DIABETES

Also see "Blood Sugar" in the Addendum.

The information herein came from multiple sources, but a lot of good information came from Dr. Gabriele Cousin's research and book called "There is a Cure for Diabetes".
This plan is eating raw live food. It works fast, within 4 days many people see a big change and need to withdrawal from medication. Adult diabetes responds very well to this diet and within a week you can usually reduce or stop insulin. Childhood diabetes is another matter, response can be good, but unlikely to stop insulin.
It is important to realize that this is a permanent change towards health. The first 21 days is very strict to detox the poisons and problem, but even the maintenance is stricter than you have ever imagined.
85% of diabetics develop retinopathy (eyes), 20-50% develop kidney disease, 60-70% suffer mild to severe nerve damage.
Diabetics are 2-4X more likely to develop cardiovascular disease which is a factor in 75% of diabetes related deaths, and 2-4X more likely to suffer stroke.
However everyone has the right to make choices and if your foods are so important that you are willing to risk losing your limbs, eyesight, and life itself, then be happy with what you have created, own it, enjoy it.

GLYCEMIC CONVERSION

U.S.(mg/dl)	CANADA (mmol/L)
55.8	3.1
59.4	3.3
70.2	3.9 normal
75.6	4.2 normal
79.2	4.4 normal
84.6	4.7 normal
90 5.	borderline
95.4	5.3 borderline
100.8	5.6 pre-diabet.
104.4	5.8 pre-diabet.
109.8	6.1 pre-diabet.
115	6.4 pre-diabet.
120.6	6.7 pre-diabet.
124.2	6.9 pre-diabet.
129.6	7.2 Diabetic
135	7.5 Diabetic
140.4	7.8 Diabetic

Fasting Blood Sugar:

Blood glucose level is taken each morning before food is eaten as well as 3 other times during the day. 70-85 (3.1 to 4.7) is normal. 86-99 (4.8 to 5.3) is borderline or early pre-diabetes; 100 (5.6) or higher is pre-diabetic and above 126 (7.2) is diabetes.

What you can Expect

Your blood glucose will drop and stabilize.
Dangerous cholesterol levels, high blood pressure will also drop over a period of several months. Triglycerides will drop, reducing the risk of heart disease. 82% of those on this program will come into normal weight within 2 years.

SAY GOODBYE TO:

- **White sugar, white flour, and even wheat due to its alloxan content, white rice.**
- **Soy (low mineral food that robs the body of minerals and 90% of all soy is genetically modified.**
- **Honey, maple syrup, corn syrup, alcohol, NutraSweet (aspartame).**
- **Coffee, pop, msg, junk food, most fruit and dried fruit.**
- **Animal meats, fish, shellfish, fowl, dairy (including milk, cheese, cottage cheese, butter), eggs, margarine, animal fats including cod liver oil, cooked oils, artificial colorings and flavorings.**
- **Black tea, green tea, any tea with caffeine, Pop/Sodas, Canned or bottled drinks.**
- **Smoking or chewing tobacco.**

FRUIT

Bottled or canned fruit are not raw.
If you have diabetes, it is recommended to avoid all fruit for 3-6 months until your fasting blood sugar stabilizes at 4.7 mmol/ (85mg/dl) or less. Then low glycemic fruits such as berries, cherries, citrus, goji berries, cranberries and an occasional apple can be eaten.

EXERCISE

Suggest walking 1/2 hour briskly on a daily basis.

WATCHING T.V.

Suggest being careful what you are programming into your mind.
Choose uplifting programs. Avoid negative news, movies etc. 8-12 year olds see on average more than 7.600 food commercials a year, the vast majority for candy, snacks, cereals and fast food.

YOUR PROTEIN WILL COME FROM:

- **Nuts and seeds**
- **Algaes, Bee Pollen**
- **Greens (esp. spinach, broccoli, brussel sprouts, parsley, bok choy, arugula, kale, watercress)**
- **Grains**
- **Beans**
- **Spirulina, Chlorella, Blue-Green algae**
- **Hemp seeds**
- **Olives**
- **Sprouts**
- **Green superfood powders**

HEAVY METALS

It is suggested you take homeopathics and chlorella to detox the mercury, arsenic, lead, cadmium etc. from the body.

DRINKING WATER

No Fluoride water.

GLYCEMIC INDEX

Tells how fast the glucose from the food you eat, ends up in your blood. The idea is to eat from a lower glycemic index.
Glucose is given an arbitrary value of 100 to help give a ruler to measure from. Slower carbs in the lower numbers are helpful to prevent overnight drops in blood sugar and for long periods of time.

55 or less: low
56-69 Medium
70 or more: High

The bigger the portion, the more it will increase your blood glucose, regardless of its GI rank. Check blood glucose level before eating, and 1-2 hours afterwards to see how your body handles the meal.

BEANS:
Baked 44
Black beans, boiled 30
Butterbeans, boiled 33
Canellini beans 31
Garbanzo, boiled 34
Kidney, boiled 29
Kidney, canned 52
Lentils, green or brown 30
Lima, boiled 32
Navy beans 38
Pinto beans, boiled 39
Red lentils, boiled 27
Soybeans, boiled 16

BREADS:
Bagel, plain 72
Baquette French 95
Croissant 67
Dark Rye 76
Hamburger bun 61
Multigrain bread 48
Muffins:
Apple 44
Blueberry 59
Oat & raisin 54
Pita, white 57
Pizza, cheese 60
Pumpernickel 49
Sourdough 54
Rye 40
White bread 70
Wheat 68
Whole meal bread 69
Whole grain 50

CEREALS:
All bran 51
Bran Buds & Psylium 45
Bran Flakes 74
Cheerios 74
Corn Chex 83
Cornflakes 83
Cream of Wheat 66
Frosted Flakes 55
Grapenuts 67
Life 66
Mini Wheats, wholemeal 57
Muesli, natural 54
Nutri-grain 66
Oatmeal, oldfashioned 48
Porridge, non instant 49
Puffed Wheat 67
Raisin Bran 73
Rice Chex 89
Rice Krispies 82
Shredded Wheat 67
Special K 54
Total 6
Wheetabix 77

CRACKERS:
Graham 74
Rice cakes 80
Rye 68
Soda 72
Wheat Thins 67

DAIRY & DAIRY SUBSTITUTES
Chocolate milk 35
Custard 43

Ice cream, vanilla 60
Ice milk, vanilla 50
Ice-cream, low fat 50
Milk, fat free 32
Milk, skim 32
Milk, whole 30
Soy milk 31
Tofu frozen dessert 115
Yogurt, fruit 36
Yogurt, low fat 33
Yogurt, plain 14

DRINKS
Apple juice 40
Carrot juice 45
Colas 65
Gatorade 78
Grapefruit juice 48
Orange juice 46
Pineapple Juice 56
Soy milk 30

FRUIT:
Apple 38
Apricots 57
Apricots, dried 31
Apricots, in syrup 64
Banana 56
Cantaloupe 65
Cherries 22
Dates 103
Fruit cocktail 55
Grapefruit 23
Grapes 46
Kiwi 52
Mango 55
Orange 43
Papaya 58
Peaches 52
Pear 58
Pineapple 66
Plums 39
Prunes 15
Raisins 64
Watermelon 72

GRAINS:
Barley 25
Barley flakes 66
Barley, cracked 50
Barley, pearl 25
Basmati, white 58
Bulghur wheat 48
Couscous 65
Cornmeal 68
Millet 71
Rice, brown 55
Rice, wild 57
Rice, white 58
Rye 34
Taco shell 68
Wheat kernels 41

PASTA:
Cheese tortellini 50
Fettucini 32
Linguini 50
Macaroni 56
Spaghetti, cooked 5 min 33
Spaghetti, cooked 15 min 44
Spaghetti, prot. enrich 28
Vermicelli 35

SNACKS:
Angel cake 67
Chocolate bar 49
Corn chips 72
Croissant 67
Digestive cookies 58
Doughnut 76
Graham crackers 72
Jelly beans 80
Life Savers 70
Muffin, unsweetened 62
Oatmeal cookie 57
Pizza, cheese & tomato 60
Pizza hut, supreme 33
Popcorn, light micro 55
Potato chips 56
Pound cake 54
Power bars 58
Pretzels 83
Ryvita 67
Saltine crackers 72
Shortbread cookies 64
Snickers bar 41
Strawberry jam 51
Tart 65
Vanilla wafers 77
Waffles 76
Water biscuits 65
Wheat thins 67

SOUPS
Black bean soup 64
Green Pea soup 66
Split pea soup with ham 66
Tomato Soup 38

SUGARS:
Fructose 22
Honey 62
Maltose 105
Table sugar 64

VEGETABLES
Artichoke 15
Asparagus 15
Bean Sprouts 25
Beets, canned 64
Black eyed beans 41
Broad beans 79
Broccoli 15
Carrots, fresh, boiled 49
Cauliflower 15
Celery 15
Chickpeas 33
Chickpeas, tinned 42
Corn, sweet 56
Cucumber 15
Eggplant 15
French fries 75
Green beans 15
Green peas, frozen 47
Kidney beans, boiled 29
Lentils, green, boiled 29
Lentils, green, tinned 51
Lettuces 15
Lima beans frozen 32
Parsnips 97
Peas, fresh, boiled 48

Peas, dried 22
Peppers, all 15
Potatoes, new boiled 59
Potatoes, red, baked 93
Potatoes, white boiled 63
Potatoes, white, mashed 70
Soy beans, boiled 16
Snow peas 15
Spinach 15
Squash, young summer 15
Sweet potatoes 52
Tomatoes 15
Yams 54
Zucchini 15

EXAMPLES OF LOW GLYCEMIC INDEX FOODS (55 or less)
Skim milk
Plain Yogurt
Soy Beverage
Apples, plums, oranges
Sweet potatoes
Oat bran bread
All Bran cereal
Converted or parboiled rice
Pumpernickel bread
Al dente (firm) pasta
Lentils, kidney beans, baked beans
Chick peas
Lima Beans
Berries, Cherries, Citrus, Goji

EXAMPLES OF MEDIUM GLYCEMIC INDEX FOODS (56-69)
Bananas
Pineapples
Raisins
New Potatoes
Oatmeal
Popcorn
Split pea or green pea soup
Brown rice
Couscous
Basmati rice
Shredded wheat cereal
White wheat bread
Rye bread

EXAMPLES OF HIGH GLYCEMIC INDEX FOODS (70+)
Watermelon
Dried dates
Instant mashed potatoes
Baked white potato
Parsnips
Rutabaga
Instant rice
Corn Flakes
Rice Krispies
Cheerios
White bagel
Soda crackers
Jellybeans
French fries

NOTES:

If you follow this diet plan and you are taking diabetic insulin or medication – reduce your medication as the blood sugar levels decrease so you are not over medicating yourself. Usually within a week your blood sugar levels should be normalizing and you may not even need medication.

COFFEE: one cup of coffee may elevate the glucose level enough to need three units of insulin to counteract it.

SMOKERS require higher insulin requirements. Long term smoking aggravates insulin resistance. Nicotine decreases peripheral circulation, increasing the need for amputation. Smoking increases adrenaline secretions by 2.3%, increasing blood sugar. Current or ex-smokers are significantly more likely to have neuropathy than those who have never smoked.

VEGETABLES decrease fasting insulin (Vit. A rich foods decrease insulin resistance).

STRESS is associated with insulin resistance.

WORST SCENARIO:
High fat, low protein, deficient in omega 3 and omega 6, high in simple carbohydrates, high in high glycemic meals filled with refined sugar and starches; low fiber intake, deficient in minerals

calcium, magnesium, chromium, vanadium, potassium, zinc, carotenoids, low intake vegetables, lack exercise, watching television, smoking.

COMPLEX CARBOHYDRATES
Such as brown rice, starchy vegetables, beans, whole grain noodles does not cause diabetes. Proper management of carbohydrate metabolism is the key to healthy life and longevity. A normal fasting blood sugar is 100 (5.6 in Canada) however latest research suggests 86 or higher means you are already entering into the first stages of abnormal metabolism and are beginning to lose control of a healthy carbo metabolism.

EATING LESS
The key to healing diabetes is eating and living in a way that creates an FBS (fasting blood sugar) between 70-85. He has found the less we eat, the better so decreasing caloric intake slows the aging process. Blood sugars increase when you overeat - even if it is overeating healthy foods.

FATS

- **Eating a high vegetable oil diet for only 48 hours will produce a 'reversible' diabetes.**
- **High animal fat diet is associated with increased adult diabetes.**
- **Plant source food has no cholesterol, so blood fat levels will go to normal.**
- **Eskimos that ate raw blubber did not develop heart disease until they started to cook their blubber.**
- **Triglycerides are fat particles traveling in the bloodstream.**
- **Normal concentration is less than 1.50 mg/dl. Lowering triglycerides is another way to reduce risk of heart disease which is easily accomplished on this diet after a month or so.**
- **When you increase the ratio of polyunsaturated fatty acids to saturated fatty acids, there is**
- **improved insulin binding. High fat diets lead to insulin resistant.**
- **Saturated fatty acids cause the most deterioration.**
- **Linolenic acid cause the least problem.**
- **The use of omega 3 from flaxseed oil normalizes insulin function in the saturated fatty acid group.**

MEAT
Meat, dairy, fish can create an excess release of insulin

WEIGHT
82% of people will come into normal weight within 2 years of doing this diet and lifestyle change. If you wish to speed up the process, do the green juice feasting as often as you can.

MSG
Ingesting MSG creates an excess of glutamate which the body has trouble converting. MSG causes a very large insulin response after it is ingested because there are glutamate receptors in the pancreas which are activated by the lutamate increased by the MSG and which then cause a release of insulin. MSG also opens calcium channels, thus constricting blood vessels, putting diabetics with high blood pressure at risk by negating calcium channel blocker medication. MSG has been associated with damage to the hypothalamus in the brain and concomitant resulting obesity. A child consuming a soup containing MSG plus a drink with NutraSweet will have a blood

level of excito-toxins 6 times the blood level that destroys hypothalamus neurons in baby mice.

SUPPLEMENTS:

90% of diabetics are deficient in magnesium. The following improve insulin resistance:

- **Zinc and chromium Vanadium**
- **Biotin**
- **Vit. E (600IU)**
- **Taurine**
- **Glutathione**
- **Alpha lipoic acid**
- **Fiber**
- **CoQ10 improves blood sugar, blood pressure and uptakes of C,E, and beta-carotene.**

PHASE 1

LIVE FOOD, PLANT ONLY

For minimum of seven days, fast by drinking green juices (see recipe below). You can do this for 3 weeks or longer if you wish. During this time either do enemas every morning or bowel cleansing herbs at night.

- **No grains, nothing sweet (fruits) or fermented.**
- **Preferably eat organic**
- **Once stabilized into healthy non-diabetic state, you add low glycemic fruits found in Phase 2 and eat 80% raw 20% cooked foods.**
- **Try to have a rainbow of colours in the vegetables: green, red, purple, yellow.**
- **Expect to lose weight in Phase 1**

<u>Example of a Day</u>:

- Wake up

- Drink a quart of water to rehydrate what the body lost during the night. To that water you can add MSM, Natural Cellular Defence, Enzymes.

- next do an enema with warm water to release waste matter

- next dry brush skin massage, followed by warm shower. Once warm shower is complete do hot/cool shower 7 times as mentioned.

- use tongue scraper, brush teeth

- next is yoga or walking or meditation.

- now make yourself juice. If you have to be away during the day, make 4 quarts in the morning and take it with you. Drink 1/2 quart (2 cups) at a time about 90 minutes apart to maintain consistent blood sugar levels. To the juice add green superfood powders, chlorella, kelp, and flax or hemp oil.

GREEN JUICE RECIPE. Either use a juicer, or a blender and then strain. You will be drinking 12-15 pounds of live produce daily which provides cellular nutrition for healing. Drink 4-5 quarts per day:

- **Base: celery, cucumber**
- **Add leafy greens such as kale, bok choy, spinach, parsley, cabbage, swiss chard, beet tops, collards, watercress, herbs (use sparingly to avoid bitterness), dandelion, grasses, all other**

leafy greens.

- **Add other vegetables: tomato, bell pepper (red, yellow, orange), string beans, burdock root, jerusalem artichoke, radish, any green sprouts**
- **Add a little apple, sweet potato, carrot, beet (these are higher in glycemic index so use sparingly).**
- **Add condiments such as lemon and lime juice, cayenne, ginger root juice, garlic, himalayan salt, turmeric powder or juice.**

PHASE 2

- **You stay on this diet for the 1-3 months until the fasting blood sugar has stabilized around 85 (4.7) and glycoslated hemoglobin reaches 6.0 or less.**
- **You may eat all vegetables except cooked carrots and cooked beets**
- **You may eat all sea vegetables (eg. wakame, kelp, kombu)**
- **Low-glycemic green diet, no fruits.**
- **Eat only non-sweet fruits such as tomatoes, avocados, cucumber, red pepper, lemons, limes**
- **For fats & oils: Flaxseed oil (best), Hemp oil, Sesame Oil, Walnut oil, Almond Oil, Sunflower**
  Oil, Avocado Oil, Coconut Oil (only 1 Tbsp per day)
- **Eat raw nuts and seeds (except cashews)**
- **You may eat fresh coconut pulp**
- **You may have superfoods such as Blue green algae, spirulina, chlorella, and green superfood**
- **powder mixes.**
- **For sweeteners use stevia, cardamon, cinnamon**
- **For Salt use Himalayan salt or Celtic seasalt.**
- **You may use dehydrator to make crackers and warm up foods.**

PHASE 3

- **• Diet can now be 80% raw, 20% cooked.**
- **Eat all vegetables you wish**
- **Fruits allowed: low glycemic type eg. blueberries, raspberries, cherries, fresh and unsweetened cranberries, pomegranate, goji berries, grapefruit, lemons, limes.**
- **All sea vegetables may be eaten**
- **For condiments and sweeteners you can add mesquite, cacao, carob**
- **You may add bee pollen granules**
- **For grains eat: quinoa, buckwheat, millet, amaranth, spelt**
- **You may use fermented and cultured foods such as apple cider vinegar, miso (non-soy), sauerkraut, probiotic drinks.**
- **Fats/oils: Use cold pressed Flaxseed oil (best), hemp oil, sesame oil, walnut, almond, sunflower oil, avocado oil, coconut oil (not more than 1 Tbsp a day).**
- **Do not cook with any fats or oils. If you make desserts requiring oil, substitute apple sauce.**
- **Raw nuts and seeds except cashews.**
- **Coconut pulp**
- **Continuing using dehydrator to make crackers and warm up foods.**

SUBSTITUTION LIST to help with Diabetes:

Meat (beef, pork, lamb, chicken, turkey, tuna, fish)
Substitute: Nuts & seeds; nut and seed pates and cheeses; spirulina, algaes, green superfood mixes, hemp protein, maca; beans

Eggs, Milk and cream
Substitute: Flaxmeal with water.
Nut and seed milks.

Butter, marg, shortening, lard
Substitute: Coconut oil, cold pressed oils, cacao butter

Cheese
Substitute: Nut and seed cheeses. Fatty nuts (brazil, pine, macadamia, pecan)

Yogurt
Substitute: Walnut yogurt, coconut cream; cultured nut & seed milks with probiotics.

Sour cream
Substitute: Sunflower, sesame sour cream

Ice cream
Substitute: Nut based ice creams; sorbets made in high speed blender with frozen blueberries, raspberries

Whipped cream
Substitute: Coconut cream

White rice, whole wheat
Substitute: Amaranth, millet, quinoa, spelt, buckwheat

Cakes, pastries
Substitute: Live chocolate cakes (made with cacao), carrot cake, live cheese cakes

White or whole wheat bread
Substitute: Flax crackers, nut/seed crackers & breads

Commercial cereals
Substitute: Buckwheaties; live granola

Roasted nuts and butters
Substitute: Raw nut, seeds. Raw nut butters

Frozen, canned, fried, boiled, salted and baked vegetables
Substitute: Fresh veggies, salads, soups, green smoothies, dehydrated foods

Canned, sweetened, dried and sulphured fruit
Substitute: Fresh low-glycemic fruits, dehydrated fruits

Chlorinated, fluoridated tap water
Substitute: Filtered structured water. Spring water.

Fruit juices (canned, packaged)
Substitute: Fresh juices

Soda, Alcohol, Coffee
Substitute: Fresh low glycemic juices. Green tea. Twig tea. Veg. Juice

Sugars: White or brown sugar, molasses, corn syrup, maple syrup, dextrose, sucrose, fructose, aspartame, mannitol, saccharin, sorbitol, xylitol
Substitute: Stevia, monk fruit, erythritol, malitol, licorice root, carob, chia seed, mesquite, cardamon

Hydrogenated veg. Oils
Substitute: Cold pressed oils accompanied with high antioxidant foods or supplements.

Iodized table salt
Substitute: Himalayan salt. Celtic seasalt.

SPECIAL FOODS TO ASSIST DIABETES:

- **Jerusalem Artichoke aka sunchokes.**
- **Red cabbage**
- **Huckleberries and its juice**
- **Bitter Melon**
- **Cucumber**
- **Celery**
- **Garlic, Onion**
- **Grains & Beans (millet, brown rice, oats, buckwheat, amaranth, mung beans, garbanzo beans, pinto beans, white beans, green beans, string beans**
- **Nuts & Seeds; eat raw, make pates, soups, dressings, nut milks. Store nuts and seeds in refrigerator or freezer to prevent rancidity.**
- **Omega 3 oils: as in flaxseed oil, walnut oil, hemp oil, sesame oil.**
- **If stored in fridge, use within 6 weeks, otherwise store in freezer.**
- **Walnuts (8-16 a day)**
- **Almonds (3 1/2 oz a day)**
- **Sea vegetables (wakame, dulse, kelp, kombu), Kelp**
  Algaes (Chlorella, Spirulina)
- **Sweeteners: Stevia (does not raise blood sugar level)**
- **Stringbean Pod tea is a natural substitute for insulin: use any of the pods of kidney beans, white beans, navy beans, great northern beans, baby lima beans.**

HERBS TO HELP:

- **Dandelion. In spring you can chop up the leaves in salad, but the rest of the time you should take 3 capsules of the dried root each day to detox the liver.**
- **Milk Thistle for liver disorders which also will have positive effect on pancreas.**
- **Gymnema sylvestre is an herb that decreases sugar absorption from the intestines, helps regenerate beta cells in the pancreas, improves insulin secretion. Can take 400mg/day**
- **Curcumin (Turmeric). Antioxidant, protects against free radicals that cause cross linkages and high sugar. Can use the herb in powder form as food, or capsule as a supplement.**
- **Fenugreek - 5 grams powdered (2.5 g capsule twice daily) helps lower blood glucose in those with non-insulin dependent diabetics.**
- **Cinnamon for blood sugar control. Use it in foods, take capsules also. Therapeutic effects from 1/2-1 tsp powdered a day – put in smoothies, tea, nut milks.**
- **Cayenne: helps alleviate nerve pain (neuropathy) if needed.**
- **Holy Basil: Lowers cholesterol, decreases blood pressure and inflammation in mild to moderate cases. Calms the anxious.**
- **Parsley for kidney support.**
- **Gingko Biloba for retinopathy (protection for eyes)**
- **American Ginseng - 3 grams three times a day.**
- **Goat's Rue - improves insulin sensitivity. Easy to grow in garden.**
- **Bilberry contains flavonoids, high antioxidant that scavenge free radicals. Good for vision.**
- **Others: Banaba, Shilajit, Coccinia Indica, Pterocarpus**

OTHER:

- **Digestive Enzymes: most people as they age develop deficiency in digestive enzymes, especially HCI which digests protein, and B12.**
- **LIQUID ZEOLITE: minerals formed when molten lava meets water (as in the ocean or lakes). It has been shown to safely chelate heavy metals, pesticides, herbicides. There is some data suggesting arsenic, mercury, cadmium and lead interfere with function of insulin and the receptors. To purchase Zeolite "Z-Natural" phone 1-800-764-9112. Cost $49.95 for the month's supply. Another even cheaper is (817) 346-2516 (there are many others that are more $$$). Take 3 drops three times a day in water.**
- **Exercise on rebounder or doing jumping jacks helps stimulate the lymphatic system.**
- **The more muscle tissue, the higher the metabolic rate helping burn calories during exercise. Build muscle tissue.**
- **Include Yoga, Meditation, Prayer and other stress relief exercises.**

AVOID:

- **CAFFEINE: elevates blood sugar by stimulating and aggravating adrenal glucose axis, causing imbalanced and elevated blood sugars. Is a diuretic and creates dehydration which is already a tendency in diabetes because the body is trying to rid itself of excess blood sugar by urination.**
- **COOKED OILS/FATS: they become carcinogenic, molecular structure changes.**
- **FLUORIDATED WATER, TOOTHPASTE or anything that contains fluoride.**

- **MICROWAVING FOOD.**
- **ASPARTAME (Nutrasweet)**

SUPPLEMENTS

VITAMINS

- **B3 (Niacin): stimulates pancreas to secrete more insulin**
- **Niacinamide (synthesized B3): prevents depletion of NADH to help prevent death of islet cells of pancreas.**
- **B6: helps reverse diabetic neuropathy, protects against peripheral nerve degeneration**
- **B12: usually a deficiency. Increased levels reduce oxidative stress if poor blood sugar control.**
- **Biotin: fat, carbo, protein metabolism. A plant source only diet seems to increase intestinal bacteria in a way to enhance biotin synthesis and absorption. Biotin seems to increase insulin.**
- **Vit. C important in healing diabetes and reversing complications.**
- **Vitamin D. Studies show that the less vit. D in the body, the higher is the blood sugar. Supplement at 800IU a day or more.**
- **Vitamin E. Diabetics seem to have an increased need for Vit. E. It reduces glycosylation, improves insulin sensitivity, inhibits platelet clumping, regulates intracellular calcium-magnesium in the blood vessels, protects against oxidation, helps improve action of insulin, helps prevent neuropathy. Use a natural Vit. E with all the tocophenols and tocotrienalsfactors.**
- **Bioflavonoids: Quercetin promotes insulin secretion and inhibits sorbitol accumulation. Flavonoids increase intracellular Vit. C levels, decrease leakiness and breakage of small blood vessels and prevent easy bruising and gives immune system support. Plant sources include: bilberry, grapeseed and gingko.**

OILS

- **Essential Fatty Acids. In diabetes the essential fatty acid metabolism is impaired. A ratio of 2:1 (omega 6 to omega 3) seems to be the best balance.**
- **Omega 6: oils of sunflower, safflower, corn, soy, evening primrose, borage, black currant, olive, coconut, palm.**
- **Omega 3: although many people get this from fish oil, Flaxseed contains 18-24% omega 3 compared to he low content of fish of 2%. Cousens recommends that you get it from Flaxseed (flaxoil), hemp seed, purslane, walnuts, legumes, sea vegetables. Omega 3 should constitute 10-20% of our fat intake. It protects against heart disease, strokes, clotting in lungs, tumors, diabetes, arthritis, asthma, inflammation, water retention, dry skin, MS.**
- **Alpha Lipoic Acid. This is an antioxidant, helps small vessel damage from inflammation and increases insulin sensitivity. A high dose of 600mg a day is needed to improve diabetic neuropathy.**
- **Gamma Linolenic acid is in the omega 6 family. It can reverse nerve damage to peripheral nerves, regulates insulin, helps protect diabetic heart, eye and kidney damage and has insulin sparing activity allowing insulin to be more effective. Sources: Evening Primrose oil and flaxseed oil, black currant seed oil, borage oil.**

AMINO ACIDS

- **Acetyl Carnitine for peripheral nerve function; normalizes nerve conduction, helps restore myoinositol levels that are depleted by sorbitol build up.**
- **L-Arginine boosts insulin sensitivity as well as cardio-vascular function, increases the neuro-transmitter nitric oxide that dilates blood vessels and helps decrease blood pressure, increasing blood flow.**

MINERALS

- **Most diabetics suffer from mineral deficiencies. Needed: vanadium, magnesium, chromium, calcium, zinc, manganese, potassium. Beta cells of pancreas are high in zinc, manganese, potassium and chromium. Unfortunately much of our soil is depleted and therefore taking minerals may be needed. To be absorbed, minerals must be angstrom-size (smaller than colloidal).**
- **Vanadium helps heal diabetes naturally keeping blood sugar from rising too high, supporting absorption of blood sugar into muscle system, protecting against elevated cholesterol. Food sources are kelp and sea vegetables.**
- **Magnesium depletion is common and may result in increased excretion of glucose, insulin resistance. Food sources: apples, apricots, avocados, beet tops, berries, brazil nuts, cabbage, coconuts, comfrey leaves, figs, dulse, endive, greens, spinach, rye, walnuts, watercress, yellow corn. Need 400mg a day as well as 50mg B6 (helps magnesium to enter the cells).**
- **Calcium helps neutralize acidity of diabetes.**
- **Zinc helps insulin resistance and is involved in all aspects of insulin metabolism. Foods: legumes, nuts (esp. almonds), seeds (esp pumpkin and sunflower).**
- **Potassium: for insulin resistance, sensitivity and secretion, reducing risk of heart disease, lowering high blood pressure. If diabetic or kidney disease avoid high doses of potassium. Food sources: prunes, tomatoes, artichoke, spinach, sunflower seeds, almonds.**
- **Manganese is a co-factor in many enzyme systems associated with blood sugar control and thyroid hormone function. Most diabetics have about 1/2 the manganese levels of normal individuals. Dosage: not more than 30mg daily.**
- **Chromium for sugar and fat metabolism. Used with biotin improves beta cell function and helps glucose uptake by the liver and muscle cells. Dosage of Chromium Picolinate: 200 mcg/day.**

GOOD FOODS TO INCLUDE:

- **Goji berries 6 times higher than bee pollen in amino acids, 500 times Vit. C than in oranges. Has B1, B2, B6,Vit. E, increases white blood cells, protects liver function, lowers cholesterol, relieves hypertension, strengthens immune.**
- **Golden flaxseed is nutritionally better than brown flaxseed. Contains fibre, lignans, omega 3 fatty acids, helps clean intestinal tract.**
- **Celtic and Himalayan Salt.**
  Light gray celtic seasalt contains 33% sodium and 51% chloride and up to 82 trace minerals not found in other seasalt because of the area it comes from (northwest coast of France). Himalayan is another excellent whole sale, both are in ionic form.
- **Raw Almond Butter and Raw Sesame Tahini.**

- **Hemp Seeds**
- **Olives esp. those that are water cured or cured in celtic sea salt.**
- **Coconut Oil - organic, raw**
- **Sprouts. Many nuts, seeds and grains must be soaked or sprouted before they can be used. Soaking removes the enzyme inhibitors thereby activating the full nutritional potential. Soak first, then rinse.**
- **Nuts only need soaking. Seeds can be sprouted after soaking and rinsing - remember to rinse once or twice a day if sprouting for longer than a day. See below.**

NUTS:

- **ALMONDS - soak 12 hr**
- **PECANS - soak 1-2 hr**
- **WALNUTS - soak 1-22**
- **MACADAMIA - don't soak**
- **PINE NUTS - don't soak**
- **PISTACHIO - don't soak**

SEEDS:

- **HULLED PUMPKIN, OR SUNFLOWER - soak 4 hr, sprout 24 hr.**
- **HULLED BUCKWHEAT - soak 15 min. Sprout 24 hr. Spouting too long causes them to ferment.**
- **SESAME SEEDS - soak 4 hr**
- **FLAX SEEDS - soak 8 hr or just grind and eat dry.**

GRAIN SROUTS:

- **RYE, SPELT, WHEAT, KAMUT, BARLEY - soak 6 hours, sprout 5-7 days. Harvest when 4 inches tall.**
- **AMARANTH - soak 3 hr, sprout 24 hr, harvest when 1/8 inch tall.**
- **MILLET - soak 3 hr, sprout 12 hr, harvest up to 1/8 inch tall.**
- **QUINOA - soak 3 hr, sprout 24 hr, harvest when 1/4 inch tall.**

GREEN SPROUTS

- **BUCKWHEAT - soak 6 hr, sprout 5-7 days, harvest when 3" tall.**
- **SUNFLOWER - soak 7 hours, sprout 5-7 days, harvest when 3" tall.**

SMALL VEGETABLE SEEDS

- **ALFALFA, CLOVER - soak 5 hr, sprout 5 days, harvest at 2".**
- **FENUGREEK - soak 6 hr, sprout 5 days, harvest at 2".**
- **KALE - soak 5 hr, sprout 5 days, harvest at 1".**
- **MUSTARD - soak 5 hr, sprout 5 days, harvest 1 1/2".**
- **RADISH - soak 6 hr, sprout 5 days, harvest 2".**

MISCELLANEOUS

- **SUNDRIED TOMATOES: soak 3-4 hours. Warm water speeds up soaking process.**
- **RAISINS - soak 3 hours. Warm water speeds up soaking process.**
- **DULSE - soak 2 minutes. Massage in water and drain immediately to retain minerals**
- **WAKAME - soak 2 hours. Very chewy, chop fine.**
- **SEA PALM - soak 15 min.**

COOKING GRAIN **for 1 cup dry**

- **Amaranth, use 2 1/2 cups water, cook 20-25 min.**
- **Buckwheat groats use 2 cups water, cook 15 min.**
- **Millet use 3-4 cups water, cook 20-25 min.**
- **Quinoa use 2 cups water, cook 15-20 min.**
- **Brown basmati rice use 2 1/2 cups water, cook 35-40 min.**
- **Long or Short grain brown rice use 2-2/12 cups water, cook 45-55 min.**
- **Wild rice use 3 cups water, cook 50-60 min.**
- **Spelt grain use 3-4 cups water, cook 40-50 min.**

COOKING BEANS, LEGUMES

- **Beans cook quicker if soaked overnight for 8 hr covered in water. Strain the soak water off before cooking. This also breaks down the complex sugars to help better digestion.**
- **For most beans, you will need for every cup of beans, 3-4 cups of water (yellow split peas needs 6 cups of water)**
- **Most will cook in an hour. Pinto takes 1 1/2 hr. ***
- **Garbanzo/chickpeas and whole dried green beans can take 2-3 hours.**
- **In a hurry? Put beans in stock pot with water to cover by 3 inches. Bring to a boil and boil 10 minutes to remove toxins. Then cover, allow to soak 1 hour. Discard soak water, add fresh water, cook until tender.**
  If beans are fresh you can boil or steam for 5-10 minutes. Fava Beans: peel after cooking to avoid bitterness.

CHILDHOOD DIABETES CAUSED FROM VACCINES?

Whether this becomes a fact of cause or not concerning childhood diabetes, we are not sure. There are many other considerations, such as genetic weakness passed down from parents. We do know that adult onset diabetes is easier to control than childhood diabetes and the fasting information given from Dr. Cousens works well for adult diabetes.

The information about vaccine damage causing diabetes comes from the Journal of Endocrinology, Diabetes & Obesity. It was published June 7, 2017 and the author is John B. Classen of Manchester.
Because there is an epidemic of type 2 diabetes and obesity, more attention is now being paid to this subject. The question posed is whether it is strictly diet and nutrition (nutrition overload) that causes inflammation which leads to type 2 diabetes and metabolic syndrome or immune overload and not nutrition overload, causing the diabetes. We have always assumed it was the

poor diet people ate that caused diabetes.
There is agreement that inflammation is important for development of diabetes and other components of metabolic syndrome, but is obesity causing inflammation? Previous studies have been with humans and animals with obesity. However this doesn't explain the obesity epidemic in children 6 months of age who don't drink sodas, eat fried foods and have never been very active. Data shows 73% increase in overweight infants under 6 months of age from 1980 to 2001. Is the fact that there is a large increase in childhood immunizations responsible?

Both nutrition overload and immune overload have been blamed for the epidemics in obesity, inflammation, type 2 diabetes, and metabolic syndrome. The data reviewed in these manuscripts provides proof that immune overload, not nutrition overload has been the major contributing factor for the epidemics. The plan to reduce obesity must be focused on preventing immune overload and not blaming patients for their diet. The medical industry must take ownership for causing of the epidemics through the inappropriate recommendations and gross over utilization of vaccines. Once a patient has developed metabolic syndrome with type 2 diabetes providers are too frequently subjecting their patients to further immune overload by administering yearly influenza vaccines and many other vaccines. This action makes metabolic syndrome more difficult to reverse. The epidemics of obesity and metabolic syndrome can be reversed through discontinuation of medical vaccine practices that result in immune overload

If you wish to read the whole abstract:
https://www.jscimedcentral.com/Endocrinology/endocrinology-5-1107.pdf?inf_contact_key=2bc8c57dec3333bb5106a04e4bf9ac952bc0cb6eeac2fe7e9841c5001e4cf551