of sucrose and xylose products. Let the dietary **sugars** you do eat come mainly from fresh fruit and dairy sources, keeping the total amount of even these **sugars** at 30% to 50% of your daily carbohydrate intake.

Doctors Complete Guide Vitamins Minerals by Mary D Eades MD, page 244

Any substance that can do the bodily harm that **sugar** can do is obviously capable of contributing to the progress of major degenerative diseases, too. For example, **sugar** alters both the blood **sugar** levels and the body's normal response to insulin. These two changes are commonly observed in victims of maturity onset **diabetes**.

Complete Guide Health Nutrition by Gary Null, page 108

White refined **sugar** is also a culprit in everything from common colds and flu, bronchitis, sinus infections, and digestive difficulties to breast cancer, Alzheimer's disease, and Candida. By weakening the immune system, it increases the risk of degenerative illnesses and infections. In addition to imbalancing the pancreas and liver, it also attacks the central nervous system. It kills brain cells. Avoid this vicious anti-nutrient in all its guises: candies, chocolates, cake, ice cream, donuts, pastries, jams and jellies, and artificial sweeteners such as mannitol, saccharin, Equal™, and Nutrasweet™. And watch out for the **refined white sugar** present in brown **sugar**, turbinado **sugar**, and high-**fructose** corn **syrup**.

Food Swings by Barnet Meltzer MD, page 46

Therefore any overconsumption of **sugar**—above all other things—is very likely to precipitate not only **diabetes** in the first place, but the still more dreadful coronary thrombosis in the second.

Complete Guide Health Nutrition by Gary Null, page 107

As your blood **sugar** levels increase, all sorts of things go wrong in your body. Basically, all that extra **sugar** gums up your blood vessels, setting the stage for the major complications of type-2 **diabetes**: heart disease, stroke, eye problems (including blindness), kidney failure, nervous system impairment, and wound infections or ulcers (often requiring foot or leg amputation).

Anti-Aging Prescriptions by James Duke PhD, page 342

Sugar-sweetened soft drinks and confections are not permissible for **prediabetic** or **diabetic** patients, but the alternative, artificially sweetened beverages and foodstuffs, may not be either. Allegations have implicated aspartame as a potential risk factor for several disorders, although this remains a controversial issue. Many artificial sweeteners (marketed as a **sugar** substitute) may actually contain **sugar**, masquerading as dextrose and maltodextrin.

Disease Prevention And Treatment by Life Extension Foundation, page 663

Caffeine raises blood **sugar** levels and disrupts the blood **sugar**-regulating effect of insulin. In fact, high-dose caffeine administration (the equivalent of six cups of coffee) has been shown to produce transient insulin resistance that is very similar to Type II **diabetes**.

Caffeine Blues by Stephen Cherniske MS, page 199

High levels of glucose or other **sugars** in the blood frequently damage the eyes, leading to cataracts or damage to the retinas. Damage to the kidneys or nerves is common in those with **diabetes**, and the risk of heart disease is much higher.

The Omega Solution by Jonathan Goodman ND, page 164

The obese **diabetic** may first notice strange things happening to his or her feet; they may tingle, or they may be numb. When they are bruised or scratched, they may take a long time to heal. This is because excess **sugar** in the blood has damaged vital nerve endings and, in the worst case, caused atherosclerosis, leading to reduced blood flow to the limbs. The consequent numbness can mask a severe injury, which can become infected, eventually leading to gangrene and amputation.

Fat Land by Greg Critser, page 141

The average American consumes about 150 pounds of **sugar** each year. This accounts for 550 to 650 calories a day, or almost three pounds per week. In 2001, Americans spent \$21 billion on candy alone—more than the gross national products of Lithuania, Costa Rica, and Mozambique combined, according to the Tufts University Health and Nutrition Letter. The empty calories in **sugar** contribute directly to overweight, **diabetes**, tooth decay, and overall poor health. One in twenty of the world's adult population now has some form of **diabetes**, a disease associated with obesity, poor eating habits, and a sedentary lifestyle. More than half of American adults are overweight. The U.S. Centers for Disease Control and Prevention (CDC) relates that the incidence of type-2 **diabetes** (formerly known as adult-onset **diabetes**) has risen by 33 percent in the past decade and three out of every fifty American adults currently have this diet-related condition.

Prescription For Dietary Wellness by Phyllis A Balch, page 205

People who are hypoglycemic or **diabetic** shouldn't risk the blood **sugar** swings that caffeine causes. Decaf can still affect a sensitive person's blood **sugar** levels. **Diabetics** can run a simple experiment on themselves by testing their blood **sugar** before and after a cup of decaf coffee and watching the blood **sugar** rise then fall within several hours. Hypoglycemics need only to observe their energy levels dip one to two hours after drinking decaf to realize that no coffee is the best choice for them.

Caffeine Blues by Stephen Cherniske MS, page 305

After eating **sugary** low-fiber foods like doughnuts in the morning, there is a reactive low blood **sugar** phenomenon later in the day, often experienced as the afternoon “slump.” Fiber foods, on the other hand, help stabilize blood **sugar** by slowing down the release of **sugars** and insulin. This reduces the highs and lows of **sugars** and insulin. In this way, fiber foods protect against risk factors for **diabetes**, and help maintain optimal energy throughout the day.

Healthy Digestion the Natural Way by Dr Lindsey Berkson, page 25

Diabetes was a very rare illness in the United States in 1880, with only 2.8 persons out of every 100,000 having **diabetes**. Now at least 10% of the populace has **diabetes** and when you look for early signs of **diabetes** (hyperinsulinemia) that number is certain to be much higher.

A Physicians Guide To Natural Health Products That Work by James Howenstine MD, page 96

People with **diabetes** who take chromium should be under medical supervision, since their insulin dosage may need to be reduced as blood **sugar** drops.

Healing With Vitamins by Alice Feinstein, page 30

Refined **sugar**, because so many nutrients are removed from it, is believed to be more likely to produce **diabetes** than unrefined **sugarcane**, which is rich in the glucose tolerance factor, chromium. Investigators tell us that even though the South African diet is rich in raw **sugarcane**, **diabetes** is rare among the workers who cut and eat it daily. This may also be due to the fact that the **sugar** is eaten in its high-fiber natural state, or that these workers are exercising strenuously each day.

Complete Guide Health Nutrition by Gary Null, page 123

Bleached **white flour**: Not only have the bran and germ been stripped away, but bleached flour also contains a substance from the flour bleach (alloxan) which causes **diabetes** in animals. Unbleached **white flour** should also be avoided since it is stripped of essential nutrients.

The Enzyme Cure by Lita Lee with Lisa Turner & Burton Goldberg, page 123

Fructose is a highly reactive molecule that readily attaches to proteins, changing their structure and interfering with their normal activity. Studies show that **fructose** accelerates glycosylation, damaging proteins to a significantly greater degree than sucrose or glucose.” Yet we consume this harmful sweetener like it is going out of style. In a highly processed form (high-**fructose** corn **syrup**), it is the primary ingredient in soft drinks, sales of which have gone through the roof in recent years. More than 25 percent of the beverages Americans consume are sodas. In 1997 Americans purchased 14 billion gallons of “liquid candy”—more than 576 12-ounce servings per person per year!

Reversing Diabetes by Julian Whitaker MD, page 125

There is no doubt that the refined oils, hydrogenated fats, and a severe lack of the Omega 3 fatty acids are contributing to our **diabetes** epidemic. The control of blood **sugar** depends on adequate amounts of the minerals zinc, chromium, vanadium, and magnesium, which are lacking in the foods grown in soil treated with Phosphorus,

Nitrogen, and Potassium fertilizer used by most farmers. We are being poisoned by pesticides, lack of essential fatty acids, toxic trans fat isomers and toxic additives. **Diabetics** have the additional problem that they are losing large quantities of minerals and vitamins in their urine whenever their blood **sugars** are elevated.

A Physicians Guide To Natural Health Products That Work by James Howenstine MD, page 100

Studies have shown that people who exercise cut their risk of developing type-2 **diabetes** by 24 percent. That's because exercise is insulin's best friend: It lends a helping hand, moving **sugar** out of the bloodstream and into the cells.

Alternative Cures by Bill Gottlieb, page 212

Alcohol, caffeine and fruit juices have the same affect on the glucose. We caution all **diabetics** to avoid not only **sugar**, but caffeine as well. One cup of coffee can elevate the glucose level enough to need three units of insulin to counteract it.

It's All In Your Head by Hal A Huggins DDS, page 84

Fat, especially saturated fat, may be as dangerous for **diabetics** as **sugar**. Frequent small meals and the use of olive oil instead of butter or cheese may help control blood-**sugar** and cholesterol levels. Type I **diabetics** must coordinate the timing of meals with insulin administration.

Graedon's Best Medicine by Joe Graedon & Dr Terasa Graedon, page 318

Diabetes is all about **sugar**—the **sugar** in our bodies known as blood **sugar** or blood glucose. Every cell in our bodies must have a constant source of glucose in order to fuel metabolism. Our cells use glucose to power processes such as growth and repair. When we eat a meal the digestive system converts much of our food into glucose which is released into the bloodstream. The hormone insulin, which is secreted by the pancreas gland, moves glucose from the blood and funnels it into the cells so it can be used as fuel. If the cells are unable to get adequate amounts of glucose, they can literally starve to death. As they do, tissues and organs begin to degenerate. This is what happens in **diabetes**.

Healing Miracles of Coconut Oil by Bruce Fife ND, page 109

Fructose is a natural monosaccharide that occurs in fruits and honey. In whole fruit, it is an excellent energy source. Pure **fructose** may be derived from fruit, but this is not financially expedient. Commercial **fructose** is available in either liquid or crystal form. Liquid **fructose** is made by splitting the two components of corn **syrup**. High-**fructose** corn **syrup** may contain as much as 55 percent-sucrose and (**diabetics**, please note) it requires insulin for its metabolism. Crystalline **fructose** is made from intensely refined cane and beet **sugar**.

New Whole Foods Encyclopedia by Rebecca Wood, page 136

Sugar is another dietary disaster. In addition to causing dental caries [cavities], depressing the immune system, and providing a lot of empty calories that contribute to weight gain, **sugar** has other detrimental effects, especially for **diabetics**.

Miracle Of Stevia by James A May, page 226

When you eat starch, **sugar**, or protein, your body breaks down and absorbs the nutrients in the food, and your blood **sugar** rises. This rise in blood **sugar** signals your pancreas to produce and release insulin, the hormone that acts to return your blood **sugar** to normal by driving it into the tissues to be used or stored. In some people, the rise in blood **sugar** stimulates the release of too much insulin, which drives too much blood **sugar** into the tissues, leaving the level in the blood too low. In medicine, we call this condition hypoglycemia. When the blood **sugar** swings wildly, first hurtling upward then plummeting too low, you may suffer symptoms of nausea, clammy sweats, dizziness, muscle cramping, and even fainting. We refer to these unpleasant symptoms accompanying the falling blood **sugar** level as “reactive” hypoglycemia. Symptoms come not from the low level itself but from the rapid change. A stable low blood **sugar**—one that's low but is always about the same degree of low—rarely causes symptoms. People with overactive insulin and reactive hypoglycemia often develop adult-onset **diabetes** mellitus

Doctors Complete Guide Vitamins Minerals by Mary D Eades MD, page 382

For **diabetics**, excess **sugar** becomes a toxin in the system clogging up the respiration of cells and preventing the kidney from doing its job.

Building Wellness with DMG by Roger V Kendall PhD, page 136

In fact, U.S. government statistics for this time period clearly demonstrate that along with the dramatic decrease in dietary fat intake (from forty percent to thirty-three percent of our caloric intake) there was also a dramatic increase in the intake of refined carbohydrates, not only **sugar** but **white flour**. There is no doubt in my mind that this increase in refined carbohydrates has been spurred by the media attention given to the Food Guide Pyramid, created by the U.S. Department of Agriculture, which made six to eleven daily servings of these wheat derivatives the basis of the pyramid. I believe that the Food Guide Pyramid's recommendations have directly contributed to the twin epidemics of obesity and **diabetes** we now face in this country.

Dr Atkins New Diet Revolution by Robert C Atkins MD, page 13

People with **diabetes** should eat at least three meals a day at regular intervals to keep their blood **sugar** levels within normal range. Meals and snacks that combine carbohydrates with proteins or fats will have the longest-lasting effects on blood **sugar** levels because protein and fat take longer to raise blood **sugar** than carbohydrates do.

Foods That Fight Disease by Laurie Deutsch Mozian MS RD, page 47

Excess **sugar** consumption can suppress the immune system; upset the body's mineral balance; produce an acidic stomach; and cause hyperactivity, anxiety, concentration difficulties, and heart disease (by raising insulin levels), as well as fatigue, weight gain, depression, and arthritis. According to Nancy Appleton, Ph.D., author of *Lick the Sugar Habit* (Avery/Penguin Putnam, 1996), there are seventy-eight metabolic consequences to eating **sugar**. Dietary **sugars** feed harmful intestinal yeasts, toxic organisms, fungi, and all forms of cellular cancer. Bill Misner Ph.D., sports nutritionist and author, has said, "Because **sugar** is devoid of vitamins, minerals, fiber, and has such a deteriorating effect on the endocrine system, major researchers and major health organizations (American Dietetic Association and American **diabetic** Association) agree that **sugar** consumption in America is one of the three major causes of degenerative disease." The rise in type-2 **diabetes** cases in young people is so great that experts are calling it an "emerging epidemic."

Prescription For Dietary Wellness by Phyllis A Balch, page 205

In the early stage of this illness, high levels of insulin are a warning that eventually high blood **sugars** will appear. Elevated cholesterol and triglyceride values, obesity, hypertension, and the clinical appearance of vascular damage are all clues that point toward a pre-**diabetic** state.

A Physicians Guide To Natural Health Products That Work by James Howenstine MD, page 105

The risk of **diabetes**, heart disease, stroke, and cancer can be reduced through the simple act of substituting whole grains for refined grains. Refined foods such as **white flour** and white rice are stripped of the fiber and nutrients that whole grains still possess. The first word on the label must be whole—don't be fooled by artificial brown or caramel coloring.

Prescription For Dietary Wellness by Phyllis A Balch, page 108

Man-refined **sugar** is eight times as concentrated as flour, and eight times as unnatural—perhaps eight times as dangerous. It is the unnaturalness that deceives the tongue and appetite, leading to overconsumption. Who would eat 5 pounds of **sugar** beets a day? Yet the equivalent in refined **sugar** is a mere 5 ounces.

Sugar Blues by William Dufy, page 217

Studies have shown that biotin supplementation can be helpful for improving blood-**sugar** control in both type-1 and type-2 **diabetes**.

Natural Physicians Healing Therapies by Mark Stengler ND, page 58

The human body was not designed to handle the amount of refined **sugar**, salt, saturated fats, and other harmful food compounds that many people in the United States and other Western countries feed it. The result is that a metabolic syndrome emerges: elevated insulin levels, obesity, elevated blood cholesterol and triglyceride levels, and high blood pressure.

Encyclopedia of Natural Medicine by Michael T Murray MD Joseph L Pizzorno ND, page 554

Convincing evidence shows how large amounts of refined and concentrated **sugars** overwork the pancreas, causing wide swings in blood **sugar** levels.

Bartrams Encyclopedia of Herbal Medicine by Thomas Bartram, page 241

Yudkin tells us that the kidney is damaged identically by either a high **sugar** intake or by inducing a **diabetic** state. We know this because laboratory experiments using rodents have accomplished that astonishing result. These alterations were actually seen by routine biopsy as well as by microscopic and electron-microscopic methods.

Complete Guide Health Nutrition by Gary Null, page 108

Coronary disease has heretofore been regarded as a “complication” of diabetes. Both coronary disease and diabetes have a common cause: White sugar and white flour.

Sugar Blues by William Dufy, page 218

Type II **diabetes** usually occurs after the age of forty-five, frequently in overweight people, and ranges in severity from mere insulin resistance to insulin dependence. Occasionally, children are diagnosed with type II **diabetes**. It frequently can be controlled with diet and exercise. It is diagnosed when two consecutive blood tests taken while fasting reveal that the level of blood **sugar** is 126 mg/dl (milligrams per deciliter) or higher.

Foods That Fight Disease by Laurie Deutsch Mozian MS RD, page 143

Many of us have heard that if **sugar** were to attempt now to pass the FDA approval process it would not be approved. The March 1993 issue of the TOWNSEND LETTER FOR DOCTORS gives us an idea as to why this is so. They give a list of ways in which **sugar** is known to be harmful. The reactions they list are: immune system suppression; mineral imbalance; hyperactivity; rise in triglycerides; reduces defenses against infection; reduces high density lipoproteins; chromium an copper deficiency; cancer of the breast, ovaries, intestines, prostate and rectum; increases fasting levels of glucose and insulin; interferes with absorption of calcium and magnesium; weakens eyesight; raises serotonin; causes hypoglycemia; produces stomach over-acidity; increases adrenalin levels; produces anxiety, irritability and difficulty concentrating; aging; alcoholism; tooth decay; obesity; contributes to duodenal and gastric ulcers;

arthritis; asthma; *Candida albicans* (yeast infections); gallstones; heart disease; appendicitis; multiple sclerosis; hemorrhoids; varicose veins; elevates glucose and insulin responses in conjunction with the use of contraceptives; periodontal disease; osteoporosis; decrease in insulin sensitivity and glucose tolerance; decrease in growth hormone; increases cholesterol and systolic blood pressure; drowsiness and decreased activity; migraine headaches; food allergies; contributes to **diabetes**; toxemia during pregnancy; eczema, and it interferes with protein absorption.

PROZAC Panacea or Pandora by Ann Blake Tracy PhD, page 327

There is some evidence that a high consumption of **sugar**-sweetened foods may lead not only to impotence and premature ejaculation, but to unrealistic sexual attitudes and expectations, strong urges, strange fantasies, and even crimes of sexual violence.

Food And Healing by Anne Marie Colbin, page 300

90 percent of Type II **diabetics** [are] obese. Even in nondiabetic individuals, large body-fat gains often result in carbohydrate intolerance, higher blood insulin, and insulin insensitivity in body tissues. Progressive insulin insensitivity is now thought to be the main factor in the development of this most common type of **diabetes**. Many obese **diabetics** are able to restore normal blood **sugar** levels simply by achieving ideal body-fat level.

Herbal Defense by Ralph T Golan ND, page 25

The whole problem of **sugar** was compounded by the low-fat messages we were wrongly bombarded with during the 1980s and 1990s. To make a low-fat product taste good, manufacturers add lots of **sugar**. Now, in the United States, the aisles in the supermarket are crammed with low-fat or diet cookies and crackers, ice cream, frozen cakes and pies, soft drinks and white bread filled with **sugar**. The United States has “low-fatted” and “dieted” itself to a raging epidemic of obesity and **diabetes**.

Dr Atkins New Diet Revolution by Robert C Atkins MD, page 23

Excessive consumption of **sugar** has recently been identified by some researchers as the single most important dietary risk factor for heart disease in women.

Reversing Diabetes by Julian Whitaker MD, page 124

Type-2 **diabetes** is strongly associated with a lack of exercise and a poor diet—one that's low in fiber and high in **sugar**, fat, and animal products. It develops slowly, usually over several years, and rarely produces dramatic symptoms. For this reason, many people with type-2 **diabetes** have no idea that they are sick. In fact, the American **diabetes** Association (ADA) estimates that only half of Americans with type-2 **diabetes** have been diagnosed.

Blended Medicine by Michael Castleman, page 232

Although no recommended dietary allowance (RDA) has been established for chromium, at least 200 mg each day appears necessary for optimal **sugar** regulation. Chromium levels can be depleted by consuming refined **sugars** or **white flour** products, and by lack of exercise.

Encyclopedia of Natural Medicine by Michael T Murray MD Joseph L Pizzorno ND, page 418

Nearly 15 million Americans have to contend with this condition. Excess **sugar** in the blood damages the arteries and veins and can lead to fatal heart disease and stroke. (The death rate for middle-aged people with type-2 **diabetes** is twice that of middle-aged people who do not have it.)

Alternative Cures by Bill Gottlieb, page 212

...the pesticides and chemicals sprayed on cane and beet **sugar** and the chemical bleaching process used to make “white” **sugar** are potentially hazardous; we are not advised about this on **sugar** packages or food labels.

Staying Healthy With Nutrition by Elson M Haas MD, page 463

Avoid fats, cholesterol, and **sugar** and keep your weight down to help prevent **diabetes**, which affects the heart.

Heart Disease by Burton Goldberg, page 242

The high blood sugar levels that characterize diabetes need to be controlled and kept within normal limits to reduce the long-term complications of chronic high blood sugar—premature cardiovascular disease, kidney disease, and vision problems.

Foods That Fight Disease by Laurie Deutsch Mozian MS RD, page 144

The ability to maintain normal blood **sugar** levels is jeopardized by the lack of chromium in our soil and water supply and by a diet high in **refined white sugar**, flour, and junk foods.

Prescription For Nutritional Healing by Phyllis A Balch CNC and James F Balch MD, page 27

Adult-onset **diabetes** is a severe imbalance of this system. It is the common form of the disease, correlated with overweight and inactivity, the result not of decreased production of insulin but of increased resistance to its effects.

8 Weeks To Optimum Health by Andrew Weil MD, page 237

One of the most valuable aspects of buckwheat is its ability to help control blood **sugar** levels in people with adult-onset **diabetes**, the most common form of the disease.

New Foods For Healing by Selene Yeager, page 96

In our experience, almost everyone benefits from carbohydrate restriction, even if they have had type-2 **diabetes** for years and are taking drugs to lower their glucose levels.

Life Without Bread by Christian B Allan PhD and Wolfgang Lutz MD, page 47

Diets high in simple **sugars** such as glucose and **fructose** rob the body of chromium, while those high in complex carbohydrates such as pasta preserve it.

Food Additives by Ruth Winter MS, page 124

Excessive **sugar** consumption is believed to be involved in a host of very common problems: hypoglycemia or hyperinsulinism, **diabetes**, heart disease, dental caries, high cholesterol [and] obesity.

Food And Healing by Anne Marie Colbin, page 190

Sugar has no nutritional value and is directly harmful to your health. Despite vociferous attempts to defend it, there are studies that clearly show how harmful (and even deadly in the case of **diabetics**) its effects can be.

Dr Atkins New Diet Revolution by Robert C Atkins MD, page 23

When people have **diabetes**, either they're not making enough insulin to get the glucose into the cells, or the insulin fails to "unlock" the cell and let the sugar enter. Why wouldn't the insulin be able to "unlock" the cell? The most common culprit is obesity. When too many fat cells crowd in next to other cells, they can block the area where the insulin "key" is supposed to fit. Then the "key" can't get to the lock, so even if plenty of glucose is available, the cell can't get it.

Green Tea by Nadine Taylor MS RD, page 63

The programme made the patients' serum produce fewer free radicals and more nitric oxide. These two factors affect how efficient a blood vessel is in widening and clearing clot formation. These factors have in turn recently been acknowledged as important risk factors in heart disease and diabetes.

"If you increase production of nitric oxide, or decrease the production of free radicals, the artery will be able to open up more readily and that will increase the delivery of blood flow," explains Roberts. A rise in free radicals can increase the risk of atherosclerosis, related to heart disease and diabetes.

"Three-week diet curbs diabetes," *New Scientist* [online] (Jan. 13, 2006) by Shaoni Bhattacharya, referencing "Effect of a diet and exercise intervention on oxidative stress, inflammation, MMP-9 and monocyte chemotactic activity in men with metabolic syndrome factors," *Journal of Applied Physiology* [(Dec. 15, 2005). doi:10.1152/jappphysiol.01292.2005], by Christian K. Roberts, et al.

Reversing a chromium deficiency by supplementing the diet with chromium has also been demonstrated to lower body weight while increasing lean body mass. All of the effects of chromium appear to be due to increased insulin sensitivity. A chromium deficiency may be an underlying contributing factor to the large number of Americans suffering from diabetes, hypoglycemia, and obesity. There is evidence that marginal chromium deficiency is common in the United States.

Encyclopedia of Natural Medicine by Michael T. Murray MD and Joseph Pizzorno ND, page 418

Still, this essential trace mineral is vital to health. In fact, the evidence is stronger than ever that chromium deficiency plays a fundamental role in the development of type-2 (non-insulin-dependent) diabetes. type-2 is the kind of diabetes that typically affects people in their forties, fifties, or sixties rather than being a lifelong problem. Supplementation, experts say, may partly reverse some of type-2's effects.

Nature's Medicines by Gale Maleskey, page 128

A chromium-rich diet may prevent type-2 diabetes, the non-insulin dependent form of the disease that starts in adulthood. Richard A. Anderson, a biochemist at the USDA Human Nutrition Research Center in Beltsville, Maryland, has shown that diets high in simple sugars such as glucose and fructose rob the body of chromium, while those high in complex carbohydrates such as pasta preserve it. The new research builds on data from Anderson's lab showing that chromium supplementation in rats improves glucose tolerance—the ability to transport blood glucose into cells.

A Consumer's Dictionary of Food Additives by Ruth Winter MS, page 124

In addition, magnesium can help to prevent insulin resistance, that is, the inability to use insulin efficiently to turn glucose into energy. As a result of insulin resistance, glucose levels rise, which can lead to diabetes and heart disease.

Earl Mindell's Secret Remedies by Earl Mindell RPh PhD, page 197

Magnesium is involved in several areas of glucose metabolism.

Textbook of Natural Medicine Volumes 1-2 by Joseph Pizzorno and Michael T. Murray, page 1210

Chromium—Recent studies suggest that chromium can prevent type II diabetes, or insulin resistance. Chromium functions by increasing the activity of insulin, thus reducing the amount of insulin required to control blood-sugar levels. In one study, Richard Anderson, Ph.D., of the USDA Human Nutrition Research Center (working with Chinese researchers at Beijing Hospital) tested the effect of chromium on adult patients in the early stages of type II diabetes.

Earl Mindell's Secret Remedies by Earl Mindell RPh PhD, page 113

Italian researchers found that supplements of 4,500 mg of magnesium per day for four weeks dramatically improved glucose tolerance in elderly people. Diabetics often have low magnesium levels in their cells and blood, and some researchers believe that they might even have a defect in the metabolism of magnesium that exacerbates the disease. Even if you're not a diabetic, you're likely to suffer from insulin resistance if you're low in magnesium: one recent study found that normal, healthy adults developed a 25 percent greater insulin resistance on a magnesium-deficient diet. Presumably, magnesium supplements would correspondingly lower insulin resistance.

***Stopping the Clock* by Ronald Klatz and Robert Goldman, page 129**

Vitamin E does more than protect against heart disease. Research suggests that it may even help prevent Type II, or non-insulin-dependent, diabetes, both by protecting the pancreas (the organ that produces insulin) and by influencing how the body burns sugar. A study of 944 men ages 42 to 60 found that men with low levels of vitamin E had nearly four times the risk of developing this disease.

***New Foods for Healing* by Selene Yeager, page 47**

Drs. Ishwarlal Jialal and Sridevi Devaraj of the University of Texas Southwestern Medical Center in Dallas believe that high doses of vitamin E may not only prevent cardiovascular complications in diabetics but may even serve to prevent the metabolic syndrome that leads to diabetes.

***Reversing Diabetes* by Julian Whitaker MD, page 181**

Vitamin E also appears to play a significant role in the prevention of diabetes. One study followed 944 men, forty-two to sixty years of age, who did not have diabetes at the beginning of the study. Forty-five men developed diabetes during the four-year follow-up. The study indicated that a low vitamin-E concentration was associated with 3.9 times greater risk of developing diabetes.

***Encyclopedia of Natural Medicine* by Michael T. Murray MD and Joseph Pizzorno ND, page 4**

Last, elevated levels of CRP, an inflammatory marker, have recently been found to predict the development of type-2 diabetes. A newer finding relating to the functions of vitamin E is that high dose vitamin E lowers CRP. Administering 1200 IU of alpha-toco-pherol (daily for 3 months) lowered CRP levels by 30%. CRP levels remained reduced 2 months post-supplementation. By preventing vascular inflammation, many of the complications arising from diabetes are overcome (Devaraj et al. 2000). A suggested vitamin E dosage is 400-1200 IU of vitamin E per day along with at least 200 mg of gamma tocopherol.

Disease Prevention and Treatment by Life Extension Foundation, page 681

In diabetes, it is commonly used to improve the utilization of blood sugar and thereby reduce it, but there is no clear evidence that regular vitamin C usage alone can prevent diabetes. There are some preliminary reports that ascorbic acid may help prevent cataract formation (probably through its antioxidant effect) and may be helpful in the prevention and treatment of glaucoma.

Staying Healthy with Nutrition by Elson M. Haas MD, page 145

Epidemiological and experimental data show diabetes mellitus to be one of the diseases most clearly related to inadequate dietary fiber intake. Clinical trials that have demonstrated the beneficial therapeutic effect of dietary fiber on diabetes have further substantiated this association (discussed below). Dietary fiber's prevention and modulation of diabetes is due to its effects on glucose and, subsequently, insulin levels. A high-complex carbohydrate, high-fiber diet reduces postprandial hyper-glycemia (largely by delaying of gastric emptying and thereby reducing insulin secretion) and increases tissue sensitivity to insulin (how, or if, this relates to chromium uptake and metabolism has not been determined). Fermentation products of fiber, chiefly SCFAs, enhance hepatic glucose metabolism and may further contribute to the ameliorating effects of dietary fiber on diabetes.

Textbook of Natural Medicine Volumes 1-2 by Joseph E. Pizzorno and Michael T. Murray, page 513

For more than two decades, scientists have been taking a close look at fiber and its potential health benefits. What they've found is that high-fiber diets may decrease the risk of colon and breast cancer, ease constipation and irritable bowel syndrome, and help prevent diverticulosis, hemorrhoids, high cholesterol, and diabetes.

Nature's Medicines by Gale Maleskey, page 172

Since diabetics have a higher incidence of death from cardiovascular disease (60 to 70 percent, versus 20 to 25 percent in people without diabetes), most of the dietary recommendations given in the Cholesterol chapter are equally appropriate here. As stated earlier, the frequency of diabetes is highly correlated with the fiber-depleted, high-refined-carbohydrate diet of civilization. Re-establishing a traditional diet and lifestyle reverses the carbohydrate and lipid metabolism abnormalities associated with the foods of commerce, and eventually results in a low prevalence of diabetes. The epidemiological evidence indicting the Western diet and lifestyle as the ultimate etiological factor in diabetes is overwhelming.

Encyclopedia of Natural Medicine by Michael T. Murray MD and Joseph E. Pizzorno ND, page 415

Because pectin is a soluble fiber, it dissolves in the body, creating a sticky gel inside the intestine. The gel binds to potentially harmful substances, preventing them from being absorbed. At the same time, it causes nutrients to be absorbed a little more slowly. Both of these factors make pectin a key player in preventing a number of conditions, from heart disease and diabetes to weight gain.

New Foods for Healing by Selene Yeager, page 419

However, we will show that it boils down to eating too many carbohydrates; over and over again we have observed that a reduction of carbohydrates to 6 BUs (bread units) per day results in a dramatic benefit for people with diabetes. We feel certain that most adult diabetes could be prevented if the diet outlined in this book were followed before diabetes had the chance to begin.

Life Without Bread by Christian B. Allan PhD and Wolfgang Lutz MD, page 225

As we noted above, the onset of type-1 diabetes occurs mostly in childhood. Experts aren't sure what causes it, but it's thought to be linked to viral infections, allergies, genetic factors, or a combination of all three. It's unlikely that EFAs can help prevent type-1 diabetes, although they may help lessen the symptoms and reduce the progression of the disease.

The Omega Solution by Jonathan Goodman ND, page 160

What is true for the rat may be true for humans. In clinical studies of omega-3 fatty acids, weight gain did not occur. In fact, some people lost weight. This observation is consistent with a study published in 1991, which showed that Japanese men who migrated to the United States were significantly more obese than their counterparts who remained in Japan. The major difference in these two groups was a marked drop in fish (omega-3) consumption in the Japanese men who left their native country. If omega-3 fatty acids are associated with weight loss or prevent the development of obesity and diabetes, this could have powerful implications for adults and children. More research is needed to clarify the precise roles of omega-3s in energy and metabolism.

***The Omega-3 Connection* by Andrew L. Stoll MD, page 82**

In contrast, omega-3 oils appear to improve insulin action. Population studies show that frequent consumption of a small amount of omega-3 oils protects against the development of type-2 diabetes. In addition, animal studies show that omega-3 fatty acids prevent the development of insulin resistance. All this evidence indicates that altered membrane fluidity may play a critical role in the development of type-2 diabetes.

***Encyclopedia of Nutritional Supplements: The Essential Guide for Improving Your Health Naturally* by Michael T. Murray ND, page 246**

Omega-3's help prevent damage to blood vessels and enhance insulin secretion.

***Nature's Medicines* by Gale Maleskey, page 415**

EFA's appear to make the body's cells more sensitive to insulin, the hormone that transports glucose out of the blood and into cells where it's needed.

***The Omega Solution* by Jonathan Goodman ND, page 159**

For example, adding more fish to your diet may help to prevent the onset of diabetes. A Dutch study followed 175 people between the ages of sixty-four and eighty-seven for three years, and found that the fish eaters were least likely to develop glucose intolerance, an early sign of insulin resistance and a precursor of diabetes. As little as an ounce of fish per day was linked to this benefit.

***Earl Mindell's Secret Remedies* by Earl Mindell RPh PhD, page 113**

Over the past 150 years, there has been an enormous increase in the consumption of n-6 fatty acids as a result of the increased intake of vegetable oils. In Western diets today, the ratio of n-6 to n-3 fatty acids ranges from approximately 20:1 to 30:1 instead of the traditional range of 1:1 to 2:1. It is thought that a high intake of n-6 fatty acids shifts the physiologic state to one that is primarily inflammatory by producing inflammatory hormone-like molecules known as prostaglandin E2 series. However, the downstream products of n-3 fatty acids, known as prostaglandin E1 and E3 series, have anti-inflammatory properties. The beneficial effects of n-3 fatty acids have been shown to have an additional benefit in the secondary prevention of coronary heart disease, hypertension, type-2 diabetes, and ulcerative colitis and Crohn's disease in some patients (Simopoulos 1999).

***Disease Prevention and Treatment* by Life Extension Foundation, page 617**

Researchers have discovered that the overconsumption of refined vegetable oils leads to diabetes. As far back as the 1920s Dr. S. Sweeney produced reversible diabetes in all of his medical school students by feeding them a high vegetable oil diet for 48 hours. None of the students had previously been diabetic. More recently researchers have been able to cause test animals to develop diabetes by feeding them diets high in polyunsaturated fat. Simply restricting fat intake in diabetic animals has shown to reverse type-2 diabetes. Likewise, clinical studies with humans on low-fat diets also show reversal of the disease. Many studies have shown low-fat diets to be effective in controlling diabetes.

***The Healing Miracles of Coconut Oil* by Bruce Fife ND, page 110**

Now a series of studies from Australia show that excess omega-6 fatty acids along with a deficit of the omega-3s may contribute to insulin resistance, and omega-3 fatty acid supplements may decrease insulin resistance or even prevent the development of diabetes. The news is of great importance for public health, as diabetes is a huge cause of death and disability.

***The Omega-3 Connection* by Andrew L. Stoll MD, page 80**

Studies now link a vitamin D deficiency with diabetes, immune function and bone loss. It may be that vitamin D deficiency is a factor in the onset of diabetes and that a supplement of vitamin D could help reverse the disease. Take up to 400 IU daily.

***Prescription Alternatives* by Earl Mindell RPh PhD and Virginia Hopkins MA, page 419**

In animals with an inherited tendency to develop type-1 diabetes, the active vitamin D hormone helps prevent the disease, Dr. DeLuca says. While studies have not yet been done in humans, researchers speculate whether it might prove to have a similar effect.

Nature's Medicines by Gale Maleskey, page 149

A deficiency of insulin results in increased concentrations of glucose in the blood which, in turn, causes damage to blood vessels and nerves. Diabetes can lead to severe complications in the longer term, including heart attacks, kidney failure, blindness, and gangrene in the lower extremities. Heart disease kills 75 percent of people of European origin with diabetes. Studies have shown vitamin D to have a protective effect against childhood diabetes. The results of large pan-European trial published in the journal *Diabetologia*, in 1999, suggest that vitamin D supplements taken in infancy protect against, or arrest, the initiation of a process that can lead to insulin-dependent diabetes in later childhood. If this is the case, it seems reasonable to suggest that exposure to sunlight in early childhood may be important in preventing the onset of the disease—although no one seems to have investigated this possibility.

The Healing Sun, by Richard Hobday, page 78

Niacinamide, also called nicotinamide, was first shown in the early 1950s to prevent the development of diabetes in experimental animals. Additional animal studies in the 1980s confirmed these earlier studies and ultimately led to several pilot clinical studies. The mechanism of action appears to be inhibition of macrophage- and interleukin-1-mediated beta cell damage and inhibition of nitric oxide production, along with niacinamide's antioxidant role. Niacinamide also enhances insulin secretion and increases insulin sensitivity.

Encyclopedia of Nutritional Supplements: The Essential Guide for Improving Your Health Naturally by Michael T. Murray ND, page 95

Nicotinamide is being investigated as an agent for the possible prevention or delaying of the onset of type-1 diabetes mellitus (insulin-dependent diabetes mellitus or IDDM). The rationale for using nicotinamide to prevent type-1 diabetes mellitus is derived from human and animal studies as well as in vitro investigations. Nicotinamide has been found to prevent diabetes in alloxan- and streptozotocin-treated mice and rats and in non-obese diabetic (NOD) mice. In vitro studies have shown that nicotinamide can

prevent macrophage- or interleukin-1 β -induced beta-cell damage. An intervention study in New Zealand using nicotinamide treatment showed a 50% reduction in the development of IDDM over a five-year period.

***PDR for Nutritional Supplements* by Sheldon Saul Hendler and David Rorvik, page 329**

Supplementing the diet of diabetics with vitamin B3 in the form of niacinamide has been shown to exert many favorable effects. Foremost is its possible application in preventing the development of Type I diabetes. Niacinamide, also called nicotinamide, has been shown to prevent the development of diabetes in experimental animals. This observation led to several pilot clinical trials which suggest that niacinamide can prevent type-1 diabetes from developing, or, if given soon enough at the onset of diabetes, help restore beta-cells or at least slow their destruction.

***Encyclopedia of Natural Medicine* by Michael T. Murray MD and Joseph E. Pizzorno ND, page 419**

Since nicotinamide has not been shown to have significant, prolonged effects when introduced after the onset of type-1 diabetes, its efficacy has been researched as an interventional therapy. It shows some ability to extend the remission phase when administered to subjects newly diagnosed with the disease. During the remission phase, the need for exogenous insulin is decreased or obliterated, but insulin-dependence reasserts itself, usually within one year despite nicotinamide supplementation. On the other hand, nicotinamide appears to be far more effective as a preventive.

***PDR for Nutritional Supplements* by Sheldon Saul Hendler and David Rorvik, page 330**

Early introduction of cow's milk to the diet and short duration or absence of breastfeeding increase the risk of IDDM. Studies in experimental animals suggest that cow's milk and soy proteins may be diabetogenic. There is current interest in the effects of free radical scavengers, particularly niacin and natural and synthetic antioxidants on the incidence of IDDM. These findings from ecological, animal, and human case-control studies remain to be evaluated in prospective cohort studies covering infancy and childhood and finally in human intervention trials. NIDDM is characterized by insulin resistance which is complicated by impaired insulin secretion at the time of appearance of hyperglycaemia and clinical diabetes. Its preclinical development is insidious and poorly defined, and there is little direct evidence that the same factors which influence metabolic control in clinical diabetes also affect the

preclinical development of the disorder. Obesity, particularly of the abdominal type, is common in people who develop NIDDM, and weight control by appropriate diet and physical activity is probably the most important measure for preventing NIDDM. High (saturated) fat intake seems to be associated with insulin resistance, obesity and increased risk of NIDDM, and diets high in carbohydrate seem to protect from glucose intolerance and diabetes, mainly owing to their high fibre content.

Don't Drink Your Milk!: The Frightening New Medical Facts About the World's Most Overrated Nutrient by Frank A. Oski MD, page 96

There are some alternative doctors, however, who believe that the cause—and treatment—of type-1 diabetes is radically different from what conventional medicine espouses. Here are three diet-related steps that some alternative health practitioners believe can help prevent or treat this disease. Stopping the intake of dairy foods may also prevent type-1 diabetes, he believes. If there is any history of type-1 diabetes in your family, but your children have not developed the disease, my advice is to never allow them to consume any cow's milk or other dairy products, Dr. Wright says.

Alternative Cures by Bill Gottlieb, page 212

Evidence is presented that new cases of primary insulin dependent diabetes mellitus (IDDM) will cease to occur when milk-processing temperatures are increased from current levels (72 degrees C) to at least 85 degrees C. This temperature is sufficient to denature bovine serum albumin (BSA), the environmental trigger molecule for IDDM. Morbidity and mortality from atherosclerotic vascular disease (ASVD) and a number of autoimmune diseases may also be reduced by such increases in milk-processing temperatures. BSA-free milk products commercially available now include those canned (100 degrees C), ultrapasteurized (138 degrees C), and ultrahigh-temperature (UHT) processed (149 degrees C). At less than 6400 feet elevation, BSA can be denatured by simply bringing milk to a boil (85 degrees C). Until such time as all milk is routinely heat-treated to denature BSA, the safest course to maintain good nutrition and prevent IDDM and other BSA-triggered diseases is selection of milk products processed at temperatures above 85 degrees C.

Don't Drink Your Milk!: The Frightening New Medical Facts About the World's Most Overrated Nutrient by Frank A. Oski MD, page 104

From animal studies, we now know that among rats that are genetically susceptible to IDDM, feeding wheat gluten will cause 40 percent to develop IDDM. Several other groups of rats with the same genetic inclination to develop IDDM were fed gluten-free diets, and only 10 to 15 percent of these groups developed IDDM. Further, the rate and severity of diabetes could be manipulated by varying the amount of gluten in the diet. Others have shown that delaying introduction of dietary gluten in animal models delays or prevents diabetes. Most authorities in this area of diabetes research conclude that gluten is a major factor in causing the development of IDDM in genetically predisposed animals.

***Dangerous Grains* by James Braly, MD and Ron Hoggan, MA, page 126**



About Mike Adams

Mike Adams is a holistic nutritionist with more than 5,000 hours of study on nutrition, wellness, food toxicology and the true causes of disease and health. He is the author of *The 7 Laws of Nutrition*, *Grocery Warning*, *How to Halt Diabetes in 25 Days* and many other books available at www.TruthPublishing.com

Adams is also the creator of the popular *Honest Food Guide*, a free downloadable nutritional guide found at www.HonestFoodGuide.org. In addition, more than 1,500 free articles on health, nutrition and wellness have been authored by Adams and are available at www.NewsTarget.com

Adams uses no prescription drugs whatsoever and relies exclusively on natural health, whole foods, superfoods, nutritional supplements and exercise to achieve optimum health. To prove the value of nutrition and physical exercise in enhancing health, Adams publishes detailed statistics on his own blood chemistry (with full lab results) at www.NewsTarget.com/AdamsHealthStats.html

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