

## How to Cure Diabetes: 3 Easy Steps, 120 Days

*“His rewards were a 60-point drop to normal blood pressure. His blood glucose dropped over 200 points to normal. His triglycerides dropped over 300 points to normal. He lost 40 pounds of fat. And he is now stronger than he was 25 years ago. All without drugs or surgery. Can diabetes, heart disease, high blood pressure, obesity, and abnormal blood fats be reversed? You bet.”*

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Over the years we've helped thousands of people with type 2 diabetes. But the case above stands out. This person was diabetic and obese, with high blood pressure, heart disease, high cholesterol, and high triglycerides. And believe me, if he could be cured, so can you. For him, the three steps needed to beat his disease were three steps that he had never taken in his first 65 years. And they were three steps that he had never planned to take.

And, as it is for all diabetics, not taking these three steps would have made the remainder of this patient's life miserable. The misery would be caused by diabetes, diabetes-induced heart and coronary artery disease and hypertension, and the drugs used to treat these problems. Also, as with all diabetics, after suffering in his later years, he would die prematurely.

This is not a pretty picture, and certainly not one I want for you. So if you or any of your loved ones are suffering with type 2 diabetes, plan now for the three-step treatment protocol. With it you can effectively end your diabetes, heart disease, high blood pressure, and obesity. And as you get better, you can refer to your prescribing physician to wean and stop the powerful and debilitating drugs prescribed to control the symptoms of your diseases.

### **Step 1: Diet**

Step one is diet. You need not suffer, as with the ridiculous low-fat diet. But you will need to stop consuming alcohol, processed foods, and gluten (wheat). You will be left with all kinds of whole foods, proteins, and complex carbohydrates.

Perhaps the hardest—and most critical—part of the diet in Step 1 is to eliminate, or drastically reduce, wheat. If you test your blood sugar regularly, you will quickly learn why this is critical. Nothing pushes your sugar up fast and keeps it up longer than wheat—especially wheat in processed foods. So making this change, whole difficult for some folks, is simply critical.

### **Step 2: Exercise**

Step two is exercise. My previously discussed patient ***never exercised a day in his life***, was rooted in organized medical thinking, liked to drink alcohol, and loved unhealthy foods full of wheat, sugar, and processed carbohydrates. Yet,

somehow, at age 65, he could see the handwriting on the wall. His prescriptions were a dead end. His habits were killing him. And he was scared.

For these reasons and more, he instituted my three-step protocol to end his suffering. Remarkably for him, he found it much less difficult or painful than he anticipated. Soon he was lifting weights regularly. And that is something that you simply must do to overcome type 2 diabetes. You see, with type 2 diabetes, it's all about insulin and how your body responds to it.

### **Exercise and Insulin**

People with type 2 diabetes often secrete too much insulin. And in some cases, especially over time, they do not secrete enough. And it is not genes that cause this. Rather, it is simply a diet of processed foods, grains, and sugar, as well as a lack of exercise. These things make cells less receptive to insulin. So cells and tissues won't let sugar in with the normal amount of circulating insulin. Therefore sugar stays in your blood, your blood sugar rises, and your body secretes more and more insulin in response, until the pancreas is exhausted.

But because your cells are no longer receptive to insulin, high levels can stay in your blood, unused. The unused insulin irritates blood vessels, eventually leading to heart disease, arteriosclerosis, coronary artery disease, hypertension, and obesity.

The only way your body gets sugar (glucose) out of blood and into muscles **without insulin** is with heavy exercise like weight lifting. You will fully realize this when you start lifting weights and then take your blood sugar levels before and after. Nothing lowers sugar levels faster and keeps them down longer than weight lifting. So weight lifting is the second critical step to overcoming type 2 diabetes.

The best and easiest way to exercise properly is to use the "**slow burn**" technique. Get a copy of the book, *The Slow Burn Fitness Revolution*, by Hahn, Hahn, and Eades. Use the techniques in this book and you can exercise for less than an hour, once every 5-7 days, and get the job done.

### **Step 3: Glucose-Factor Nutrients**

Step 3 is the glucose-factor nutrients. These include a pancreatic extract product to help rebuild an exhausted pancreas, the real B-vitamin complex with vitamin B4, omega-3 fatty acids, and minerals including chromium. The sugar-filled diet that causes type 2 diabetes also produces profound deficiencies in these very nutrients that the body needs to maintain its normal sensitivity to insulin. So once you stop eating a diabetes-causing diet, and you start exercising to activate the insulin response, you will also need to take in the nutrients your body needs to rebuild its normal blood sugar/insulin balance.

Certain B vitamins combine with chromium and other minerals to comprise the glucose tolerance factor—named for its direct effect on blood sugar (glucose tolerance). When you combine this with the other necessary nutrients, you get what you need to start lowering your blood sugar toward normal. The nutrients you need, if you have type 2 diabetes, are all found in the following products from Standard Process and Green Pastures:

- **Diaplex** for pancreatic extract and trace minerals (take 4-6 daily).
- **Cataplex GTF** for missing B vitamins and chromium (take 4-6 daily).
- **Min-Tran** for minerals (take 9 daily).
- **Blue Ice**  **High Vitamin Fermented Cod Liver Oil** for the omega 3 fatty acids and more (take 2-3 capsules daily).

If you also have heart disease, add:

- **Cardio-Plus** for heart extract, whole vitamin C (not just ascorbic acid), vitamin E2 (the oxygen-sparing portion of the whole vitamin E complex), vitamin G (the calming portion of the whole vitamin B complex), CoQ10 (the enzyme critical for your heart that is depleted by statin drugs), and Calcium Lactate (the most usable form of calcium). Take 6-9 Cardio-Plus daily.
- **Cataplex B** for all the biologically active B vitamins and especially vitamin B4. B4 is the anti-beriberi vitamin, which cannot be synthesized (take 6 daily).

Can you beat type 2 diabetes, heart disease, coronary artery disease, arteriosclerosis, high blood pressure, obesity, high cholesterol, high blood fats, and all the side effects from the drugs used to control all the symptoms of these problems? You bet!