

A photograph of two women, one Black and one white, both smiling and wearing blue jackets, set against a blurred outdoor background. The image is overlaid with a semi-transparent blue layer that serves as a background for the text.

# **HOW TO HALT DIABETES IN 25 DAYS**

**Nutritional transformation  
for type-2 diabetics**

**BY MIKE ADAMS**



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# Table of Contents

Table of Contents .....	III
Introduction.....	1
Diet and exercise scientifically proven to stop diabetes in three weeks. ....	1
Censorship remains in full swing.....	2
150 pounds a year of disease-causing sugar.....	3
Sugar damages the human metabolic engine.....	3
Can you trust diabetes organizations? .....	4
Disastrous health effects of sugar consumption.....	5
Sticky blood is bad for your health .....	6
Yet more scary diseases caused by sugar .....	7
Sugar feeds cancer tumors and more .....	9
Sugary soft drinks are the primary culprit.....	10
Don't be deceived by brown sugar .....	10
Evaporated cane juice crystals?.....	11

## How to Halt Diabetes in 25 Days

The problem with white flour .....	11
White flour depletes nutrients from your body .....	12
How to make your diabetes even worse .....	12
The real story on exercise vs. dietary sugars .....	13
Drugs will never cure your diabetes .....	14
Depletion of chromium .....	15
How to get off insulin for life .....	15
Watch out for hidden sugars.....	16
Manmade = bad for diabetes.....	17
The importance of fundamental nutrition .....	17
Good nutrition will halt the carbohydrate cravings.....	18
Stop waiting around for miracle solutions.....	19
The pharmaceutical con .....	20
Stop making excuses why you can't be healthy .....	20
The blunt truth about personal choice .....	21
The 25 days.....	22
Before beginning: .....	23
Putting the plan to work.....	29
Research Notes.....	30



## How to Halt Diabetes in 25 Days



## Introduction

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 — we have two-thirds of the country overweight and we now have **more than one-third with 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, 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 it from me for very long because they're going to try to censor this information. 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, sued by 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, 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 which 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. Half of all amputations performed in this country are performed as a complication of diabetes, which is caused by excessive sugar consumption. There's a statistic the sugar industry does not want you to hear.

## 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 over 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, the foods they choose to put into their mouths. Over 100 years ago, in the late 1800s, diabetes only occurred in three out of 100,000 people — a fraction of a percent. Today, diabetes is rampant. Right now, anywhere from 15 to 20 percent of adults over 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, over 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. 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 — it simply isn't. 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 over 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's 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, to consume a lot of white flour or to 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 was 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 487 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 you've been eating.

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

## How to Halt Diabetes in 25 Days

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, they 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, 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 would mean 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 problem, or 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, individually, so they can fit into small blood vessels and reach all the areas in 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, such as the eyes and the extremities.

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 feet 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 into this right now, 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 and premenstrual syndrome (especially when sugar consumption is combined with caffeine), impotence and premature ejaculation. Furthermore, according to the book *Food and*

## How to Halt Diabetes in 25 Days

*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, 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 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, of course 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 over 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.

What else do we have here? Sugar consumption accelerates aging and tooth decay, promotes alcoholism — that's an interesting one — gastric ulcers, asthma, yeast infections, gallstones, appendicitis (I suffered 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; 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, by the way, 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 to 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 — and what kind of fun chemicals am I talking about here? The chemical in particular is alloxan, a chemical that 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 from 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. And yet 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 donut. 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 donuts years ago, but I've had thousands and thousands of donuts 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: Donuts 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 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 donut 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 donuts left and right. It's donut 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 6000 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, by the way, 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 the 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.

## 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, 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.

## How to Halt Diabetes in 25 Days

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.

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 \$1000 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 am I going to do without sugar in my coffee?! Oh my! 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, 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.

So 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.

## The 25 days

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

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, by the way. 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% 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](http://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. Watch for trans fats, hydrogenated oils or partially-hydrogenated oils on food labels, and refuse to buy or consume any grocery product containing them. 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 3 days. Exercise for at least one hour every 3 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 Avian.

- DAY 20** Check in with yourself: are you still engaging in cardiovascular exercise every 3 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 or Jenny Lee Supergreens from Jenny Lee Naturals (<http://www.jennyleenaturals.com>). 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, donuts, 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% 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% 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.

## How to Halt Diabetes in 25 Days

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 mistakes in learning what works. 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.

But 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.

## 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 **syrup**, honey, maple **syrup**, 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. Complications related to **diabetes** are the sixth leading cause of death in the United States.

### **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.

**Graedons 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**



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**

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**

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**

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 Dufiy, 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 Dufiy, 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**

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**

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**

...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.**





## About the Author



Mike Adams is a holistic nutritionist with over 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*, *Health Seduction*, and many other books available at <http://www.TruthPublishing.com>.

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

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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 <http://www.NewsTarget.com/AdamsHealthStats.html>.

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