

The Sugar Blues: Diabetes

Website: [Healthy Christian Living - Living by the Blueprint](#)

“We have come to a time when **EVERY MEMBER** of the church **should take hold of medical missionary work...**” (7T 62.1)

LEARN HOW TO COMBAT DISEASE:

“Gather up all the knowledge possible that will **help to combat disease...**” {MM 320.2-.3}

“It is the duty of every person to become intelligent in regard to disease and its causes...” {HL 19.5}

“...Have a practical **knowledge of the causes of disease**, and...**understand how to give simple treatments**, that...**may relieve the suffering ones...**” {ChS 134.2}

“It is essential both to **understand the principles involved in the treatment of the sick** and to **have a practical training...**” (MH 127.2)

“As religious aggression subverts the liberties of our nation, those who would stand for freedom of conscience will be placed in unfavorable positions. For their own sake, **they should**, while they have opportunity, **become intelligent in regard to disease, its causes, prevention, and cure...**” (CH 506.1)

WHAT IS THE DEFINITION OF DISEASE?

“...**Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health.**” (MH 127.1)

BIBLE:

3 John 2 – “Beloved, I wish above all things that thou mayest **PROSPER AND BE IN HEALTH**, even as thy soul prospereth.”

Jeremiah 30:17 – “For **I WILL RESTORE HEALTH UNTO THEE**, and **I WILL HEAL THEE** of thy wounds, saith the LORD...”

Psalms 103:3 – Who forgiveth all thine iniquities; **WHO HEALETH ALL THY DISEASES;**”

Genesis 18:14 – Is anything too hard for the Lord...?”

- God wants to heal us of **ALL OUR DISEASES**, including Diabetes. And today doctors will tell you that this disease can in fact now be reversed/cured.

WE WILL BE TEACHING FROM 3 SOURCES:

- The Bible
- The SOP
- Good Scientific Material...giving you the most advanced teaching, the most aggressive teaching in terms of health, healing and restoration.

Our class today will be on diabetes.

WHAT IS DIABETES?

- It is a metabolic disorder of the pancreas to where glucose intolerance results from varying degrees of insulin insufficiency
- It's an elevated blood sugar
Excess glucose (sugar) in the blood is referred to as **HYPERGLYCEMIA**
Glucose is usually found in the urine (glycosuria) when the level rises over 180 mg/dL in the blood.

SOME FACTS ABOUT DIABETES:

- In America, a new diabetic is discovered every 50 seconds...statistics predict that within 30 years, 30-40% of the world population will have Type II Diabetes
- 80% of Diabetics die from Heart Disease
- Studies show that those who get more than 9 hours of sleep a night **TRIPLE THEIR RISK FOR DIABETES AND THOSE WHO GET LESS THAN 6 DOUBLE THEIR RISK**
Remember, we want to get to the root of disease
7-8 hours of sleep is sufficient for most adults

CDC (Center For Disease Control) SAYS THE FOLLOWING REGARDING DIABETES STATISTICS:

- Diabetes is the 7th leading cause of death in the U.S.
- It affects 25.8 million people (that's 8.3% of the U.S. population)
- **Approximately 7 million have Diabetes and don't even know it**
- 26.9% of U.S. residents aged 65 and older had Diabetes in 2010
- In 2011 over 1.9 million new cases were diagnosed
- **Over 231,000 death certificates listed diabetes as the cause of death.**
That's about the same as the entire population of Sioux Falls South Dakota being wiped out every single year
- **The estimated cost of diabetes was over \$174,000,000,000** (174 billion dollars) in the U.S 2011
- In just one year, over **65,000 lower limb amputations were performed** on people with Diabetes.
- It is estimated that ½ of the diabetics in this country don't even realize they have diabetes

NORMAL RANGES:

- **66-99**
- Some people will say 114 and less = normal...But definitely
- **<100 is definitely normal**
- 100-120 some say is borderline
- Here in the book HEALTH POWER, pg. 52, it tells us that after an eight hour fast, fasting blood sugar levels between 100-125 = Pre-Diabetic

HOW TO TEST FOR DIABETES:

<http://www.mayoclinic.org/diseases-conditions/diabetes/basics/tests-diagnosis/CON-20033091>

THERE ARE 3 TYPES OF DIABETES:

1. Type I, known as Juvenile Diabetes which affects about 5%.

- This type usually begins in childhood and is known as INSULIN DEPENDENT DIABETES (IDDM)
- This type comes when the PANCREAS DOESN'T SECRET THE INSULIN AS WELL
- By the way, (IN **Encyclopedia of Foods And Their Healing Power**, Volume 2, pg. 290)
- Several studies have shown that infants fed with cow's milk (which is in the baby formula) show a greater tendency to Type I diabetes (insulin-dependent).
- Dr. Virgil shared that **84% of the dairy herds had leukemia and 50% had aids.**

- **DAIRY PRODUCTS SHOULD BE ELIMINATED.**
- There's a website called notmilk.com. Go to it, it will show you step by step by step how using dairy products causes diabetes. If you go to that site, you will see all the milk related diseases.

2. Type II, referred to as Adult-onset diabetes or NON-INSULIN DEPENDENT DIABETES MELLITUS (NIDDM).

- It is the most common type affecting more than 90% of Diabetics
- It is estimated that 1/2 of the diabetics in this country don't realize they have diabetes.
- Type 2 diabetics pancreas work fairly well, but the insulin is not being utilized the way it is supposed to be.

Give the story of the girl doctor gallant worked on who had a blood sugar of 2,200. After she made lifestyle changes and adopted the laws of health, her blood sugar was at 120.

WE ARE FEARFULLY AND WONDERFULLY MADE. THE BODY CAN HEAL ITSELF.

3. Type III. This type of diabetes is the NEWEST FORM OF DIABETES.

- **Came out in early 2009 or late 2008, was in parenting magazine.**
- **This is a combination of type I and II** and is on the rise.
- This is having Type I and Type II all in one.
- It's becoming more popular now.
- The treatment is a dual treatment.

WHAT TESTS CHECK FOR DIABETES?

- <http://www.mayoclinic.org/diseases-conditions/diabetes/basics/tests-diagnosis/CON-20033091>

WHAT ARE THE CAUSES OF DIABETES?

1. **A violation of the laws of health** (see [Proverbs 26:2](#))

“...Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health...” {MH 127.1}

“Disease NEVER comes without a cause. The way is prepared, and disease invited, by disregard of the laws of health. Many suffer in consequence of the transgression of their parents. While they are not responsible for what their parents have done, it is nevertheless their duty to ascertain what are and what are not violations of the laws of health. They should avoid the wrong habits of their parents and, by correct living, place themselves in better conditions.” {MH 234.1}

“The greater number, however, suffer because of their own wrong course of action. They disregard the principles of health by their habits of eating, drinking, dressing, and working. Their transgression of nature's laws produces the sure result; and when sickness comes upon them, many do not credit their suffering to the true cause, but murmur against God because of their afflictions. But God is not responsible for the suffering that follows disregard of natural law.” {MH 234.2}

“...ALL SICKNESS IS THE RESULT OF TRANSGRESSION...” {CH 37.2}

- **HEREDITARY -- can predispose you to it**
The genetic code loads the gun, but something in the environment pulls the trigger
(Lifestyle pulls the trigger)

- **SUGAR CAN INCREASE**
- **ALCOHOL CAN INCREASE**
Go to page 53 in health power)
Read, but ISN'T SUGAR THE CAUSE. Then read the paragraph above.
- **STUDIES DEMONSTRATE A STRONG RELATIONSHIP TO FAT**
Both fat in the diet and on the body.
The disease is rare in areas of the world where fat intake is low.

NOTE: Animal products are the #1 source of fat in the diet and THE ONLY SOURCE OF CHOLESTEROL***

5. **It's not the sugar. Sugar is not to blame.**
Nonetheless, once a person becomes diabetic, sugar worsens the condition.
Also, Doctors say to eat several meals a day if you are diabetic.
What does the SOP say about this?

REMEMBER WHAT CAUSES DIABETES?

- **Studies demonstrate a strong relationship to fat.**
 1. Fat both in the diet and fat on the body.
 2. Keeping that in mind, can a total vegetarian become a diabetic?
 3. Yes they can if they are eating a large quantity of nuts, large quantity of oils, large quantity of free oil in their diet.
 4. However, keep in mind, **all fats are not equal.**
 5. **Plant fats and animal fats are not the same.**
 6. However, the bottom line is, it's fat on the body and fat on the body which causes Type II Diabetes.
- **HERE'S WHAT CAUSES TYPE I DIABETES**
 1. Every milk producing species that God created does something special.
 2. When a newborn baby is born, technically speaking, does that newborn baby have an immune system? Technically speaking, no.
 3. The immune system actually comes from the mother when she breast feeds that child. However, here's what happens:
 4. When that little baby takes that milk, and that milk gets down into the intestines and it is being absorbed, there is something special that is reabsorbed into the intestine.
 5. Does anyone know what that something special is? It's called **ANTIBODIES.**
 6. When they are reabsorbed, guess what they do? They become the defense mechanism in that baby's body and they being looking around inside for anything foreign to a human being.
 7. Guess what happens now?
 8. Every milk producing species that God creates, their milk does the same thing. Like a little baby calf. When the cow is breastfeeding the calf, that calf starts drinking that milk, the antibodies are reabsorbed into that baby calf's intestines, and those antibodies in that calf looks around for anything foreign to a cow.
 9. Anything foreign to a cow it destroys.

Now, human beings, the smartest created species on the face of the earth that God created. **Do you see the dumb goat and sheep or any dumb animal drinking milk from another species? NO.**

But the smart ones – the HUMANS who God created, (whose frontal lobes are so much larger than these dumb created species), drink animal milk and here's what happens when they drink another species milk:

- When they drink the cow's milk, the cow's milk goes in, the antibodies of the cow are absorbed into the human intestines, and the antibodies of the cow now start looking around now for anything foreign to a cow.
- Everything in a human body is foreign to a cow, so guess what these antibodies being to do? Attack and Destroy. So, they begin to destroy something called THE BETA CELLS. That's why the question is asked in Type I Diabetes: WHO KILLED THE BETA CELLS? And it's the cow's antibodies. That's why when we tell you to get off of dairy products, it's not because that we're trying to deprive you of something, we're actually trying to preserve you.
THIS INFORMATION SAVES LIVES.
- Just to clean up the milk completely.
If you're getting antibodies from a cow, antibodies are white blood cells.
White blood cells are a defense mechanism.
If you get a bad infection or you get a cut and it gets infected, the white blood cells clean it up.
When we see white blood cells on the outside, what do we call that when it's infected? **Pus.**
When you're drinking milk, you're drinking pus. That's why it's mucous building.

NOW HERE'S THE OTHER THING.

- There are grades of pus.
- You can have more or less.
- Grade PUS A can have up to a million white blood cells per ml or cubic centimeter.
- Then you have grades B and C which they use to make the cheese and the ice-cream.
Where does the ice cream come from? Milk. It's just frozen PUS with a little sugar.
You can substitute milk. Rice Milk, Almond Milk, Cashew Milk, Walnut Milk, Sesame seed Milk, etc.
There is even a delicious homemade yogurt that is so delicious.
It tastes better than any yogurt you have tasted.
You and your children won't be able to get enough.
You don't even have to add bacteria.
By the way, did you know that your body is capable of making its own bacteria?
As a matter of fact, did you know that if you use flaxseed daily, it will produce all the intestinal flora that your body needs.
It actually reactivates its own intestinal flora (EFH pg. 354)
So does Pomegranate (Volume 2, pg. 237).
And you won't need to buy the bacteria they sell in the health food stores.
As a matter of fact, most of what they sell comes from animals.
You can save that money to get out of debt or go to God's cause.

QUESTION: Does this make sense to you? When it makes sense, you'll start to make changes to your behavior, and stuff that you used to crave, suddenly loses its appeal. The things of the world grow strangely dim.

FACTS ABOUT DIABETES:

- **Diabetes EFFECTS ALL OF YOUR BODY, from head to toe**
- **IT EFFECTS YOUR EYES.**
You start to **LOSE YOUR VISION.** When you get extra sugar in the fluid between the lens of your eye and the back of your eye where the image is focused, it **BECOMES BLURRY.**
Leads to **BLINDNESS**
Leads to **GLAUCOMA**

- **It effects your BLOOD VESSELS:**

Diabetes by itself can give you **HARDENING OF THE ARTERIES.**

It can give you **DECREASED BLOOD FLOW.**

DIABETICS LOSE EXTREMITIES BECAUSE OF **DECREASED BLOOD FLOW.**

They get **GANGRENE**, they get sick, **THEY GET CUT OFF.**

Also, when you get decreased blood flow, blood vessels and nerves tend to travel together throughout the body, so if your blood flow is poor, your nerves don't function well.

You get what is called PERIPHERAL NEUROPATHY.

That means YOUR NERVES DON'T FEEL WELL IN THE PERIPHERY.

You don't feel your foot well, people walk with what is called a slap foot gait because they don't feel the ground so well, so they hit it hard to make sure they get it.

- **They also get INJURIES.**

Because they have extra sugar in the body, in their blood, their tissues, it's everywhere.

Bacteria like that. It's like a great culture medium. You've got a warm body with a temperature of 98.6, and you have extra sugar, so they have something to feed on. And **those cuts and injuries get infected very easily** and Diabetics don't even realize they've done it because they don't feel it, it doesn't hurt.

And so they lose toes and fingers and everything because of that.

HERE'S AN EXAMPLE:

Think of this room as being a cell, and the windows as the doors to the cell. Think of this:

- The pancreas produces Insulin.
- Insulin has two hands.
- One hand picks up the sugar from the blood, the other hand opens the windows/doors of the cell, opens up what is called the Insulin receptor, which we will call the windows of the cells, puts the sugar in and closes the door. So simple that a child can understand this.

QUESTION:

- **WHAT CAUSES TYPE II DIABETES?**
- **ANSWER: FAT ON THE BODY AND FAT IN THE BODY**

When you are on a HIGH FAT DIET, THE FAT SEALS OFF THE WINDOWS OF THE CELL.

So when Insulin comes up with the sugar and tries to open with the other arm, it can't put the sugar where it needs to be, therefore, sugar builds up in the blood. So now, the excess sugar has to get out, so it is flushed through the KIDNEYS.

You now get what is called **POLYURIA (excessive urination).** **If you are urinating excessively, you are going to get thirsty, which is called POLYDIPSIA (excessive thirst).**

QUESTION: WHAT GIVES YOU ENERGY?

ANSWER: SUGAR

QUESTION: WHERE DOES THE SUGAR HAVE TO BE TO GIVE YOU ENERGY?

ANSWER: IN THE CELL

If the fat has sealed the cell off, is the sugar getting into the cell? NO.

So now, how do you feel as a diabetic?

Tired, fatigued, and drained all the time.

So guess what you're doing?

You start Eating a lot, because you don't have the energy

SO NOW YOU HAVE THE 3 SYMPTOMS:

- **POLYPHASIA** (excessive hunger)
- **POLYDIPSIA** (excessive thirst)
- **POLYURIA** (excessive urination)

We are now going to learn how to get to the root of Diabetes.

We are going to **TURN OFF THE FAUCET, UNPLUGGING THE SINK, and THEN MOPPING UP.**

THIS IS THE FORMULA TO KNOCK IT OUT JUST LIKE THAT:

QUESTION: HOW DO YOU TURN OFF THE FAUCET?

ANSWER: Remove the fat from within the body and on the body. Go from a high fat diet to low fat.

QUESTION: WHAT IS THE LARGEST SOURCE OF FAT IN THE DIET?

ANSWER: Animal products.

If someone comes to you and says I have Type II Diabetes, the first thing we are going to say to them is cut out the fat. Get rid of all flesh and their Bi-products. Eating the flesh causes **High Blood pressure, Diabetes and Increased Cholesterol.** Give them this information so they may make an informed decision.

QUESTION: HOW DO WE UNPLUG THE SINK?

ANSWER: WALK

1 Hour of Walking is equivalent to = 20 Units of regular insulin

You are unplugging the sink by exercising.

Once you start walking, the windows to the cell we talked about start opening, and as the windows start opening up, the blood sugar levels start coming down.

This can work for people within a matter of days for people.

Give the testimony about the patient from several years ago who knew her own body and would go walking when her blood sugar levels would be elevated. And when she came back, her levels would be about 50 points lower just in 20 minutes.

NOW WE'RE GOING INTO A DEEPER PART IN TERMS OF DIABETES:

QUESTION:

- **What about the 3 meals and snacks in between?**
- **ANSWER:** First of all, they are told to have the snacks so their blood sugar levels don't drop. Let's read this quote again...
"The Stomach may be educated to desire food EIGHT TIMES A DAY, and feel faint if it is not supplied, but this is no argument in favor of so frequent eating." (RH, 1883, No. 19) (HL 85.2)
- **If someone's sugar gets low, they don't need the candies and/or orange juice for their fix.**
What they need is to have their medication adjusted.
If your blood sugar keeps dropping that means the medication dose is too high.
- **There's a myth out there that every time the sugar level keeps dropping, instead of taking less meds, they want to take the mint/candy.**

If you find your sugar level keeps dropping where you have to keep eating to maintain it, take less meds. This makes more sense. Notify your doctor first, so he/she can adjust your medication, and if they refuse to do so, find another doctor. (Testimony goes here***)

QUESTION: When a diabetic has diabetes, is the sugar level too high or too low?

ANSWER: Too high.

QUESTION: What should be the goal?

ANSWER: To keep it low, to bring it down.

- If every time it's coming down you're trying to get it up, it doesn't make sense.
When the sugar level spikes, damage takes place.
When the sugar level comes down, the body heals.
So your goal should be to consistently trying to bring that number down to a safe zone so the body can heal itself.
- Our goal is to figure out how to bring it down, keep it down without the rapid spikes and the dramatic elevation in that number.
- **Here's how it's done, real simple:**
A lot of times when a diabetic is eating, they always forget to add something in the diet called "natural fat."
- **The key for those whose sugar is dropping is putting the fats in at the end of the meal:**
Eat the fruit first
Starches second
Protein next
- **Come with the fat like nuts and nut butter at the end because the fat takes longest to digest.**
They are predominantly digested in the intestines.
By the way, peanut butter naturally causes diabetes if you get the kind that has the oil mixed in it instead of sitting on top of it.

HOW IT WORKS:

- When the sugar level went up, it levels off, and it stays at that level for an extended period of time, and it continues, continues, continues and about 5 to 6 hours or more later, it gradually comes down.
- As a result, there is no need for the snack in between.
- The physiology of digestion prevents us from snacking or craving in between when we add the fat at the end of the meal whether or not one is a diabetic.
- The way a diabetic is traditionally taught to eat, there are no instructions given as to which foods should be eaten, which should be eaten first and which should be eaten last during the meals.
So what happens, you may eat a small meal, then the sugar drops, then a couple of hours later you eat a snack, then digestion is hindered and fermentation takes place...
- The way it works that I am telling you about, the stomach fully empties itself before it begins to work.
Digestion is the hardest thing for the body to do.
The second hardest thing is for excretion.
It is said that many heart attacks take place during excretion.
That's why a high fiber diet is important.

QUESTION: Should diabetics drink fruit juice?

ANSWER: No because it spikes your level and then you get the drop.

- God created the fruits for us the way He wants us to eat them.
- Nuts are packaged in a shell.
If we crack the shell, we won't eat that many, but if we buy them hulled, there's a good chance we'll eat more than we should and too many nuts can increase the sugar level due to the fat content.

BY THE WAY:

- There's a book called the PDR (Physician's Desk Reference) and by the time that book is printed, the information in it is outdated.
- **Every drug medication has side effects.**
But, you are going to be taught to be responsible when it comes to the education of drug medication.
- **We are not going to tell people to just get off of their medication. We don't do that.**
That is irresponsible and can be more harmful than helpful. We believe in doing things in decency and in order. What we will do is have them notify their MD and inform he/she that they are adopting lifestyle changes. What this will do is make the patient responsible for themselves as well as make the Doctor more involved by keeping a close track of the patients levels. Eventually the medication will have to be lowered and eventually discontinued.

KEEP THIS IN MIND:

“The Use of **NATURAL REMEDIES** requires an amount of care and effort that many are not willing to give. **NATURE'S PROCESS OF HEALING IS UPBUILDING AND GRADUAL...**” (MH 127.3)

WHY AM I SHARING THIS WITH YOU?

- Because there are people who are going to come and teach and sell these quick fix elixirs and potions. **People don't get high blood pressure and diabetes overnight. It's not going to go away overnight.** The process of healing is upbuilding is gradual, but as shared before, most will see the results within one to two months.

“An abstemious diet for A MONTH OR TWO would convince many sufferers that the path of self-denial is the path to health.” (MH 235.2)

- **REMOVE ALL WHITE ITEMS**
The grain consists of 3 parts...The bran, the endosperm and the germ.
The bran is where the fiber exists. The fiber has something in it called time control.
Fiber wraps around starch and it controls the rate at which starches are converted to glucose/sugar.
When there's no fiber, the starches convert to sugar immediately.
Straight up to the roof...this is why diabetics have to eat so many small meals.
If the diabetic eats whole grains, the sugar goes evenly up and comes slowly down.
There is constant fuel going on at one time.
As a result, the whole grain items give you better glycemic control – levels it off.
This is why diabetics should never eat foods without fiber...that's why they shouldn't drink the juice.
It's juice without the fiber.

TREATMENT:

“...For the sick we should use the remedies which God has provided in nature ...” (CH 31.2)

- **1 hour of walking = 20 units of insulin**

This is a big deal when the faucet (lack of fiber foods, high fat foods, etc.) is turned off...

This one hour is best if done all at one time...if you have to split, it should be 30 minute intervals once in the morning and once in the evening... (for those who are not accustomed to walking, some may have to start with one or two minutes only and gradually increase more each day).

When you wake up in the morning, check your blood sugar...When you walk, always take a piece of fruit with you because if your sugar level is low and then you go walking, it could drop and you could pass out. Orange is the best fruit. If your glucose level is less than 80, eat an orange -- same thing in the evening before bed.

- **HIGH FIBER DIET**

Ask for the document done on Fiber*

Read 'Basic Principles for The Healing Program' document*

- **NO JUICES**

- **NO SNACKING**

(What's a snack? Anything except water)

- **GARLIC WILL HELP YOU MANAGE BLOOD SUGAR**

2 cloves 1-2 x day

It's best not to eat it on an empty stomach

Mix it in your food, put on toast, in a salad, etc.

- **GYMNEMA SYLVESTRE TEA**

1 heaping teaspoon covered with 8 oz. boiling water

Steep x 20 minutes

Drink 3 x day

Drink for at least 30 days

It is highly recommended by the SOP that you make teas out of the herbs (see PC 31.2)

Extracting is better than taking the herb as a whole

ALSO, mixing this with 2 teaspoons of chickweed is great for removing plaque from the arteries.

Everyone with Diabetes has plaque built up in their arteries

<http://superfoodprofiles.com/gymnema-sylvestre-diabetes-blood-sugar-control>

<http://www.greenherbalremedies.com/products/gymnema-sylvestre.htm>

<http://www.diabeticvitamins.com/gymnema-sylvestre-and-diabetes/>

- **"...The herbs that grow for the benefit of man, and the little handful of HERBS kept and STEEPED for sudden ailments, have served tenfold, yes, one hundred-fold better purpose, than all the drugs hidden under mysterious names and dealt out to the sick..."** {PC 31.2}

- **STRING BEAN/GREEN BEAN TEA**

Take 1-2 cups of green beans and boil in about 6-8 cups of water till green beans just turn tender to touch. Drink 8 oz. of this broth 3 x a day. (Include this drink as part of your water intake for the day

As a matter of fact, you need to include any tea you make as part of your water intake for the day so you don't get fluid overload.

- **LEMON JUICE**

The juice of 2 lemons. Drink out of a straw with the straw at the roof of your mouth and not your teeth so the enamel isn't removed

- **A WARM BATH**

Warm, NOT HOT X 20 minutes

Remember-Many diabetics have lost feeling in their extremities, so make sure it's not hot to them. By putting a rag in the tub water, wringing it out, and then having them try the temp on their face.

- **DEEP GREEN VEGGIES ARE HIGH IN MAGNESIUM**

Kale

Broccoli

Spinach

AND others

- **EAT FOODS THAT ARE GREAT FOR THE PANCREAS**

See **Encyclopedia of Foods and their Healing Power volume 2, pages 288-289,342**

1. **Legumes**

2. **Vegetables of all kinds** (these foods are high in Magnesium)

Be sure to cook them correctly

Read 'The True Medical Missionary Work' and Listen to Ref #64 of the classes

Read 1T 680.2 and 'How to Live' pages 31-33

3. **Whole Grains**

4. **Fruit** – Be sure to walk at least 15 minutes after each meal to prevent the sugar from rising

5. **Nuts** – No more than a closed fist worth. Read CD 274.2 and 273.3

6. **Artichoke**

7. **Celery**

8. **Avocado**

9. **Onion**

10. **Nopal**

11. **Potato**

12. **Wheat Germ**

- **CINNAMON EXTRACT**

This works quickly. We as a people stay away from eating cinnamon, but we have to reach the people where they are. If their sugar is high, you want to be able to bring it down quickly.

It's what we call the lesser of two evils between medicine and this choice.

1-2 drops under the tongue appears to work quickly. Only use this for emergency type cases.

Be sure to use the "internal use only" tincture so you are no liable in case anything happens to the person you are working with.

Young Living sells cinnamon essential oil for internal use. (Contact me to order)

WOUNDS

- **Do hot 3 minutes and cold 1 minute to the area**

Do 4 rotations at one time

Do these 4 rotations 2 x day

*****Adding goldenseal root powder to the water helps speed up the healing process.**

AND

- **Apply Honey to the area every evening before bed and wrap with plastic**
Be sure it's not raw honey because it's not pasteurized (cooked killing bacteria that might be in there)
We only want pasteurized honey on any type of wound
 Trader Joe's has a good honey. Don't purchase honey from any grocery store, Costco, Sam's Club, etc. because they have removed the pollen, making it non-medicinal
 You may boil the raw honey and apply it.

GANGRENE

- **Do the above that you would do for wound,** BUT, slap the area of the wound lightly, like spanking a baby's bottom right after birth, right above and below the area. This brings circulation to the area.

GTF (Glucose Tolerance Factor) Formula

(Most of the above taken from JAMES LUKE HEALTH LECTURES...You can learn more here:

<http://nhtlh.com/videos/index.html>

TREATMENT:

-Get Your Vitamin D Levels Tested (25 Hydroxy test) (levels should be at least 80-100)

(if levels are low, take liquid drops in Olive Oil solution (Nature's Answer from vitacost.com...4-5 drops is recommended by the experts...NATURE'S ANSWER VITAMIN D)

-Get A Proper Magnesium Test Done (exatest.com...call them and set it up with your Dr. to have this test done in his/her office. Blood Mg tests are inaccurate d/t the fact only 1% is in the blood. 99% is located in the tissue.)

Take a handful of cilantro and parsley, put in a blender with a little bit of water, blend on high for about a minute, strain, and then drink....do every day....include cilantro in your diet and all foods high magnesium...pumpkin seeds...look in encyclopedia of foods and their healing power and see which foods are highest in magnesium and included those in the diet.

-1 hour of walking is = to 20 units of regular insulin (Carry an orange with you in case your blood sugar level drops...never drink orange juice because this spikes the sugar causing internal organ damage)

-1 hour of being in the sun (you can get this while walking, but do it before 12:00 pm & do not wear sunglasses)

-Include many High Fiber foods into your diet (this is whole, not refined food)

(take 1-2 Tablespoons of freshly grounded flaxseed as well) (include Beans 3-4 x week into your diet...fresh)

-Eat 3 fruit a day (have at least 1 citrus) ...walking after you eat will prevent the fruit from spiking your blood sugar.

-Eat 2-3 Vegetables each day (can do this in a salad...be sure to have at least 1 orange or yellow) 1 **cooked green vegetable according to the health lecture we did on vegetables.**

-Garlic (2 cloves 2-3 x day) (studies showed that many diabetics were cured through garlic alone. However, it is recommended that all areas are followed) Garlic is said to be as strong as the medicine Orinase in clearing the bloodstream of excess glucose (sugar)...See Medicinal Plants pg. 232 --- **hypoglycemic**
Garlic stimulates the pancreas to produce beta cells.

-Lemon Juice (the juice of one whole lemon for normal weight persons and 2 lemons for overweight. Divide the doses into 2...Vitamin C is shown to reduce and many times eliminate high sugar levels)

-Include Onions in your diet on a daily basis if possible

-Feed the Pancreas foods that are healing to it:

- blueberries
- cherries
- broccoli
- garlic
- red grapes
- spinach (all dark greens)
- sweet potatoes
- soy beans (non GMO)

-Eat foods high in Chromium:

<http://thediabetesclub.com/foods-for-diabetes-should-regularly-include-foods-high-in-chromium/>

- Sweet Potatoes
- Corn
- Whole Grains
- Tomato
- Spinach
- Broccoli
- Onion
- Garlic
- Basil Leaves
- Lettuce
- Beets
- Apples
- Oranges
- Bananas
- Grapes
- Green Beans

-Make a green bean tea (lightly cook green beans in water and drink the water...you may do this 2 x day...8 oz/2 x day)

-Take Herbs known to help reverse diabetes:

HERBS GOOD FOR DIABETES: (per Readers Digest)

- 1. Gymnena Sylvestre** (200-250 mg/2 x day) (besides garlic, considered one of the best)
Rebuilds pancreas; Regenerates the Beta Cells
Repairs Damage to Liver & Kidneys
(www.greenherbalremedies.com/products/gymnema-slyvestre.htm ...do a google search)
- 2. Bitter Melon** (3 to 6 Tbsp. juice each day) (this is an herb/food sold at many Filipino markets)
Rebuilds the blood
- 3. Prickly Pear Cactus**
- 4. Bilberry** (80 to 120 mg/2 x day)
- 5. Fenugreek** (you may make a tea of this) may mix with cilantro to make a tea
- 6. Chickweed** (3 caps/3 x day)
- 7. Uva Ursi** corrects excess sugar in the Blood

IN ANY HERBAL FORMULA:

One Herb for the BLOOD: Red Clover

One Herb for the LIVER: Dandelion Rt.

Two Herbs for the MEDICAL CONDITION: Chickweed & Gymnema Sylvestre

Be sure any herbal formula or tea, the ounces are deducted from the total water intake for the day.

***Please see the 2 Month Program on how to make the herbal formula tea.

WHAT TO DO FOR OTHER DIABETIC RELATED PROBLEMS:

FOR DIABETIC ULCERS:

Clean with soap and water each day, then rub honey all over and wrap with kurlex.

Do hot & cold...3 minutes hot; 1 minute cold...5 rotations every day....May put Goldenseal powder in the water...

***Be careful, because most diabetics cannot feel the heat.

FOR GLAUCOMA:

Drop one drop of lemon juice in each eye every morning, and one drop of honey at night before bed.

FOR GANGRENE:

May also spread honey all over. **Spank the leg a bit as this will help bring circulation to the area.**

Also do the hot & cold water treatments the same as diabetic ulcers.

FOR BLINDNESS:

Include many foods that are high in zinc, **especially sesame seeds or tahini**

take eyebright tea/3 x day (check directions on the bottle) ...BE SURE THEY ARE VEGAN CAPSULES

Bilberry herbs is excellent for the eyes as well...read to see how much to take for this. **May do an eyewash with those herbs as well if made into a tea...take the dried herbs - bilberry and eyebright, make a strong tea and wash the eyes with it...do every day.** (1 tsp. of each her covered with 1 c. boiling water...let water become warm, strain herbs, and do eye wash)

MORE INFO REGARDING DIABETES:

http://nhtlh.com/lifestyle_diseases/lifestyle_diabetes.html