

Diabetes

Diabetes is a result of problems with the pancreatic hormone, insulin. Insulin controls the amount of glucose (sugar) in the blood and the rate at which glucose is absorbed into the cells which need glucose to produce energy. In people with diabetes, glucose builds up in the bloodstream instead of being taken into and used by the cells, leading to hyperglycemia (abnormally high levels of glucose in the blood). Hyperglycemia eventually leads to damaged blood vessels which can cause eye disease, heart disease, kidney disease, and nerve damage. There are two major types of diabetes:

Type I is known as Insulin Dependent Diabetes Mellitus. Type I affects 5-10% of people with diabetes and usually begins at an early age. It is an auto-immune disease in which the body's immune system attacks and destroys the insulin producing cells in the pancreas. Experts believe this may result from an immune response after a viral infection.

Type II Diabetes (Non-Insulin Dependent Diabetes Mellitus) affects 90-95% of people with diabetes. In Type Two Diabetes the pancreas does produce insulin in small quantities, but not enough to fuel the cells. This type of diabetes usually begins in later years. According to figures published by the American Diabetes Association, diabetes is the sixth leading cause of death in the United States and the primary cause of blindness in people between the ages of 20 and 70.

Symptoms:

People with diabetes are subject to episodes of both high and low blood sugar. The symptoms of hyperglycemia often include, fatigue, a constant need to urinate, extreme thirst, constantly feeling hungry, loss of weight, and problems with eyesight. The initial signs of hypoglycemia are hunger, dizziness, sweating, confusion, palpitations, and numbness or tingling of the lips. If not treated, the individual may act strangely, experience trembling, and disorientation, and may eventually lapse into a coma.

Recommendations:

- Eat a minimum of 50% raw organic fruits and vegetables, including plenty of legumes, root vegetables, and whole grains. Of particular help are berries, garlic, kelp, and soybeans.
- Supplement your diet with spirulina and nutritional yeast. These foods help normalize blood sugar levels.
- Eating 3-6 cloves a day of raw garlic has been repeatedly shown to significantly reduce and stabilize blood sugar levels. It also enhances immunity and improves circulation. *Indian Journal of Exp Biol*, 30(6), June 1992, p. 523-526 AND
- Organic Aloe Vera Juice has been shown to significantly reduce blood sugar levels. *Hormone Research*, 24(4), 1986, p. 288-294

- If symptoms of hypoglycemia develop, immediately consume fruit juice, or anything else that contains sugar. If that fails to help within twenty minutes, repeat this regimen. If the second treatment fails, immediately seek medical attention.
- Make and drink vegetable broth.
- We also recommend liver cleansing. This cleanse is essential for eliminating toxins that interfere with the normal and proper functioning of the pancreas.

Things to Avoid:

- Avoid simple sugars, especially refined sugar (except when necessary to balance an insulin reaction).
- All Animal Foods: dairy foods (milk, cheese, butter, cream, ice cream), fish, meat, chicken, turkey, eggs, fried and greasy foods, margarine, and all other processed foods and animal derived products from your diet. These foods are laced with chemicals, pesticides, and toxins as well as high levels of saturated fats which have a very damaging a draining effect on the body.
- Salt, tobacco, caffeine, sodas, coffee, sugar, and refined white flour (breads, pastas, cereals- replace with whole wheat pastas, breads, and cereals). These products are extraordinarily destructive to the body.
- Avoid tobacco in any form as it constricts the blood vessels and inhibits circulation.
- Avoid wearing tight fitting shoes because lack of oxygen (because of poor circulation) and peripheral nerve damage are major factors in the development in diabetic foot ulcers. It is vital for people with diabetes to take care of their feet.

References:

- 1) James F. Balch, M.D, Phyllis A. Balch, C.N.C, "Prescription for Nutritional Healing," (1997)
- 2) N. Ghannam, et al., "The Antidiabetic Activity of Aloes: Preliminary Clinical and Experimental Observations," *Hormone Research*, 24(4), 1986, p. 288-294
- 3) C.G. Sheela & K.T. Augusti, "Antidiabetic Effects of S-allyl Cysteine Sulphoxide Isolated from Garlic *Allium Satvium* Linn," *Indian Journal of Exp Biol*, 30(6), June 1992, p. 523-526