

Diabetes – Complications or Relief?

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INTRODUCTION

Diabetes is a devastating disease. It is the nation's number three killer. More than seventeen million Americans have diabetes and one-third of those seventeen million don't even know that they have it. Diabetes, especially Type II, starts out silently. Your insulin levels in your blood are elevated and at this point you can call yourself Syndrome X. Silently it crawls up on you and when your pancreas gets too tired from putting out all the insulin, you find yourself drinking lots of water and frequently urinating. These symptoms mean you have diabetes.

Diabetes kills more people than AIDS and breast cancer combined. These two diseases bring lots of attention from the media. Diabetes has been covered in the news in the recent past because so many people are being diagnosed with diabetes. It is becoming a major news item.

When you know someone with diabetic complications, you know of the devastating changes occurring in their life and wellness. Complications can become so bad that there is no quality of life remaining and sympathy and sorrow surrounds them. Sorrow surrounds them because most people think that they cannot reverse the complications. Good news is here! You can reverse and even prevent the complications. My book tells you what to do.

The medical profession tells us that diabetes can be prevented. It can. Sixty-one percent of Americans are overweight or obese. Obesity is a risk factor for developing diabetes.

The following statistics are from 1990. These statistics have tripled since 1990. They are expected to double in the next ten years

(MILLIONS)

7.3 People worldwide

4.2 Females

3.1 Males

3.2 Age 65 and older

1.2 children

In 1997 diabetes was the eighth most frequent diagnosis. In 2000 it was third - a reflection, experts said, of Americans' increasing problem with weight and the quality of our food.

Adult onset diabetes is becoming a childhood disease.

Cardiovascular disease is four times more common in diabetics; it is present in 75% of diabetic patients.

Stroke is two to six times more common for diabetics and is present in 60-65% of people with diabetes

Diabetes is the leading cause of blindness

Diabetes is the most common cause of end-stage renal disease

Neuropathy is a major contributing cause of lower extremity amputations, which affects 90% of people with long-term diabetes. There are 54,000 amputations per year

The direct medical cost of diabetes is \$85 billion.

The indirect cost (disability, work loss, premature mortality) is unknown.

Every year there are more than one million new diagnosed cases of diabetes. Ninety-five percent of these new cases are Type II. Type I diabetes is where the pancreas puts out too little insulin. Type II diabetes is the inability of insulin to put glucose into the cells.

In Type II diabetes, when the body detects too much glucose in the blood stream, it becomes alarmed and pumps out even more insulin. Too much insulin in the blood stream is now recognized as a major medical problem. With too much insulin, the body begins to crave carbohydrates because carbohydrates are an energy food. The body begins to put on weight and craves more carbohydrates. The brain takes glucose directly from the blood stream for its source of energy. Only one part of the brain, the hypothalamus requires insulin to place the glucose into the hypothalamus cells. The hypothalamus is responsible for the appetite switch. When the body receives the message from the stomach that food has arrived, it turns off the appetite switch. If the appetite switch cannot be turned off because glucose cannot get into the hypothalamus, the body continues to crave and consume food. Remember, obesity is a risk factor for developing diabetes.¹

Type I diabetes is controlled by insulin. Insulin must be injected because it is a protein and if taken orally, it would be digested by the stomach and intestinal system. Type II diabetes is controlled by oral medications. There are several oral medications available. The oral medications for Type II diabetes all reduce liver function and kidney function. None of these medications cure diabetes - they control it. The blood sugar of a diabetic is usually elevated after every meal. When the blood sugar runs higher than normal, ketoacidosis occurs. This condition sets up an acid condition in the body and is incompatible with life. In ketoacidosis, the diabetic will

¹ The Body Restoration Diet, Dr. Paula Baillie-Hamilton.

lose weight. The body is cannibalizing itself; it is burning muscle tissue to get the stored glucose for energy.

Frequent thirst and urination are symptoms of diabetes. They are called polyurea and polydipsia. Cute words, but no fun. The body is pushing the blood glucose out of the body through the kidneys. These are defense mechanisms in an attempt to remove excess glucose from the blood stream. If you are experiencing polyurea and polydipsia, it is almost impossible to work or complete tasks because of the frequent need to drink and urinate.

Another symptom of diabetes is tiredness. When your blood sugar is elevated, you are so tired that you have a hard time moving or expending any energy. Tiredness from low blood sugar is different and you feel the need to sleep.

Other symptoms can be a constant hunger which can be a symptom of both diabetes and Syndrome X. Syndrome X many times is the precursor to diabetes.

If you are experiencing these symptoms or have been diagnosed by your doctor as pre-diabetic, take steps immediately. Type II diabetes can be reversed by weight loss and adequate nutrition. Begin to take care of your diabetes before the complications set in. You already have a higher risk of heart disease.

Every year that you have diabetes, the risk of complications is increased. The complications can be reversed and/or improved.

Don't wait until it is too late. I have seen too many people die from diabetes and many people tell me the nightmare of a relative who died from it. And it is a nightmare: amputations, loss of eyesight, kidney failure, sores that will not heal. The death from diabetes can be a slow death. The body is deteriorating and death comes slowly.

Take your head out of the sand. Stop and listen to what is said. The complications will occur. If you take care of yourself and do what you can to prevent or reverse them, you will be better off. If you are a person who depends upon the disease for the sympathy and attention of persons close to you, stop the pity party. You can take control and be better off. I am asking you to take control.

You are responsible for your wellness. Your doctor can treat you but the ultimate responsibility lies with you. You are the one in control. Because you have a frightening disease, you must not give in and hand all control over to the medical profession because they have the education and

knowledge of the disease. You must learn about all the ramifications of diabetes so that you can be the one in control. The quality of your life depends on it.

Just by purchasing this book, you have begun a great step. I congratulate you for getting this far. My chapters are not long. For every chapter that you finish reading, I congratulate you. Don't put the book down. Continue to read through all chapters. It may save your life and the quality of your health. It may help someone else.

Best wishes to you, my friend.

CHAPTER 1

THE COMPLICATIONS OF DIABETES

The major complications of diabetes are:

- 1. Retinopathy - the number one cause of blindness is diabetes. Diabetics develop retinitis, where the blood vessels of the eye break and bleed into the eye. The laser surgery that seals off those blood vessels has prolonged complete blindness for numerous diabetics. However, the laser surgery does not stop the blood vessels from breaking. Someone I know noticed something wrong with his eye and within a few weeks was totally blind in both eyes.**
- 2. Heart Disease - Diabetics have a 75% chance of developing heart disease - the average person has a 48% chance of developing heart disease. Protection of the heart is therefore of major importance because build up of plaque and loss of circulation also occurs in the renal artery which can affect the kidneys**
- 3. Problems with the extremities (circulation) – Diabetics can develop major problems from a minor scratch on the legs or hands. Diabetics heal very slowly and these extremity problems can lead to amputation.**
- 4. Neuropathy – this is a problem with the nerves. Most likely is neuropathy of the legs where there is burning of the feet and then a lack of feeling in the feet and legs. It is difficult for the person to walk and climbing stairs is nearly impossible. There can also be neuropathy of the Vagus nerve, going through the central part of the body. Neuropathy of this nerve can cause improper digestion, high blood pressure and nausea.**
- 5. Infection – The immune system is severely depressed when the blood and tissues are overloaded with sugar. The glucose in the tissues is an excellent food for bacteria and virus. An ear infection or an abscessed tooth can become a disaster. A skin infection can lead to amputation**

All of these complications can be controlled. We just have to know what to do.

All information above is in lay language, written by a non-medical professional

CHAPTER 2

THE FACTS ON DIABETES

There have been numerous studies since the 1950's on nutrition with laboratory animals. Results showed that adequate to optimal levels of nutrition increased the life span of these laboratory animals anywhere from 30 percent to 200 percent, depending on the species.²

A person who develops Type I diabetes as a child has a shorter lifespan - shorter from 17 years to 27 years. If the average lifespan for an American is 76 years of age, and if diabetes shortens the lifespan of a juvenile diabetic by those numbers, at the worst case, I am dead and at the best case I have ten more years of life! I feel certain that I will see the average American lifespan and perhaps even beyond. That was not my story twenty-some years ago. At that time I was told that my life span would be about four to five years on dialysis. I was told that I was a poor candidate for kidney transplant because of the diabetes.

This book tells my story. You can avoid the complications of diabetes. If you are already suffering from diabetic complications, you can make those complications less severe or even reverse them. I did. You can live with optimum health for a diabetic, just like me. You can increase your present health and give yourself a greater life expectancy. I did and so can you.

Please tell your physician that you are going on a nutrition program. You will need your doctor's monitoring because your blood sugar is going to drop and you do not want the complications of low blood sugar. The brain requires blood sugar as its source of energy and a sudden drop of blood sugar means you can lose the ability to function, to see, to walk, to live. If your doctor is not willing to work with you, find one who will.

I will give reference to my sources of information when I can. Some of the information is something I read and studied so long ago that I have no reference for it. So wherever possible, I will tell you the source of my information. The information is what I have learned about the complications of diabetes and their reversal. It is not intended to replace care by a medical professional. If you choose to use this information without the approval of your doctor as I did, it is your right to do so.

My mission in life is to share my story. My story can help others. With the present epidemic in diabetes, there are many, many people who need to hear what I have to say. When I was young, I would get mad at God because I thought He gave me diabetes. Now I understand that God gave

² WebMD

me the talents and abilities to share my story with you. Please read what I have to say as a blessing to you from our Lord.

CHAPTER 3

HEALTH IS MADE AT THE CELLULAR LEVEL

The human body is continually replacing cells. There are numerous news articles today about cloning devised in a laboratory. We are cloning our own cells trillions of times every day. God made us this way. We are made of more than sixty trillion cells and each one of them has a specific function and a specific life span of its own. Our skin completely replaces itself every 28 days, our alimentary track every three days and our bones completely replace their cells every seven years. Right now, inside your body, you are replacing cells with new cells. You are cloning your own cells without the aid of a laboratory or laboratory equipment. Ask yourself – are your cells replacing healthy cells or are the new cells sick?

Cells are made from vitamins, minerals, essential fatty acids, protein and water. Cells are not made from diet sodas, aspirin or prescription drugs. The quality of each cell is dependent on the quality of the food you eat. The food you eat today will be making new cells for the next seven days. What was the quality of the food you ate today? What will be the quality of the cells you replace two days from now?

When I eat, my focus is on providing nutrients to replace the cells that are continually being created. This thought stays in my mind even when I am not eating. For that reason, I choose foods that are good for me and foods that will provide nutrients that I need.

The first thing you must do is change some of your thought patterns. Instead of thinking, “That looks really yummy” try thinking “What will this food provide for my body?” You will find that by changing your thoughts, you are choosing healthier foods and you continue to choose and eat healthy foods, turning away things that you know are not good for you.

Our health begins at the cellular level. For this reason, when we sit down to eat, we must think that we are responsible for our health and the health of every one of our cells. Every bite of food that you place into your mouth determines the quality of the cells that are created now and a week from now. Every cell needs different nutrients. You must provide a smorgasbord of nutrients for your cells. I picture my cells seeing nutrients floating along in my blood stream and joyously reaching out and grabbing the nutrients they need. My health reflects the quality of nutrients my cells receive.

CHAPTER 4

LET'S TALK FIRST ABOUT FOOD

We live in a wonderful country with a great economy. Our technological creations are superior to all others in the world. Our technology and our American creativity allow tremendous advances in science and scientific development. Our technology has given us a food industry where can grow food with more convenience than our ancestors did. We don't need to take time to rotate crops or leave land lay fallow. Our technology regrettably does not allow the land to replenish itself with microbes, nutrients and minerals necessary for the food chain.

Our technology also allows Americans to have food that can be prepared quickly. The preparation of our food does not require someone to be in the kitchen all day preparing meals.

Unfortunately, these conveniences do not provide whole, nutrient-filled food which is healthy. We have fast, convenient food for every taste and every pleasure, food that can be obtained quickly at every street corner at every hour of the day. There are very little nutrients in this food and the health of the American people reflects the quality of our food. Abundance usually leads to a weakness and the weakness we see all too often is our degenerative health.

Also, our processed foods have numerous chemicals added to them. These chemicals are to enhance the shelf life or to enhance the flavor. Many of the additives are for cosmetic purposes. None of these additives provide nutrients for our cells to reproduce in a healthy way.

The study, *The Kellogg Report: The Impact of Nutrition, Environment and Lifestyle on the Health of Americans* by Swift Beasley reports that by the time food reaches us it has been shipped, stored, dehydrated, trimmed, bleached, frozen, canned, condensed, pasteurized, sterilized, smoked, cured, milled, roasted, condensed, pasteurized, sterilized, smoked, cured, milled, roasted, cooked, toasted and puffed. Then it is further deteriorated by heat, light, oxidation, acidity, alkalinity, enzymes and irradiation.

FDA approves over 3,000 additives which can be put into our food. Over 80% of these are for cosmetic purposes – for color, to make them creamy or to enhance the flavor. The flavors in foods are chemicals.³ Flavorings

³ Today flavors in ice cream are synthetic. Cherry flavor is made from Aldehyde C17 which is an inflammable liquid which is also used in aniline dyes, plastics and rubber; vanilla flavor is piperonal, a chemical also used to kill lice; pineapple flavor is ethyl acetate which is used as a cleaner for leather and textiles and its vapors have been known to cause chronic lung, liver and heart damage; nut-flavored ice cream is from butyraldehyde, one of the ingredients of rubber cement; banana flavor is from amyl acetate also used as an oil paint solvent; benzyl acetate is used for its strawberry flavor it is a nitrate solvent. IACVF, Inc. Newsletter, July 1977 International Association of Cancer Victims and Friends.

are added to replace the natural flavors lost during processing. Have you noticed that all apples in the grocery store are the same red or green color? Have you noticed that all oranges are the same orange color? If you never thought of colors being added to our foods, notice the fruits and vegetables – they seem to be standardized colors. In addition, notice how shiny and perfect apples and cucumbers look in the produce department. Waxes containing pesticides cover our produce to give them a shiny, perfect look. Please, do not eat the skins on these foods. The pesticides in the wax covering the fruits and vegetables are harmful to our bodies. Do not feed these foods to your children without peeling them. Children, because of their smaller body size, get a larger ratio of the chemicals in relation to their smaller body size and weight.

We can keep breads and milk for weeks without having them spoil. That is because of preservatives added to improve shelf life. My daughter brought some bread back from France. Within two days, it was growing green and blue molds because there are no preservatives added to the French breads. If you have access to products without preservatives, you can see for yourself that they do spoil. Natural milk will spoil in a very short time; it is the preservatives that allow us to keep it in our refrigerator for a couple weeks. A good rule of thumb for choosing foods is – if it won't rot, don't eat it.

European markets do not purchase meats from American sources. The reason is because Americans add chemical hormones for increased growth of the animals. Also, low-level antibiotics are added to animal feed which is then deposited in the tissue of the animals. Animals being held in feeding pens need the low level antibiotics because disease can spread rapidly among them. These antibiotics are for protection but the question is - what are they doing to humans? There was a front-page article in my newspaper a few years ago saying that doctors find that people are not responding to the usual antibiotics and that higher level antibiotics are needed to make the patients well.

Jim Burke reports, "An ever increasing portion of the food we eat today is no longer food, it is chemical and you need to be a rocket scientist to read the labels."

Burke further states, "If we don't get it into the soil, we cannot get it into the plants. If we destroy our soil, we destroy the food chain. Bacteria must be in the soil so it can break it down and so the roots of the plants can absorb the material. We flood our ground with ammonia which kills every living thing in the ground so there is no bacteria to break down the soil. Thus the roots cannot absorb nutrients and bring them back to the cycle of life. Today we have stopped the cycle of life. We have sterilized and 'chemicalized' our soil."

The natural way to produce crops is to rotate the crops and allow years for the soil to lay fallow so that it can rest and regain the elements needed for crop growth. This is nature's way of giving our crops nutrients - it was planned by God, what can be a better plan? Yes, we can get our produce faster by our technology. The problem is the nutrient content of the food. Man and technology have depleted the nutrients that humans need from the soil and further reduced the nutrients in the foods by the processing. Frozen and canned foods have little nutrients.

To continue, Burke says, "Americans are addicted to foods because we have an industry called the food industry. Our bodies rely on carbohydrates and fats for energy and the food industry exploits the natural needs of the human body for energy. The food industry puts so much carbohydrates and fats into the processed foods that Americans actually crave the high carbohydrate and high fat foods for their energy."

Advertisers urge us through convincing commercials, box colors and placement on the shelves to purchase their foods. Millions of dollars are put into the color of the label and where to place the food product on the shelf. These millions of dollars are not put into food research to bring us healthy food. Those millions are spent to convince us to purchase the food product. Today we are convinced that we are buying food, but what we are buying is simply something to fill our stomachs and then make us crave more. We are not eating food; we are eating empty calories. Our bodies can't shut off our appetites when the food we eat does not provide us with nutrients we need. We keep feeding ourselves junk and the craving cycle continues. Our bodies tell us what is needed. For example, usually we crave starch in the morning after our fast through the night. Starches give us energy quickly. If you listen to your body, you will begin to find yourself craving fresh fruits and vegetables not high-sugar and high-fat foods. We are actually craving nutrients when we continue to have the urge to eat. Our body has not found the nutrients it needs, therefore it tells us to eat more. When we change our diets to foods that provide nutrients, we can reverse those cravings and find ourselves satisfied. Try it for yourself. Prepare a large bowl of fresh, organic vegetables raw or lightly steamed. You will find that you are filled and will not have the necessity of eating white breads and pasta.

Dr. Bruce Stellings reports in Nutrition Today that over twelve thousand new foods are introduced into our food supply every year. These new foods are from the categories of beverages, candy and condiments. The question is not what new plants and trees were discovered but what was invented to tempt our taste for energy producing foods. Where are these "new" foods grown? Did God come down and provide us with new plants and food supplies? No, these are foods produced by the food industry. More processed foods with more chemicals. More foods to tantalize our tastes and desires, nothing to provide our failing bodies with nutrients.

All these new food products are designed without nutrition or health in mind. They are designed to sell the foods. Our great American economy where everyone has enough dollars in their pockets to purchase fast and convenient foods fully satisfies the advertisers' purpose to get us to buy more food. The food industry profits and profits. Our health declines and declines more.

For the diabetic and the pre-diabetic these processed foods can mean the disease sets in faster than it would if we were eating wholesome, organic food. If we were actually eating wholesome, fresh foods, the disease may never set in. Diabetes is a disease totally related to foods.

The diabetes in my body makes my body require vast quantities of nutrients. Notice that I am talking about nutrients, not standard American food. I am 5' 4" and 104 pounds. Because I have a slight figure with a small bone structure, I really do not consume large quantities of food. That is why getting the nutrients for my body is so important, both for you and for me. Diabetes is devastating and the diabetic body needs proper care and feeding with nutritious foods. The diabetic body needs nutrients in sufficient quantities to maintain wellness and even more nutrients to prevent or recover from any complications. Because of the amount of nutrients required, in addition to whole, healthy food, supplementation is necessary for the diabetic.

Whole grains and fresh vegetables are required by the diabetic body. There is no other choice. I tell you what I have learned about foods and nutrients in treating the diabetic body. When you feed your body the nutrients it needs, the cells can grow strong enough to perform the unique function each cell was created to perform. Without the proper nutrients, the cells cannot perform. Our bodies are complicated pieces of organic equipment created by an all-knowing creator who then provided us with the foods to nourish our cells and tissues. God did not create Dr. Pepper or Diet Coke or Twinkies. He created potatoes not potato chips. He created oranges not processed, sugar-laden orange juice.

For the diabetic, I implore you to pay attention to what I have to say. Your doctor is helping you to regulate your blood sugar. If complications arise, the doctor can prescribe drugs to help you with the complications. Your doctor is trained in sickness and treating that sickness with drugs. We want to talk about wellness, not sickness. It is our responsibility to look to our wellness. Our doctors are not trained to look at wellness.

This book is about wellness. Wellness can be achieved even by a diabetic body. I am grateful that insulin keeps me alive and comfortable. I truly wish that I did not have to stick myself with insulin needles every day but that is a necessity that keeps me alive. When someone comments about having to take shots, I frequently reply, "Aren't you glad that you are on

that side of the needle?” And so this book is dedicated to those of you who are on the same side of the needle as I am.

My story tells you that even though you may continue to need your glucose lowering medication you will find that you do not need as much medication. Type II diabetes will be easier to completely get off the medication. I know of Type I diabetics who have been able to totally eliminate the insulin. They must then be very careful about what they eat. You may currently be under the observation of your doctor because your glucose is somewhat irregular. If that is so, pay close attention to this book. You do not want to eventually become diabetic. To prevent diabetes from actually occurring will take an effort. It means that you pay attention to all that you eat. If you are Type II and already on medication, there is a possibility that you can become so controlled that you won't need to take your medication.

Whatever your situation, please advise your doctor to monitor you through this nutritional therapy. Low blood sugar is life threatening. After you start the nutritional therapy you must pay close attention to your blood sugar. When talking with your physician, ask him/her to help monitor you through this process. We want your doctor to work with you and to follow you through this process. If your physician is not willing to do so, or is not willing to support you through this therapy, find a physician who will.

CHAPTER 5

LET'S LOOK AT THE STANDARD AMERICAN DIET (SAD)

Food today is not what it used to be. Sixty percent of American food and food of developed-countries is processed. Early harvesting, transportation and storage starts the reduction of nutritional values and those values further deteriorate with each level of processing. By the time the food is wrapped in plastic and placed on the shelves, there is very little left of the nutrients.

Over 3,000 preservatives are added to our foods. These preservatives are chemicals. Our bodies need to have even more nutrients to identify and eliminate these chemicals. If they are not eliminated they can be stored in the fat surrounding the cells and make the body toxic. There are so many chemicals that we do not know what effect they have inside our bodies. We all need to go through a detoxifying process to eliminate the toxins. Detoxifying takes additional nutrients and it is difficult to detoxify without sufficient amino acids from our protein.

Only three percent of Americans eat according to the Food Guide Pyramid. Most Americans do not even know that the foods used by the USDA in developing the Food Guide Pyramid were organic foods. Even if you were eating according to the Food Guide Pyramid, if you are purchasing your food in the grocery store, chances are you are not getting the same nutrients you would be getting from organic food. Add to this information the fact that some chronic diseases need more nutrients. Also, disease prevention requires higher levels of nutrients than can be obtained from our diet. Food supplementation is necessary for almost all people.

The American public eats very few whole grains. Whole grains should be the main part of the diet. White flour and white breads are not whole grains - they are processed grains with a high glycemic index. Most breads, even if they are labeled "wheat", obtain a major percentage of the flour from white flour. A good way to tell if breads are whole grain is whether it stays together in a slice. Remember the saying, "The best thing since sliced bread"? When breads are made from whole grains, they crumble easily. The advent of white flour was remarkable because the bread did not crumble. People were so gratified that they coined the phrase. Another advantage of breads made of white flour was extended shelf life. Remember what I told you in a previous chapter about the bread my daughter brought from France?

The only nutrients in white flour are the nutrients with which it was enriched. We have nutrients added to white flour because studies show that certain nutrients are so important that they cannot be left out of our foods. The problem, however, is that in milling and processing white flour, all the nutrients (approximately twenty-four different nutrients) are taken

out. So when the producers “enrich” the flour, they add only four to five nutrients back to it. Now, let me ask you, if I borrowed twenty-four dollars from you and paid you back only four to five dollars, would you feel enriched?

Rutgers University published a study of foods where they compared vegetables purchased in a grocery store and foods purchased from organic sources. The organic sources had far more nutrients than the grocery store vegetables.

There have been several more studies revealing that organic produce has far more beneficial nutrients than grocery store produce. A study done at University of California, Davis, finds that plants grown with no pesticides produce more flavinoids. Flavinoids are micronutrients and “recent research suggests that micronutrients play important roles in preventing cancer and heart disease.” An article from WebMD also reports that plants that are not sprayed with pesticides produce more flavinoids. The flavinoids not only are nutrients for the human body, they are beneficial for the plant to fight insects. An increase of munching upon a plant actually produces more flavinoids which repels the insect and additionally provides us with more nutrients.⁴ As this study shows, nature has its own way of fighting pests but we choose to do our insect destruction chemically. In other words, let the bugs eat the plants - it is better for us!

The American Physical Fitness Research Institute informs us in its pamphlet entitled “An Approach to Total Wellness” that a great majority of Americans are not even getting the Recommended Daily Allowance of nutrients. Even more startling are the statistics revealing that over 500,000 lives could be saved each year if Americans got the minimum RDA. The following statistics are from USDA publication entitled “Benefits from Human Nutrition Research Report No. 2”

Health Problem	Potential Improvement from Improved Diet
Heart and Vascular disease	25% reduction of disease/deaths
Respiratory Disease/Infections	20% fewer incidents
Infant deaths	50% fewer deaths
Fetal deaths	50% fewer deaths
Maternal deaths	50% fewer deaths
Child deaths (1-4 years)	50% fewer deaths

⁴ WebND, 1993, *Disease Fighting Factors Fill Sustainably Farmed Foods*

Arthritis	50% reduction
Dental disease	50% reduction in incidence/severity
Digestive problems	25% fewer acute conditions
Kidney and urinary	20% reduction in deaths and acute conditions
Cancer	20% reduction in incidence and deaths
Diabetes/carbohydrate disorders	50% of cases avoided or improved
Osteoporosis	75% reduction
Obesity	80% reduction
Alcoholism	33% reduction
Eyesight	20% fewer people blind or with corrective lenses
Allergies	20% people relieved
Muscular disorders	10% reduction in cases
Congenital birth defects	20% reduction
Learning ability	IQ raised up to 10 points for persons with IQ OF 70-80

Dr. Bruce Miller, author of over 30 books reports that food supplements are no longer an option. “Good health is not just the absence of a major illness,it is good digestion with proper utilization and adequate elimination. It is prolonged prime of life without the serious degenerative diseases we mistakenly blame on age. It is clear skin, fine muscle tone, good resistance to stress, infection and fatigue. It is living up to your fullest potential.”

Miller says, “In America it is average and normal to be overweight, eat red meat two to three times a day, have French fries at every fast food meal, salt your food before you taste it, use sweets for energy boost, get 30-40 percent of your calories each day from fat, get far from adequate exercise, eat fast food four times a week and have colds and flu four times a year. We consume only 14 grams of fiber per day instead of 40 and are constipated as a result.”

As you can see, our freely chosen diets do not supply the nutrients we need. If we look at the statistics and see that the first three leading causes

of death are diet related, can you see that if you improve your diet, you may improve and prolong your life?

The third leading cause of death is diabetes. Please pay attention to the information here if you are diabetic or pre-diabetic. I know that it can help to improve your health and your life just as it did mine.

If you are Type II diabetic, my story applies to you as well. I am Type I. I have been since I was a small child. The complications of diabetes are the same whether you are Type I or Type II. The difference between Type I and Type II is the reason why the cells do not take in glucose. Also the medications are different for Type I and Type II. Type II diabetics may or may not be on insulin. This book is not presented to you as a prescription for any complications or disease you may have. If you choose to approach your disease in the same way I have, it is your right to do so. I am writing this book so that you can improve your health and find the same great results I have found.

Every year that you have diabetes increases your chance of complications. You can take control and prevent complications or reduce the severity of them. The control of your body is your part. You must be an integral part of your health by your own control. It is your responsibility to take charge, if you do not, you can picture yourself in a hospital bed with plastic tubes inserted into you and perhaps one of your legs missing. Who wants that?

Our bodies were made to heal themselves by constantly replacing cells. Remember, cells are built by protein (amino acids), vitamins, minerals, essential fatty acids and pure water. I have already established through studies that we are not getting adequate nutrients in our food supply. I have extended my life and lived a quality of life far above that of the average American who has had diabetes as long as I have. My mission is therefore to share my story. The book of Proverbs says (Good News version), "if you know something that can help your neighbor, tell him today. Do not wait until tomorrow." By this verse, I fulfill my life's mission. The results I have found are worth sharing with all others who suffer from diabetes. Perhaps my discoveries can assist you with any problems you are having.

CHAPTER 6

MY STORY

When I was a child I always felt nauseous, especially in the morning. The first time I fainted, I was in second grade. I was having music class and standing around the piano. I saw things going black and the next thing I remember was being on the floor and my teacher was kneeling over me, patting my face, saying, "Dear child, dear child, what's the matter?" Everybody was looking at me – and then I threw up.

I fainted frequently. I could not stand for prolonged periods of time in any lines because I would faint. I remember being a Brownie and being in the Memorial Day Parade. After we marched to the municipal center, we had to stand there for the ceremony. Next thing I remember, I was on the ground, regaining consciousness. Then there was the time standing in line to get into the swimming center. My fainting stories are numerous. If my Mom had known it was my blood sugar, we could have done something about it.

Yes, my mom took me to the doctor for the fainting and the doctor had me go to the hospital and have x-rays of my head. Well, they found nothing and I continued to faint if I was standing anywhere. Because I always threw up after fainting, it was really embarrassing. Because the doctors found nothing, it all continued. Personally I am surprised that they did not think that I had low blood sugar. Granted this was the 1950's, but I think they knew low blood sugar caused fainting.

Finally I developed a constant thirst. I drank two to three 8-ounce glasses at a time. And always had to go to the bathroom. After I was getting up three to four times a night to drink and urinate, my mother called the doctor. So, the doctor took my blood sugar and a few days later, called my home to say that I had to go to the hospital. The first thing I did was ask, "How I did this to myself". The nurse assured me that I was not my fault. In the hospital, the doctor started me on insulin. Funny thing, they never told me about insulin shock. I started to experience insulin shock in the late afternoon and one day my doctor had a chocolate milk shake sent to my room at about three o'clock in the afternoon. Thinking that this chocolate milk shake could never be for me, I gave it to the lady in the next bed and went into insulin shock. Still, no one at the hospital informed me about insulin shock and how severe it could be or did they tell me that the chocolate milk shake was to raise my blood sugar. I went home from the hospital after three weeks still not having all the information I needed. I learned about insulin shock and its full ramifications by experience.

Someone should have told us the severity of insulin shock. I remember my mother asking me if I could wait to have dinner the first time my blood sugar was getting low at home. It did not take long for us to understand

that there is no waiting for food when the blood sugar gets below a certain point. Disaster can happen to someone in insulin shock.

So, to continue with my story - My doctor would take blood sugars every three months, after my evening meal. My mom would call his office to get the results – in those days it took about a week. My blood sugars were consistently about 260. Never did we get an explanation of why it was 260 after eating. In those days, insulin was not as developed as it is today and a blood sugar of 260 at the two-hour post prandial was considered okay. I felt that the long periods of time in between blood sugar checks was not sufficient care, but what did I know, I was a kid. Today medical care is given more frequently and it is necessary.

The medical profession at that time must not have fully understood diabetes or blood sugar to the full extent they do today. Knowledge of diabetes has evolved just in the short period of my lifetime. Fifty years ago, people did not know as much as they know today. This knowledge is an evolution in medical science in a short period of time due to the fact that diabetes is now at epidemic proportions. When I was a child, I knew of no others with diabetes. Today every school has two or more diabetic children. Diabetes is becoming a disease that all must take care to prevent. Diabetes is a preventable disease.

When I was a child, I had a glass syringe and needles that had to be sharpened and cleaned with a wire. Sugar testing was done by urine and the urine drops were measured into a test tube and the test tube was boiled for five minutes. We had a chemistry lab in our bathroom. Finally our druggist told us about a new development that would boil the syringe and the test tube at the same time. Technological developments made life so much simpler. Today the disposable syringes are a real convenience.

Being a teenager, I was too embarrassed to tell anyone about taking insulin and the fact that I may go into insulin shock. One day someone had to drive me home from an event because I went into insulin shock and they did not know what was wrong with me. My mom had dinner almost ready and she fed me rice. One of our neighbors was at our home at this time and watched my mother bring my blood sugar to a higher level. That neighbor told me that “it was shocking” to see me in that condition. Well, didn’t that add to my embarrassment? Not that much was known about diabetes. I was a real anomaly at that time. Today you may find that you need to assist someone in diabetic distress, whether high blood sugar or low blood sugar. You must know what to do because that person’s life may depend on it.

I finished college and got my first job. One cold day, I went into insulin shock at work and lost my job. One of my coworkers said that she learned from her husband that when it is cold, the body uses more energy to stay warm. No wonder I went into insulin shock. It still makes me angry that I

had a serious disease and was not fully informed by medical professionals of what to expect and what to do for the various maladies that may occur. I still wonder whether the medical professionals who were treating me had a full understanding of diabetes.

I met the man I was to marry and while we were dating I did not tell him about my diabetes. When he asked me to marry him, I had to tell him and I expected him to rescind his proposal. He said he did not care and we got married.

I got pregnant within months. I threw up morning and noon and night. This morning sickness was not about the diabetes, although it made the diabetes very difficult. I learned years later, on the Internet, that perpetual sickness during pregnancy is a defense mechanism where the body protects the fetus by eliminating toxins. There was a published medical study done in the late 1950's that said that perpetual morning sickness is toxemia and that copious amounts of fiber could correct the problem. I am still curious as to why my obstetrician was not aware of this published study on toxemia, especially since obstetrics was his specialty. I did develop swelling of the feet and ankles later in the pregnancy which is another sign of toxemia. My baby and I were in trouble, the information had been published, but no one told me about it. Sadly, they probably did not know it. I still question the lack of information.

My obstetrician told me that he would deliver by Caesarian section prior to my due date and I should expect a very large baby. Six weeks before my delivery date, I experienced pains in my back that filled my entire abdomen. I thought the baby was coming and called the doctor. He immediately took me into his office. I had a kidney infection and was medicated and kept in the hospital. A week later, I had a 9 pound, 4 ounce baby and thankfully she was healthy. I weighed about 90 pounds after the birth because of the nausea.

At this time of my life, I started to study and find as much information I could about diabetes. In all my research and reading, I came to the conclusion that the complications of diabetes are a result of the closing of the small blood vessels that comprised the extremities, the eyes and the kidneys. It was my conclusion many years later that would save my life.

I got pregnant again about four years later. I went into the hospital about three and a half months before my due date. My kidneys were shutting down, my uterus was pressing against my kidneys. They delivered the baby. She weighed 9 pounds 3 ounces and was a very sick baby. She was like the Pillsbury Dough Boy because you could push your finger into her and it would stay indented. She was filled with fluid. She was in new-born intensive care for weeks. We finally brought home a healthy baby. Thank you, Lord!

This child had problems with behavior. She cried all the time. Now, I know that I had a raging Candida albicans yeast infection which was passed to her from me. I was now suffering with chronic vaginal yeast infections.

About sixteen years later, I was feeling terrible, my feet were always swollen and my eyes always puffy. Blood tests showed BUN and Creatinin levels were abnormal and a twenty-four hour urine test showed that I had about 5% of my kidney function. Today, I question the fact that I had 5% kidney function. I think that it had to be more function than 5% because I had no trouble producing urine. It was the BUN and Creatinin that were abnormal. At that time I did not have sufficient knowledge to really question the doctor's analysis. The function of the kidneys is to produce urine and I was producing urine. The elevated BUN and Creatinin show that the kidneys are not able to filter the proteins that are being passed through the filtration system. If the digestive process does not break down proteins adequately, the kidneys are unable to filter them. The problem was really not being able to break down proteins and the kidneys were showing the results. By going to the source of the problem, breaking down proteins, we can do more to help the diabetic avoid kidney failure.

The doctor wanted to me start dialysis. They told me I would be a very poor transplant candidate because of the diabetes. A doctor with a very poor bedside manner told me that my life expectancy was four to five years and handed me a sheet of paper with the address and phone number of the dialysis clinic. I went there and talked with patients. I decided to die rather than go through dialysis. I had lived my life as a medically imperfect person and I just did not want to continue living under the very restricted conditions of dialysis treatment.

And then something happened. I learned about food supplements and nutrition. I had no idea of whether they would work or not, but I had nothing to lose. I started to take food supplements in magnitude - I took lots of them.

I had a constant smell of ammonia with every breath I took. This ammonia smell is a sign of toxicity in the body. It shows that the kidneys are not clearing toxins. Within a couple days of starting to take the food supplements, I noticed the ammonia smell was getting to be less. But, I thought I must be crazy – things could not possibly happen this fast. The reduction of the ammonia smell continued. In about 30 days it was gone. I was amazed. At the same time, I got my next menstrual period. My periods had diminished to just a brown smudge on my underwear. They had been that way for about two years. My next period was four days of red blood. I knew something had changed in my body.

Also at this time, I had intense burning in my feet. This burning is neuropathy. I was never quite sure about walking because I felt that I had duck feet. I thought my feet were flapping like a duck's webbed feet

because I could not really feel them. I was quite sure that everyone noticed it, but no one ever told me that I was walking funny, so perhaps it was not obvious to anyone else. Also at this time, my eyesight was very blurred.

Because of the infrequency of visits to my doctor when I was a child, I rarely called the doctor. I had no idea of how bad the complications could become or that I needed to be followed by a doctor on a frequent basis. Easy blood sugar testing was not yet available so every three months I would have my blood sugar checked as a two-hour post prandial. I know now that my experience with my diabetes and the attitude I formed about the medical care and lack of information given to me about my disease is responsible for leading me to find alternative forms of treatment for my disease. I know that divine providence was leading me on this path. If those experiences had not happened, I may have accepted medical advice without challenge. I may have blindly done what the medical professionals told me to do. I would then be dead and would never be writing this book.

The rest of this book is about what I did and what I used. I hope that I have caught your attention now and you will continue reading. I want you to understand that an alternative exists for you and me. An alternative does not replace medical treatment. We should always look to see what is available and whether there is scientific proof behind the alternative. Alternatives work well with traditional medicine. Remember, I told you to tell your doctor that you were going to go on a nutrition program because you will find that your blood sugar will begin to drop as you need less medication. If your doctor will not support you on this program, please find one who will. The two can work together for the benefit of the patient – and it is the patient that we care about.

Most Important Note: – for about six months prior to the diagnosis of kidney failure, I had been craving butter. I would put butter on my toast in the morning about a half-inch thick. My body was telling me that it needed essential fatty acids. Lecithin, an Omega 6 fatty acid, was the product I took in such great amounts. Our bodies actually tell us what we need. If you crave certain foods, it is a message from your body. You need to associate the craving to a nutrient or a lack of nutrients. Pay attention to this signal.

If a light on the dashboard of your car goes on, you take your car to see what is wrong with it. We get lots of signals from our bodies and we tend to ignore them. We ignore them until they are so bad that we need to call a doctor. If we would just pay attention to the signs we are getting when the signs are small, we could all keep our health for a longer period of time.

Why do we treat our cars better than we treat ourselves? If our car wears out, we purchase another one. We cannot purchase a new body. We have highly advanced medical technology in this country. The technology can prolong our lives but the quality of life on treatment is not of high quality.

We must pay attention to the warning signs while they are small and take care of them just as we do our cars.

CHAPTER 7

WHAT I DID

The product I was taking in therapeutic amounts was lecithin, made by the Shaklee Corporation. I will talk more about the Shaklee Corporation in the next chapter.

When the person told me about the food supplements, I asked which product would cleanse the small blood vessels and capillaries. She said lecithin would do the cleansing for which I was looking. Remember, I had formerly come to the conclusion that the complications of diabetes were because of circulation, especially of the small blood vessels.

I would pour the lecithin capsules into my hand, toss them into my mouth and drink them down four times per day. That was about 60 lecithin capsules per day. Lecithin is a fat emulsifier. It cleaned the fat out of my blood and cleared the blood vessels and the capillaries of my kidneys and my lower legs. The burning in my feet and the duck walk went away rapidly. The blurred vision also repaired rapidly. The short period of time for these maladies to go away amazed me. I knew I had found something that could revolutionize my life expectancy and that of others. The discovery that nutrients can quickly change body functions became my passion. The more I learned, the more convinced I became that nutrition should be used by everyone as a prevention and as a cure. Yes, we may need medical help many times, but once the doctor has the problem under control, you take the responsibility and rebuild your cells and your health. Life is for us to control. We cannot hand the responsibility over to someone else and become passive. Understanding your condition is the first element of responsibility you must take. From then on, rebuilding your body should be your primary focus. Remember, it was our Creator who gave us the ability to rebuild our cells and we are doing what was provided for us when we build ourselves physically and mentally.

Remember, the proof I had was that my period had changed from a brown smudge to four days of red blood. This was verification of my theory that small blood vessel circulation was the major problem with diabetes. When I went back to the medical clinic which first diagnosed me with kidney failure, the doctor said, "Oh, you must not have had what we thought you had." Hello, what about the blood and urine tests?

I started to gather all the information I could find on food supplements. In talking with numerous people about the Shaklee food supplements, I learned that there were numerous stories of improvement from numerous conditions. I could see that the people with whom I spoke were telling me true stories without hype. I was not sure what to believe but I knew I wanted to learn more.

I even went back to school and studied chemistry and biochemistry. I took courses on nutrition from The American Academy of Nutrition. What I learned amazed me. This information can help people and yet it is either suppressed by most of the medical community or it is unknown. I did, however, learn that doctors do not study nutrition. Medical professionals study drugs. They may or may not have a few hours of nutrition in medical school. So, not to blame doctors, they do come from a paradigm that focuses on drug therapy. My only wish is that they would not be skeptical when told about health improvement from food supplements.

I learned that anecdotal testimonies are not well received. Medical professionals want to see scientific proof, not an emotional testimony about becoming well. I will show you in the next chapter that the Shaklee Corporation has the scientific proof. Therefore, this information can be presented to your physician to show him/her that what you are doing is not emotional, mystical or totally anecdotal. Study the following chapter for the scientific proof behind all the Shaklee products.

I started taking a more balanced variety of food supplements, a multi vitamin and a soy protein. Research shows that soy protein helps to stabilize the blood sugar. Soy protein keeps the blood sugar from rising as high as it would without the soy. The American Diabetes Association recently reported that soy protein might stabilize the blood sugar. Shaklee has known that for over twenty years. This fact is another reason why you should be responsible for your care.

A blood sugar that rises and falls can create exhaustion for anyone. High blood sugar exhaustion is totally different from low blood sugar exhaustion. Once my blood sugar was better regulated, I did not require the same amount of sleep. I did not need an afternoon nap. Sometimes I would fall asleep on the couch – sitting up. It would be a 20-minute catnap but sleep I needed every day. What a relief to have that need go away. My children were always impatient with me because I needed catnaps.

After being on the food supplements for about six years, I attended a Frontrunners convention in Fort Myer, Florida. At the convention was a person who spoke about being a juvenile diabetic since she was thirteen years old and that she got herself totally off insulin as a result of the Shaklee food supplements. I spoke with her and she told me that the secret is taking the soy protein in small amounts frequently throughout the day. I could not wait to get home to start taking the protein in the same manner she described. I started to do this and two and a half weeks later, I went into insulin shock so badly at work that they had to call the rescue squad to revive me.

The next day, not wanting to repeat the insulin shock, I cut my morning insulin in half. I went to work expecting to experience thirst and frequent urination from having my blood sugar too high. I continued to take one

tablespoon of soy protein every hour on the hour. I did not feel thirst at all during that day because my blood sugar was not elevated. I continued to take one half of my insulin dose and never had an elevated blood sugar. I did not even consult with my doctor, what could he tell me, I was managing my diabetes just fine without him.

A year after this insulin reducing experience, I sold my condo and purchased a house just around the corner from my condo. I hired a moving company to take the furniture and the boxes but a lot of stuff remained in the condo. I prepared to move the remainder by myself in the trunk of my car. What a mistake – I was physically exhausted. Knowing that I needed to repair my sore muscles quickly, I took the sports protein drink. I heard that this sports drink prevented sore muscles for serious athletes and also for weekend athletes and also for occasional gardeners, I started to consume the sports protein in place of the regular soy protein. I needed to keep my muscles from becoming too tired so I could complete moving my stuff.

This sports protein (Physique) contains chromium which is necessary for blood sugar regulation. I noticed that my blood sugar was staying low. The tiredness from low blood sugar left me feeling that I could not continue to do the physical work. Recognizing this tiredness as being low blood sugar tiredness and not exhaustion, I reduced my insulin by five units. I had the same experience that I had with taking the soy protein frequently during the day. I had no rise of blood sugar so I continued with the lower dose of insulin.

By this time more information was available and I learned all I could about chromium. Chromium is a mineral that helps blood glucose enter the cells. I decided to interchange the sports protein (Physique) and the soy protein as I took them every hour. I continued on the lower dose of insulin with the addition of Physique to my daily/hourly regimen.

A very great benefit of the reduced insulin was the fact that I was experiencing less and less insulin shock. It was a great relief not to have insulin shock as often along with the terror of not being able to be fully capable of doing simple, everyday functions.

A story about insulin shock - I had my youngest daughter in the car with me and we had gone grocery shopping. I went into insulin shock as I was driving home. I should not have been driving. The groceries were in the back seat and my daughter was in the back seat with them. I hit a car coming directly at me. I could not even see the car because when in insulin shock your vision is abnormally impaired. When the impact occurred, a bag of marshmallows flew into the front seat. I opened them and started to eat them, bringing myself out of insulin shock. Fortunately, no one was injured in this accident.

I know of an accident where a young, pregnant mother was killed because the driver of the car that struck her car was in insulin shock. To me this tragedy did not have to happen. Please realize that by gaining better control of your blood sugar you are not only saving your life, but perhaps the life of another. By becoming aware of what I tell you, you may be able to communicate to others what a disaster low blood sugar can be. We should be able to convince others that in taking care of themselves they are actually taking care not to harm anyone in such a tragic way.

I moved to Texas two years ago. It was very stressful and for months I lived under this stressful condition. At the same time, I was not taking my supplements as conscientiously as I was accustomed. I got out of my car one day and was walking across a parking lot and my feet felt like duck feet again. The neuropathy was starting again. I increased my supplements, B-Complex, Vita C, Calcium/Magnesium and Lecithin and the duck feet feeling went away within a week.

If you notice the statistics at the beginning of this book, you will notice that 75 percent of diabetics suffer from heart disease. I have noticed heart palpitations since my late twenties. You could frequently notice me taking my pulse because when I felt the palpitations I would count the beats and the skips so I could tell my doctor. Actually, I never did tell my doctor because I had learned that Calcium/Magnesium is necessary to regulate the heartbeat. When I started taking Calcium/Magnesium, I had fewer incidences of the palpitations.

As I age, I notice the palpitations are coming again and I continue to take the Cal/Mag. Shaklee introduced their CoQ10, called CoQHeart. They suggest that you take one per day. I find that if I take two per day I do not experience the palpitation at all. Recently, I was out of CoQHeart for about seven days and the palpitations occurred on a very frequent basis. Now I know to never forget to order CoQHeart. What this tells me is that the diabetes is wearing my body down and that I need to take the supplements to protect my health and longevity. Actually, the complications are still coming on and the CoQHeart experience verifies that I am controlling them to the best of my ability.

I do not think that I am immortal because I take food supplements. Someone asked me if I believe myself to be immortal. What I do know is that the statistics are real and that I could have really severe problems. I also know that I need to protect myself more than an average person. Diabetes is a ravaging disease. I am now over 55 years of age and I am very happy that I have come this far as well as I have. Diabetes is the leading cause of blindness and I have my eyesight – yes, I wear reading glasses, but I have my eyesight.

Over 50,000 amputations occur each year because of diabetes. I am thankful to have my feet – they are warm with a good pulse. If I knew I were to die tomorrow of a complication of diabetes, I could not complain because I have lived already longer than expected for someone who has had diabetes as long as I have had.

I recently heard a pediatrician on the radio talking about juvenile diabetes. He said that life is shortened by between 17 and 27 years for a juvenile diabetic. If this is so and the average lifespan in the US is 76, I should be dead. I am thankful for each breath I take and for every day that I am alive. Personally, I think that I have many more years ahead of me and I hope that I can make a difference for as many people as I can. This book is my attempt to do so.

CHAPTER 8

WHY SHAKLEE IS THE ONLY ONE TO USE

Given the information in the previous chapters about the quality of processed food, we still need to know that if the nutrients actually existed in the foods we purchase we still cannot eat enough food to get the daily value of nutrients? Examine a can of peas and it tells you that there is four percent of the daily value in the whole can of peas. That means that you would need to eat twenty-five cans of peas to get the daily values. To get 400 IU of vitamin E you would have to eat 56 tablespoons of safflower oil or an equivalent of mayonnaise or 80 servings of almonds. The truth is, to get the levels of nutrients as indicated from the studies on Daily Values, it is not practical to do it with knife and fork. Therefore, we need to look to food supplements so that we can get the nutrients we need daily. We would need to consume 4,000 to 5,000 calories to meet the basic daily values from food alone. Getting optimum nutrition cannot be done with the knife, fork and spoon. We need supplements.

Most people are not aware of what to look for in food supplements. One of my customers told me that she was in the drug store looking for a vitamin, knowing that she needed something, but when presented with the multitude of bottles on the shelves, she did not know what to purchase. She was totally confused. In addition to not having a real knowledge base to work from on what nutrients to take, people also do not know what to look for in terms of quality. Too many manufacturers and MLM companies tell us to take their product because it is the best. When they talk about quality, ask them directly for the proof. There is one simple question to ask of any manufacturer – send me a bibliography of your published peer-review research. That is all you need to ask. When I ask this question, I usually get nothing back. One manufacturer told me that their research was in final review. Well, their products have been on the market for years, all without research. I actually think that his answer about being in final review was a deterrent to my question.

Caveat emptor. A few years ago the FDA evaluated ginseng products marketed by drug stores, health food stores and network marketing organizations. When the FDA analyzed the products they found that 60 percent of them were worthless, they had no active ingredients. Same thing with garlic supplements - everyone tries to make odorless garlic. The problem with garlic is the active ingredient, allicin, has the odor. Most of the garlic supplements on the market analyzed by the FDA did not have the active ingredient. So, ask whether the supplements you are purchasing really have something to them.

Until recently, there has been little regulation of food supplement manufacturing in the US. October 1, 2003 begins more strict regulation on the manufacture and labeling of food supplements.

Presently, food labels are not required to show trans fatty acids, which are hydrogenised artery cloggers found in many fried and baked foods. Food manufacturers argue that a warning would confuse consumers. The point remains that this harmful fat is hidden from consumers. They not mentioned on the label because of lack of regulation.

Government regulations take a long time to become reality. Many of us do not have the time to wait for the FDA, the FTC or the USDA to establish new guidelines. We need to do something now. For this reason, information from the research conducted by the Shaklee Corporation is valuable to those who are already suffering from health consequences and those who are showing the first signs of potential health hazards.

Another factor for you to consider is whether there are any harmful products in the food supplements. Shaklee took its ginseng product off the market for several years because there was a fungicide detected in the raw materials. Rather than submit us to ingesting a fungicide, Shaklee did not produce any ginseng, losing millions of dollars on a popular product. Other manufacturers did continue to produce their ginseng products, giving those who purchased their products the fungicide. I prefer to use products from a company that adheres to strict ethical standards rather than the bottom line.

The same happened with the Menopause Balancing Complex. Much to many husbands' dismay, the product was not sold for several months until Shaklee could find raw materials to meet their standards.

You always want scientific proof of the efficacy and safety of any food supplements you take. Proof is given by carefully choosing raw materials that meet very strict standards. Dr. Shaklee decided years ago that his products and raw materials would be researched extensively to determine efficacy and safety. As shown by the ginseng and Menopause Balancing Complex examples, Dr. Shaklee's philosophy still being upheld in the present day manufacture of Shaklee supplements.

Years ago, the hype was on chromium picolinate. A study done by the National Cancer Institute and conducted at George Washington University, Department of Pharmacology, and Dartmouth College, Department of Chemistry (March 1995) found that this most widely used form of chromium (chromium picolinate) is conclusively linked to chromosome damage. Many manufacturers were touting this form of chromium as a weight management or bodybuilding nutrient. The study done by the National Cancer Institute and Dartmouth College was done after two years of query on the toxicity of chromium picolinate. To quote the study, "The results were indeed staggering in their implication. Chromium picolinate was found to cause significant chromosome damage at a non-toxic dose" Shaklee never used chromium picolinate; Shaklee uses chromium nicotinate (chromium bound to niacin) which they found to be safe and

effective. Where was the research of these other companies? Why did they continue to produce the product when its toxicity was in question? Don't you want a company that insures your safety?

Another product, colloidal minerals has been marketed and has had a tremendous popularity. Manufacturers say colloidal minerals have a superior absorption when research actually indicates that colloidal dispersion may hinder the adsorption of some minerals such as zinc.

The average person cannot differentiate between what is good and what is not good. That is why a company with high integrity is necessary to do research to let us know about the research behind their products. That is the Shaklee Corporation. Shaklee does not put anything on the market solely because it holds a current popularity. Shaklee and its integrity support your safety. It is my opinion that words such as picolinate or colloidal, sound so impressive that people are impressed by sound of the words rolling off their tongue. Why use hype and big words to market products? Let the nutrients do their work inside your body and let your body gain optimum health as proof. Be sure of what you are taking.

Recently, a statewide ban on ephedra issued by Illinois Governor Rod Blagojevich urged other states to adopt similar bans. The Illinois governor did this because of the death of a teenager from a heart attack after using ephedra. Ephedra drew national press attention after the death of Baltimore Orioles pitcher when the investigation linked his death to a diet pill containing ephedra. Shaklee has never put ephedra in any products. Dr. Shaklee and the research scientists of Shaklee Corporation knew the hazards related to this stimulant. It was an effective weight loss product, but the Shaklee Corporation saw the danger in using a stimulant to change the metabolism and encourage weight loss. Wouldn't you rather work with a company that has your safety in its primary perspective?

The ultimate in proof is published peer-review research. Research that is published in peer-review journals goes through rigorous evaluation before it is approved for publication. You cannot purchase space in a peer-review journal to publish advertising literature. All research has to be well planned and documented. Once research has been submitted to a peer-review journal, there is an evaluation process through which the submitted research has to go. First, the in-house editorial staff evaluates it. Over fifty percent of research is rejected at this level. If approved by in-house editorial staff, it is sent to two or more outside experts who go over it with a fine-tooth comb. This process eliminates all but about eighteen percent of the original total submitted to the journal. Once again, publication in a peer-review journal cannot be purchased. The research must meet the rigorous scrutiny of other scientific minds. Shaklee has over 90 publications in these peer-review journals. The integrity of scientific study rests on the willingness of the research scientists to submit their research to the scrutiny of others in their field. This number of publications by the

Shaklee Corporation exceeds the publications of the next five food supplement manufacturers combined. You can be sure that the science behind each Shaklee product is the finest you can find.

Some manufacturers claim to have published research. Their research is not in peer-review journals, it is in advertising journals where they can purchase space for publication. Question the fact that the scientists doing this research did not submit it to others for scientific scrutiny. How can research that bypasses peer-review be considered as valid scientific research? Too many times, this research that bypasses peer-review goes directly to media and gets greatly publicized. Don't believe this type of hype. Listen only to the research that is published in one of the major peer-review journals.

You can check on whether a particular journal is peer-review by going to the web site, pubmed.com. There you can find the peer-review journals and also the names of persons who are published. This is a good check for when someone tells you that their product has quality and research.

Most of other food supplement manufacturers buy their materials from the six to eight manufacturers of vitamin products. These manufacturers produce synthetic vitamins or vitamins that are processed under heat, killing the live enzymes. They are a handful of giant multinational manufacturers. This fact became clear during the recent scandal about price-fixing among three major manufacturers--Roche, BASF, and Rhone-Poulenc. These three companies produce as much as 90% of the world's vitamins. Whether your vitamin C pills are "brand A" or "brand B," for instance, they all contain exactly the same raw material." Another point of interest is the U.S. Department of Justice levied the largest fine in history on some of these companies - \$750 million dollars. Another fine levied on multinational, Archer, Daniels, Midland a few years ago for fixing prices on citric acid & lysine (an amino acid), a mere \$100 million, pales in comparison. The above referenced companies did not appeal, and agreed to pay the fine. In addition, several top executives are going to jail. We are all affected because the vitamins are commonly used in bread, cereal and animal feed. They are the ones used to "enrich" our foods. This has gone on for at least ten years and may be as many as twenty years! I know for certain that I do not need to be "enriched" by chemicals and synthetics. I will never purchase a food that is labeled "enriched".

Shaklee Corporation procures all its raw materials from it's own source or from highly scrutinized, organic sources. Each source is exhaustively tested for content and purity.

So how is the average person to know all this? This information shows you how important it is to choose a company that manufactures according

to pharmaceutical standards (doing quality control measures all along the manufacturing process), chooses only highest quality sources and has peer-reviewed scientific study.

The FDA realizes this lack of standards is a serious problem and has suggested a few regulations that in the future may force food supplement manufacturers to adhere to pharmaceutical standards. The FDA consulted with Shaklee to help them design those standards because they find Shaklee is a leading example in the food supplement industry as a company that is already doing what they want the other companies to do.

FDA visited the Shaklee plant in Norman, Oklahoma and said that nothing prepared them for the quality of process of the plant. So consumers should educate themselves and choose products from the company that makes quality and integrity in everything they do. Then you are sure that everything on the label is actually in the bottle and what is in the bottle conforms to scientific standards. Most people are not research scientists and do not have the training of what to look for. A good web site for you to check is mlmwatch.com.

Are professionals taking food supplements? There was a survey that showed that 60% of cardiologists are taking vitamin E supplements. They read the literature; they know the results of these studies. A recent report came out from Reuters claimed studies showed no effect of synthetic vitamin E while a natural vitamin E containing alpha and gamma tocopherols gave the best results. The Shaklee Vita E product has both alpha and gamma tocopherols because a natural product contains all of the things nature gives us, both known and unknown.

As our scientific research advances and more is learned about nutrients, more and more micronutrients are found. When the research is published and Shaklee checks its products for these newly found micronutrients, it finds that they are present in the products. This fact verifies that Shaklee's high standards in manufacturing provide you with the unknown things that nature provides for us to keep our health. The scientific community may not have identified and labeled these micronutrients, but once they are discovered and named, Shaklee scientists can analyze the Shaklee products and find that these micronutrients are already present. See what good science and research can provide even before discoveries are made?

CHAPTER 9

SYNDROM X

Syndrome X is a condition where the body is producing excess insulin in response to elevated simple sugars in the diet. The body is resistant to the insulin being produced. Also, when a person is obese, the tissues become insulin resistant. At this point, the blood glucose remains normal but the insulin in the blood is elevated because the pancreas senses that the cells are resistant to the insulin. Therefore the blood stream has a high level of insulin. This condition is called hyperinsulinemia or Syndrome X.

Hypoglycemia is related to these conditions. A person with hypoglycemia frequently experiences low blood sugar and the same maladies attendant with insulin induced low blood sugar. Some people are reactive hypoglycemic and can experience low blood sugar resembling insulin shock. I saw a person with reactive hypoglycemia and was amazed at how closely her low blood sugar resembled insulin shock. A person with reactive hypoglycemia should not be given a quick sugar snack to bring their blood sugar level up. A reactive hypoglycemic can go into a low blood sugar reaction immediately after being brought around with a sugary snack. These persons need to have a protein snack to bring their blood sugar back to normal slowly.

A person with Syndrome X may or may not become diabetic, however the percentage is high that diabetes will occur. The risk factor for heart disease and stroke is increased six times. For that reason, a person with hyperinsulinemia or hypoglycemia should follow the same directions for a diabetic because the complications will set in. As with a diabetic, the risk of nerve damage, blindness and poor circulation is increased. Remember, poor circulation can lead to leg and foot ulcers and amputations.

It is found that persons with Syndrome X have high LDL cholesterol (the bad one), low HDL cholesterol (the good one), high triglycerides and elevated blood pressure. If your blood lipids resemble this description, get medical help and also get with someone who can advise you as to a change in diet. Do it now, before the problem gets worse. If you do nothing to stop the disease, it will continue to worsen. You have the higher risk of all the complications of diabetes setting in. It is the nature of the disease.

Most people who have Syndrome X are completely unaware of it. Hyperinsulinemia can be measured by a blood test. Persons with Syndrome X need to be regulating their diet. They experience swings in blood sugar, irritability and lower energy levels. Persons with Syndrome X have trouble losing weight on a healthy diet. These are the people who easily lose weight on the Adkins diet.

The reason for the necessity of regulation of the Syndrome X or hypoglycemia is to prevent the pancreas getting too tired to produce insulin. The pancreas will shut down and cause diabetes. More important than the blood test is that if you are overweight and have a hard time losing weight, your LDL is elevated and your triglycerides are elevated you need to seek help.

There is a product, produced by the Shaklee Corporation that helps to control blood glucose. Many of the diabetics and hypoglycemics and hyperinsulinemic persons with whom I have worked have all done well using this product. I will discuss it in a later chapter.

There is a good book on Syndrome X entitled Syndrome X The Silent Killer The New Heart Disease Risk. The authors are Gerald Reaven, MD, Terry Kristen Strom, MBA and Barry Fox, PhD. It can be purchased from Amazon.com.

If you are experiencing the symptoms noted above and have elevated blood lipids and are overweight, please get help. It is vital that you start on a good nutrition program. Syndrome X is a monster that must be killed while it is small. Otherwise, once the monster becomes large the problems are also large.

CHAPTER 10

FOODS THE DIABETIC SHOULD EAT

When high amounts of fiber are eaten, glucose enters the blood stream much more slowly. Therefore, the diabetic should eat foods having large amounts of fiber. These foods are whole grains, fresh vegetables and fresh fruits.

Just as a confession – I really wanted a Snickers bar. I went to 7-11 and bought one. I took six fiber tablets 15 minutes before I consumed the Snickers bar. I took my blood sugar every ½ hour. My blood sugar never rose above 145 for five hours. Now, don't take this information as permission to consume simple sugars. I am telling you this because it exemplifies the benefit of having lots of fiber in the diet.

It takes 8 feet of sugar cane to make one tablespoon of sugar. This information demonstrates how much fiber is removed from the sugar cane to produce refined sugar. God created sugarcane with lots of fiber – man has altered the natural food and look at the problems being caused.

I consume lots of food high in fiber. I purchase whole grains at the health food store and use them every day. The grains I use are barley, bulger wheat, amaranth and quinoa. I mix these whole grains with brown rice, giving me a complete plant protein. The whole grains are easy to prepare. I use chicken broth and slow simmer them for several hours.

My lunch and dinner consist of the high fiber foods when I am eating at home. If I am at a restaurant, I take three or four fiber tablets before my meal. I do this for two reasons, one to slow the rise of my blood sugar because there are refined sugars in restaurant food and second because restaurant foods have a lot of oil added to them. For example, oil is added to the water when pasta and rice and vegetables are steamed or boiled so that they won't stick together. The fiber I take helps to absorb the oil in the meal.

Beans and legumes combined with whole grains create a complete protein. For this reason vegetarians combine beans and rice to make their protein foods. Did you ever notice that a majority of vegetarians are slender people? I cook legumes with brown rice in chicken broth. Sometime I add a little chicken or pork loin, but not often. I cook a large batch and store it in the refrigerator. Then when I am hungry, I scoop some into a bowl, add some organic vegetables and zap it. The microwave has lots of effects on foods, but I am not going to address microwave affects in this book. I find that it is fast and convenient.

The whole grains can be cooked by softening in water and then boiling until tender. One of my friends cooks them until the water is gone. She

stores it in the refrigerator and creates a breakfast food by mashing it and forming into patties and sautéing it in butter and putting a little honey over the patties when they are cooked. You can be very creative when cooking with grains. It is a whole new world.

Vegetables are high in fiber. I especially love squash and eat it frequently. I purchase all my vegetables at a grocery store that has organic foods.

Vegetables high in sugar should be eaten in sparingly by the diabetic. These vegetables are carrots, beets and peas. White potatoes have a high glycemic index and I avoid them. The glycemic index can be downloaded from the web.

The diet for a diabetic is not that strict if your focus is on eating nutritious foods. The aberrant diet is the Standard American Diet (SAD) which is processed and refined foods with a lot of chemicals and preservatives added. The sad thing is that our foods have been altered so severely, they contain little to no fiber, too much sugar and too much fat. Our altered foods are destroying the health of Americans and we need to change the way we are eating. The diabetic diet is the way all Americans and all persons in the civilized world should be eating.

I took a cooking class and learned how to make a squash dish that can be substituted for French fries. Wash the outside of an acorn squash, cut it and remove the seeds. Cut the squash into strips. Preheat the oven to 400 degrees. Put the acorn squash strips on a cookie sheet and sprinkle some olive oil over it, salt it with sea salt. Put it into the oven for three to four minutes, turn it over and place it back into oven for another three to four minutes. Serve as the vegetable or use as a finger food. You have a delicious and nutritious food, low in calories and high in nutrients. The squash is, of course, organic.

Many of us do attempt to watch what we eat and what we feed our families. Many diligent persons read labels. There are still problems with labeling that we are not told. For example if a company has filed a "standard ingredient" with the USDA, they do not have to list the actual ingredients on the label because those ingredients are filed with a government agency. Also, it is not required to put trans fats on a label. Trans fats are dangerous fats but are not required to be on the label. Even though we are trying, we cannot succeed to totally get whole, nutritious foods.

CHAPTER 11

TAKE YOUR HEAD OUT OF THE SAND

I have found that the medical profession seems to be rather cavalier about complications of diabetes. I attended a diabetic education course at a local hospital and they said that diabetics had trouble with their feet. That is all they said, then they had all of us stand on a step made of clear plastic. The step had a mirror under it so they could see the bottom of our feet. We all stood on the step and they observed, making notes in our folders. There was no advice given as to how to care for our feet except to keep them clean. I like clean feet, however, I want my feet clean from the inside, too. I want my blood vessels carrying blood to my feet to provide nutrients to my tissues. Feet that do not get circulation will have problems.

I find that the many diabetic patients with whom I speak are not given much information or warning on all the complications that can happen to them. Diabetics must know that for every year they have diabetes, the greater their risk of the complications. I do not mean to be nasty in reporting my observation of a cavalier attitude from the medical profession. Perhaps medical professionals think that there is no sense of bringing up problems before they happen. My opinion is complete contrary to this observation. All diabetics need to start today to prevent any complications that can occur.

Ella Fitzgerald, famed soul singer, lost both of her legs to amputation as a complication of diabetes. She had to have had signs long before her amputations were necessary. Her signs were probably poor circulation, cold feet, loss of feelings, sores and leg ulcers that did not heal. Why didn't someone improve the circulation in her legs and feet before the loss of blood flow caused gangrene to set in? This is what I am talking about – prevention. Our bodies tell us when things are not right. There may be signs that you don't notice because they are so small. The best time to pay attention to what your body is telling you is when the signs are small. Dr. Bruce Miller says that it is better to kill a monster when it is small [sic].

This book is about preventing drastic steps such as amputation, blindness and kidney failure and heart disease. This book is about having less colds and infections. Optimal health is what we are seeking.

Doctors have medications they can give you once a complication sets in. However, it is my opinion, the medical profession takes careful notes when they medicate you and while you die. The notes are to cover themselves. After all, they do have malpractice to worry about. If we take responsibility, we can take care of our health. Let us be sure that complications are stopped and/or their onset prolonged. Forewarned is forearmed. We cannot remain like the ostrich and bury our heads in the sand. We need to take control. We need to be in charge of our health.

It is my hope that you will see that you need to take the proactive measures now, before any complications set in and become a major threat to your life. Even if you are already experiencing complications, you can reverse them and regain use of your optimal body function. I am sorry to say that one complication, blindness, probably cannot be brought back. That is why it is important for you to take preventive measures. Sometimes the first sign of heart disease is sudden death. Death is for a long time and you cannot come back from it. Your family and friends will miss you. The decision is yours – what are you going to do?

Doctors study sickness and how to treat it with drugs. There are many times when drugs are necessary and many times when emergency medical attention is needed. I would not attempt to treat myself for a compound fracture or a ruptured appendix. I would not have tried to have a Caesarian Section without a doctor. I needed the doctor.

I have a major question– If the drugs prescribed for us worked, wouldn't we all be well? And this is what I am trying to make you understand – drugs are not the only answer. We have control and our control can prevent major complications. We need to be attuned to what our bodies are telling us and to take immediate action. We can always fight off complications, regardless of how large they have become. If complications progress to a severe stage, it will take more supplements and a longer time, but they can be improved or even reversed.

Doctors get only a few hours of nutrition in medical school. So, doctors really don't know about healing the body through nutrition. I applaud those physicians who do take an interest in food supplements and the healing that can occur with God's nutrients. I have contact with a few medical professionals who utilize food supplements and Shaklee Corporation's supplements. They get great recoveries with their patients. I can provide you with these medical professionals if you tell me that you want to talk with them. You can e-mail me at ElisabthTaylor@msn.com. They do have fees if you decide to have a consultation.

The American Dietetic Association has reversed its position on food supplements. For years the American Dietetic Association has been totally against food supplements. In 1996 they have issued a position paper reversing their long-held beliefs about supplements. "Vitamin and mineral supplementation is appropriate when well-accepted, peer-reviewed, scientific evidence shows safety and effectiveness," so says Janet Hunt who presented the ADA's report.

In another reversal, the ADA statement acknowledges that vitamins and minerals may play roles in disease prevention and that these roles should be considered when determining recommended' levels of nutrient intake. "In establishing a recommended intake for a nutrient, the criteria should be scientific evidence of the nutrient's effectiveness and safety-supporting

optimal biological performance, reducing disease risk preventing deficiencies, reducing chronic disease risk.

Both of these announcements refer to peer-reviewed scientific research. That is what the medical community respects. That research is what the Shaklee Corporation provides for you.

CHAPTER 12

SPECIFIC FOOD SUPPLEMENTS AND HOW THEY HELP DIABETES

Below is a list of supplements I take. I have listed the reason that I take each supplement. These reasons are based on my experience and the knowledge I have gained about diabetes. Remember, with diabetes, your blood sugar varies. After eating your blood sugar is higher than it would be if your body were functioning normally. It is this elevated blood glucose that produces the complications of diabetes. If you are in good control, you should not see as many problems. Most diabetics I with whom I have spoken are nowhere close to control and are endangering themselves with the complications. Yes, I take a lot of supplements, far more than the Recommended Daily Allowance. I take the amount of supplements because I have learned that those amounts are what keep my body at maximum health. Maximum health is what I want.

Please refer to the Shaklee Catalog and the published research papers for a full scientific explanation of what each supplement does

Alfalfa at least 10 per day. Alfalfa has many qualities. The reason I take Alfalfa is because it contains a lot of chlorophyll which is good for healing. It cleanses the kidneys and the blood. It keeps breath and perspiration sweet. Alfalfa has many trace minerals and the diabetic loses trace minerals in the urine. A ten tablet serving of alfalfa has 300 mg of calcium. If bone density is a problem, alfalfa contributes additional calcium. Alfalfa contains digestive enzymes. It is important to get a lot of calcium if you have impaired glucose because digestion of sugar removes calcium from the system. Alfalfa is very alkaline. Sugar creates an acid environment in the body and acidity in the body is incompatible with life. Therefore I am sure to take alfalfa every day.

B Complex I take my B's at least two times per day. I take 6 to 9 each time I take them. B Complex helps me to stay calm. B Complex is essential for metabolism of sugar and the Creb cycle. B Complex keeps the irritability away when the blood sugar drops. B-Complex is called the happy vitamin and really helps with stress. B-Complex helps to regulate the blood sugar. The Shaklee B-Complex is very well balanced and the balance is very important to utilization of B-Complex. Many B Complex on the market are not balanced and the body will not recognize the B Complex if it is out of balance. Your urine should be yellow when B Complex is metabolized. If your urine is clear, you need to take more B's.

Diane Petoskey tells us on one of her tapes that the amount of the different B vitamins in Shaklee's B-Complex correlates with the number of sites in the intestine that specifically absorbs the individual B vitamins. If the B complex you are taking is not as balanced as the Shaklee B-Complex, your body will not recognize the brand that is out of balance.

Fiber Fiber slows the sugar in food from getting into your blood stream too quickly. I take the Fiber Plan Unflavored (two teaspoons) before bed each night. I keep the Fiber Tablets with me in my purse so that when I go to a restaurant to eat, I can take four fiber tabs to absorb the extra fats and oils put into restaurant food. .

Vita C Vitamin C, along with protein keeps the capillaries, blood vessels and arteries flexible. I take a minimum of six per day. Usually I take a second round of six before bed. Vitamin C is essential for healthy eyes and it keeps the blood vessels and capillaries flexible. When arteries and capillaries lose their flexibility, the flow of blood becomes impaired or the capillary can break. Broken capillaries cause bruising or if the capillary is in the eye, diabetic retinopathy begins. A diminished blood supply is what creates the diabetic complications in the eyes, the kidneys and the extremities. Vitamin C is lost during stress. If you experience stress you will need more Vitamin C. Remember a disease is a stress on your body. Research has shown that Vitamin C can reduce the incidence of cataracts. A sign of Vitamin C deficiency is bleeding gums.

Bioflavonoids in Vita C help to prevent the small blood vessels from breaking.

Immune Building Complex 2 per day. High levels of glucose in the blood becomes a yummy food for bacteria and other nasty little things, I want my immune system and the macrophages to be active and alert. The macrophages eat dead cells. Because a diabetic can have tissue damage, the debris has to be cleared so that infections don't set in. Dead human tissue is an excellent food for nasty bugs and things in our blood that make us sick.

Essential Omega 3 I take Omega 3 three times each day, it is usually six to nine of them. Diabetics tend to have dry skin. The essential fatty acids help alleviate dry skin. Also, essential fatty acids clear the blood stream of fats and cholesterol. This cleaning is essential so that blood can continue to flow unimpaired.

Diabetic Retinopathy can be helped by Omega 3. Omega 3 is found in large amounts in the retina.

GLA I take one for every three Omega 3 so I take these at the same time I take the Omega 3. I found much better blood sugar control after GLA was introduced and I started to take it. GLA also helps to regulate hormones. I find that I have no swing of moods with my menstrual cycle.

Lecithin I take Lecithin when I take my EPA and GLA (three times per day). I take between eight and twelve at a time.

All of the fatty acids keep your blood stream and your circulation clear. These amounts are what I have found is best for me. I believe that all diabetics need lots of fatty acids. Diabetics usually have dry skin and the essential fatty acids really help with skin dryness.

Protein I take at least one heaping tablespoon a minimum of six times per day and it is usually ten times per day. The protein is what keeps your blood sugar in balance. A high blood glucose creates a condition where the glucose attaches to proteins (amino acids). If the individual amino acids are attached to the glucose, they cannot perform their individual functions. The level of proteins attached to glucose can be measured by the glyco hemoglobin blood test. If the individual amino acids are not available the body cannot form enzymes and hormones and cannot help in the formation of new cells. I believe that giving myself protein so often during the day gives me a continual fresh supply for my blood stream so that the individual amino acids can act before they become attached to the glucose. I take all the flavors of protein. I mix them with water. I want to avoid fruit juices because of the heavy amounts of sugar in the fruit juices. The Fitness and Physique are taken about half the time to insure getting chromium.

The molecular structure of plant protein is different from the molecule of animal protein. A plant protein is linear and is easier to break down. Animal protein molecules are spherical in shape and are harder to break down. I have a published study on how kidneys break down proteins. The study is how efficient the kidneys are on breaking down three types of protein, soy protein, predigested liquid protein and animal protein. The study shows that the animal protein is less effectively filtered by the kidney filtration system and the soy protein most effectively filtered protein.

I had a diabetic customer in the hospital and she had her soy protein setting on her table. A nurse came into her room and said that she should not use the soy protein because it was too hard for the kidneys. When my customer called me and told me this, I went

running to the hospital with a copy of the published study. As a result of this experience when a medical person makes a remark to me about one of the Shaklee products being ineffective, I say, "Is that your opinion or is it in a published study?"

When a diabetic starts on the Shaklee supplements, the choice of which protein is essential. Diabetics who have been insulin resistant may find the Energizing Soy Protein has too many carbohydrates. The fructose in the Shaklee Energizing Soy does not put a demand on the pancreas for more insulin, however, I have found that some diabetics are super sensitive to these carbs. Start them on Instant Protein which has only one gram of carbohydrate. They can move to the Energizing Soy once they have stabilized.

I usually start a child, depending on the weight of the child, on one teaspoon of soy protein as many times a day as they will take it. The adult diabetic start on one tablespoon a minimum of six times per day. I always suggest, based on my experience, that they soy taken ten times per day at a minimum is best at keeping the blood sugar in control.

Physique I take Physique as part of my total protein each day. Physique has chromium which is necessary for the transport of glucose into the cells.

Glucose Regulation Complex- I take two each morning. It controls my desire for carbohydrates. This product is revolutionary. It is a combination of herbs that help to regulate the blood glucose. In addition to controlling the blood sugar, it reduces cravings for starches and sweets. It is a product that any American with any problem with blood sugar, whether high or low should be taking to gain blood sugar control.

Glucose Regulation Complex is suggested by Shaklee to be for Type II diabetics. For that reason, when it first came out, I did not take it every day. Then I read of all the herbs that help to control the blood sugar and I started to take it every day. I have found that my two-hour post prandial blood sugar is consistently around 145 whereas it was formerly 185 to 190.

Stress Relief Complex – This product is wonderful. I take one each day with my lunch. I need to take it with meals because it makes me sick if I take it on an empty stomach or with just protein. – it really keeps me calm and able to function with mental alertness throughout the day. Prior to this product, when I would get tired, my mental alertness would dwindle. When I was stressed, I would be really

irritable. Since SRC I am not as irritable. If I have a hard time going to sleep, I take another one and go right to sleep.

Phytofem – when I feel that I need a little hormone boost. I do not take this one every day. When Phytofem was first introduced I took it every day. It kept me from feeling emotionally sensitive. I have never had a hot flash and had no problems with menopause. The Phytofem and protein have helped me to experience no problems as my periods begin to stop.

Carotomax – I take ten to twenty per day depending on how my vision is and whether I have a wound that needs to heal. It is essential for the eyes and also help with skin healing. Before I took twenty, I had lots of problems with healing. I could scratch and have an open wound on my skin. Once I started 20 Carotomax, I do not have the problem of an open wound each time I scratch. Once a fire ant bite made me scratch the site of the bite and I had a runny open wound for over seven months. That wound healed within five days after I began to take this amount of Carotomax.

As the eyes transfer images from the lens to the optic nerve, a continual supply of protein, Vitamin C and Carotenes are used. For this reason it is important to supply the body with a continual fresh supply of these nutrients.

Optiflora – Diabetics usually have raging Candida. Candida feeds on sugar. I take a minimum of two per day. If I feel a vaginal yeast infection coming on, I take three per day. I will not let a day go by without Optiflora. I have not had a severe vaginal yeast infection since this product was introduced. Both men and women need to take optiflora. Men may suffer from what is called “gentlemen’s itch” which is a rectal itch or rectal fissure. This is actually candida yeast and can be cleared with use of Optiflora. If the power gives you gas, cut down on the powder or do not take it. No one needs a “social embarrassment”.

Cal Mag Plus – Diabetics are low on Magnesium. This mineral is essential for healthy heart. The Cal Mag gives me a regular heartbeat. I have numerous heart flutters each day if I do not take my Cal Mag. Low magnesium is a cause of heart problems and could be the reason diabetics have such a high incidence of heart disease. Magnesium is lost in the urine along with other trace minerals and calcium is drawn from the body in digesting sugar. Because diabetics are low on magnesium and have a high incidence of heart problems, there may be a correlation between the two. Therefore, I make sure that I have lots of magnesium for my system.

CoQHeart – I take two per day because I have found that two controls the irregular heart beat for me.

You see, I am showing signs of complications however I am controlling the complications. I have experienced heart flutters since I was in my early twenties. Formerly, I controlled the heart flutters with Calcium/Magnesium. Now the CoQHeart in combination with the Calcium/Magnesium keeps them from occurring. If I leave off one of the nutrients for a day or so, I feel the heart flutters. I know that I am keeping the heart complications from being more severe and jeopardizing my life.

Zinc – Diabetics are very low in zinc. Zinc is lost in the urine and diabetics urinate frequently so that the body can clear the sugar. I take twelve to sixteen tablets per day. Sometimes I get so overwhelmed with my supplements that I leave the zinc off or take a minimum of four. I notice on these days that I have more vision problems. Zinc is one of the minerals used in digesting sugars.

Several organs store and utilize zinc. The prostate, the pancreas and the lungs store zinc. When I was a child I must have been very deficient in zinc because I would inhale very deep breaths frequently during the day. When I was doing this deep inhaling, my friends would laugh at me because I looked so funny when I was doing it. I would stretch my neck and chin high after filling my lungs and then pull in even more air while moving my mouth like a fish. I believe that what I was doing was trying to get the zinc stored in my lungs into my blood stream. Sometimes today, I feel the urge to inhale deeply and it is a sign to me that I need more zinc. When I am taking adequate zinc, I do not have that urge.

Vita Lea I have found that eight Vita lea per day makes me feel really well. I take four in the morning with my protein and four before bed with one tablespoon of protein. The balanced trace minerals are very necessary for a diabetic. I know that I feel much better when I take eight. If I leave them off, I do not feel as well. I take the Vita Lea without iron. I started with two Vita Lea per day and that is where I suggest you begin.

Vita Lea has a very good balance of trace minerals. Because the diabetic body produces more urine so that excess glucose can be excreted from the body, the diabetic loses minerals with the urine. I believe that the reason that I feel so much better with this number of Vita Lea is because of the balance of trace minerals.

Vita E Plus I take a minimum of eight per day. Vita E keeps the blood vessels open. Vita E works best when taken with the essential fatty acids because it is a fat-soluble vitamin. I have had a problem with cystic breast tissue and the Vita E really keeps my breast tissue soft with no pain.

Vita E is a vasodilator and so is important to diabetics to keep the small blood vessels open. Numerous studies show that Vita E is essential for heart health. Studies have shown that Vita E may help prevent nerve damage. Neuropathy is a complication of diabetes. Other studies show that Vita E helps the eyes.

Mental Acuity Plus Three per day always before bed. I find that taking them before sleep seems to make me more alert in the morning. If I take them in the morning, I do not feel the effect in my mental alertness.

Mental Acuity Plus contains bilberry that is helpful for the eyes. The Ginko Biloba opens the blood vessels to help with blood flow in the brain which is why it increases mental alertness. In addition it also increases blood flow in the extremities.

Garlic Minimum of four per day. Good for infections. I have found that mosquito bites get infected when scratching opens the skin. I have found that it helps with fire ant bites.

Garlic is helpful for blood pressure and cholesterol control. Garlic kills unfriendly bacteria and fungus such as Candida albicans in the intestinal track.

Carbo Crunch – This is great to carry with me. It is conveniently wrapped. It stays in the car without melting. These bars can bring my blood sugar up when I start to feel shaky with a low blood sugar.

Glucose Regulation Complex – This product is revolutionary. It is a combination of herbs that help to regulate the blood glucose. In addition to controlling the blood sugar, it reduces cravings for starches and sweets. It is a product that any American with any problem with blood sugar, whether high or low should be taking to gain blood sugar control.

Glucose Regulation Complex is suggested by Shaklee to be for Type II diabetics. For that reason, I did not take it every day. Then I read of all the herbs that helped to control the blood sugar and started to take it every day. I have found that my two-hour post prandial blood sugar is consistently around 145 whereas it was formerly 185 to 190.

Yes, I take a lot of supplements. Yes, sometimes I just get sick of taking vitamins. When I leave any supplements off for any length of time, I begin to see manifestations of not taking them. I moved to Texas two years ago. It was very stressful for me. Stress robs your body of B and C and zinc. After a few months of stress and not taking my supplements on a regular basis, I noticed that the neuropathy in my legs was coming back. I felt like I was walking with “duck feet” again. This “duck feet” feeling was one of the first symptoms of neuropathy. When I increased my B and C vitamin, the “duck feet” feeling went away in a few days.

I did not start on all these supplements and I do not expect you to start on all of them. I started on lecithin and then added soy protein and vita lea. From there I went on to the nutrients I take now. I have noticed a benefit with everything that I have added. You will need to start slowly. When your body starts on a good nutrition program it will begin to release toxins stored in the cells. You may experience a headache, nausea or a rash – but keep with it. Your body is releasing toxins and this is good.

CHAPTER 13

DISCIPLINE

Did you ever not want to do something? Something that you knew was good for you and you should do it? Me, too. Now, I don't want to call my mental process apathy or laziness. I believe that rather than applying those stigmatized terms to it, we should call it an attitude. (I saw a coffee mug that said, "I LOVE my d___ Attitude") Attitudes are things that we can change. Motivation and belief are internal. They are the basis of all our attitudes. Just as we can change our bodies by replacing cells with healthier cells, we can change our attitudes with healthier attitudes. Therefore when our motivation and desires change we can do activities on which we had previously procrastinated. Remember what I said about making your focus when choosing foods directed toward replacing healthy cells? It is the same with the attitude about taking your supplements. Where is your focus? You can change the focus of your thoughts in a second.

Some days, I make my stack of food supplements and mix my first protein drink of the day and then I stand back and think, "Yuck." Other days I look at my stack and realize how thankful I am to have the ability to improve my health. On the days that I think "yuck" I do not take as many supplements and I may even find myself at 7-11 buying something full of sugar and/or fat. Sometimes I go for days and let my supplements stay in the bottle. I have told you in previous chapters that I do notice a difference. This chapter, however, is about self-discipline and what to do when feeling that I just cannot swallow another food supplement. I am getting better about changing the focus of my thoughts very quickly. The practice took time to develop. The important thing is to start to change your focus. Once you start, you will find yourself doing it more and more often.

It is negative thoughts that form a negative attitude. The habit of forming negative thoughts has probably been with us for a long time. We need to stamp out those less positive attitudes and get into the attitudes that motivate us and drive us to do what is healthy. I have found myself reaching into the ice cream freezer at 7-11 and immediately changed my focus and said to myself, "You know this has a lot a preservatives and transfats in it, why are you doing it?" And I close the freezer and purchase a newspaper or a magazine.

Call it last minute discipline. How many of you have the thought as that delicious morsel of whatever is moving closer to your mouth and you are about ready to delight in that sweet syrupy piece of poison, did you think it is not good for you? And you go ahead and consume it? I think lots of us never have a change in attitude and proceed to consume the tasty moral,

and then wonder why our health is as poor as it is. What we need to do is break the thought pattern and have the discipline to go home and make a protein drink.

Now, if what I have just said sounds to you like a something you will never do and you won't change, you can count on being a statistic. The thing to do is to resist the temptation and to resist that morsel by changing the focus of your thoughts. Allow yourself, give yourself permission to deny the temptation. Allow this discipline and the thought of eating only what will replace healthy cells to prevail. You will thrive in the mental strength you achieve. Remember, think of replacing cells with healthy cells.

Taking this amount of supplements requires a lot of discipline and I must plan each day. I purchase those tiny cups that are made for use in bathrooms – you know, your dentist has them for the fluoride and the mouthwash. Each morning, I put a tablespoon of protein into two or three of them. Then I stack them inside each other and put an empty one on the top. I can then put them into my purse and each hour, I find a drinking fountain and put water into one of the cups and have my protein drink. It works!!!!

Sometimes I lose my discipline and get lax about the supplements. I notice a difference within a few days after not taking particular supplements.

When I find my discipline waning, I have an exercise that I do to bring it back. I create a chart of ten simple things to do each day. I check off the things as I do them and score myself at the end of the day. I like to get a minimum of 70%. I feel good when I see that I have accomplished at least seven of the ten. If I have not completed this many, I choose the easy ones, like taking Optiflora or flossing my teeth. I can accomplish these in just a few minutes and reach my goal of achieving at least 70%.

Years ago, I never set goals. Then I started to set goals but I would never reach them. It was because I did not believe in setting goals. Then I decided to change my negative belief that goals do not work to a positive belief that setting goals works. Now I set my goals and I reach them. I changed my belief and therefore my focus changed.

My exercise to get me back to goal setting is listed below. It gets me back to my belief in goal setting. First change your attitude about goals. Believe that they work. Then start with small goals and then stretch the goals. Get out of your comfort zone. Make your major daily goal one of doing the most you can to achieve maximum health.

Once I re-establish my goal setting, my spirit feels refreshed. It takes me about two weeks to be back on track with my discipline. Once I get back

into the discipline of reaching these simple goals, I can continue to reach and achieve even greater goals.

Listed below is my current discipline chart. You make up your own. Make up your own simple goals. You will be really surprised at how well it works. I have shared this idea with many others and they say that it helps them, too.

DISCIPLINE CHART

WEEK OF _____ 2003

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
AM Write daily goals according to Long Range Plan Do 5 min of arm exercise Dental floss Take Vita Lea & Protein PM Take Optiflora, DTX Set 1 appointment 3 Phone Calls per day Deliver to Child Care Take vitamins Take protein 3X							
Points							
Percentage							

CHAPTER 14

DEFINITIONS

Insulin, Glucophage and other oral medications

Many people believe that insulin and the oral medications cure diabetes. They do not cure diabetes – they keep the blood sugar from being out of control - sometimes. A diabetic must watch everything that goes into the mouth and consider what it will do to his/her blood sugar. It is constant observation of how they are during each day and night. Blood sugar should be tested frequently.

The oral drugs advise caution with liver and kidney function.

If the blood sugar runs consistently high, the body and blood stream are very acidic. Acidity is incompatible with life. Cancer cells will grow where the body is acid. This is one more reason that a diabetic needs to be in control. The Shaklee alfalfa and protein help to bring an alkaline balance to the body.

The American Diabetic Association has created a food exchange list which was in previous Shaklee catalogs. When I talk with most diabetics, however, they never follow it and numerous diabetics think that it is a joke. There seems to be a serious recalcitrance about limiting the quantities we eat.

I am sure that this recalcitrance is psychological. When I was young, it was insulting to have only a half-cup of watermelon at a Fourth of July picnic. I always felt deprived. Perhaps other diabetics also feel deprived and that is why they don't watch the amounts of food that they eat. This is an issue with which they should get help. A diabetic must learn that a reducing the amount and type of food they consume means that life can continue.

DEFINITIONS/SYMPTOMS

There can be much confusion for the family and friends of a diabetic as to what is happening. People who are not familiar with the disease think that it is a disease of high blood sugar. People have asked me if they will have to give me a shot if I go into insulin shock. No, the answer is they need to give me food to bring my blood sugar up. People just do not understand the difference between high blood sugar and low blood sugar. Diabetes is very complicated and the blood sugar is constantly fluctuating. Blood sugar can be high, normal or low. The high and low both present different problems and must be treated in completely opposite ways. Both are dangers to a diabetic. If the diabetic is in low blood sugar, death can occur rapidly and must be taken care of immediately. I tell people that if I start to act funny that they will need to get me a Coke or something to eat because I will not be able to help myself.

Diabetic Coma – a state of unconsciousness brought on by high blood sugar. This comes on slowly and the person usually knows that something is wrong long before going into a coma. The person with a high blood sugar is consuming high amounts of water (polydipsia) and is urinating frequently (polyurea). The symptom of high blood sugar is thirst. The body is trying to pass the sugar from the blood stream through the kidneys. Therefore, the person becomes very thirsty. This thirst is not just drinking one glass of water – it is drinking several glasses of water at a time and doing it frequently. If a person is unconscious because of a diabetic coma, you will notice the sweet fruity smell on their breath from ketosis. It is a very distinct smell. They must be taken to a hospital.

Ketosis – a state of keto acidosis, being acid. The body being unable to utilize the blood sugar for energy brings on this state. The body actually burns its own protein, which is muscle tissue where the glycogen is stored to create energy to push into the cells. This acid condition is incompatible with life. This state is also brought on by high protein/low carbohydrate diets where weight loss occurs very quickly. This weight loss occurs because the body is burning its protein, muscle tissue, and muscle tissue weighs more than fat tissue. This is a very dangerous diet. You can buy strips at a drug store to pass through your urine stream to tell you if you are passing ketones in the urine. If you are, it means that your body is burning itself. You will notice a sweet, fruit smell to the person's breath.

Insulin Shock – this condition is very dangerous. It can occur with both insulin and the oral medications. These medications lower the blood sugar. The energy supply for the brain is glucose in the blood stream. The person becomes unable to function. One of the first

signs of a low blood sugar is that the person will cover one eye because their vision is out of focus. Conversation will not be possible because the person's brain is not functioning. They will seem to be confused. They will get sleepy and lay down or recline. They will not be able to keep their eyes open.

You must help this person right away. If the blood sugar drops too low, death can occur. The person should be given orange juice, Coke, anything sweet. Numerous times it is thought that diabetics go into insulin shock on purpose to get attention. This is not so. The first sign of insulin shock is not even noticeable to someone else. The diabetic will actually not be able to think and so will not be able to know that he/she needs to get something to raise the blood sugar. It is so important that all diabetics, especially children, wear medic alert emblems so that it can be identified that they may be in insulin shock or have low blood sugar. If the person is unconscious THE RESCUE SQUAD MUST BE CALLED IMMEDIATELY. DEATH CAN BE IMMINENT. If there is a question of whether the person is in insulin shock or diabetic coma, make the bet that it is insulin shock because time is of the essence and glucose must be administered via intravenous fluid. The brain ceases functioning when the blood sugar drops too low and the person dies.

Brittle – this term is used to describe a diabetic who is out of control. A brittle diabetic will run from drastically low blood sugars with shock to over 400 or 500. A fluctuation like this plays havoc with the body and it needs to be regulated with a physician's assistance. We find that children are very brittle because their bodies are constantly changing. For this reason, a child must be watched very carefully. My cousin could not remember where he lived and was found inside a home that was not his. The people who found him did not know what to do and his family was frantic trying to find him.

Notice that the last paragraph mentioned my cousin. We were both young children when we were diagnosed with diabetes. Diabetics do not have to die the way my cousin died. He lost the sight in his eyes, had fingers and toes amputated, was in kidney failure and had numerous complications and other things wrong. It is too painful for me to ask about all the things that were wrong. It is too painful to know that he did not have to suffer. Please, everyone, accept what is said in this book. I don't want to see anyone suffer when they don't need to.

So, if you are diabetic, start to take care of yourself and take control of your disease. These complications will occur. Live your life to the fullest without the major maladies that happen with diabetes. Please do not be in

denial and think you can avoid complications. Eventually the complications set in – the statistics tell us so.

A simple way you can tell your body is affected by a fluctuating blood sugar is by how your vision changes when your blood sugar runs high. Your body responds in a detrimental way to a high blood sugar. This change in vision shows you that you respond to variations in blood sugar. The vitreous humor – the fluid inside the eye changes with a high blood sugar. That is just one obvious sign that your body needs help. Please help yourself to gain control.

CHAPTER 15

IN CONCLUSION

I talk with numerous diabetics day after day. Some of those diabetics ignore me. I have been puzzled why anyone would ignore my message.

One day, a woman approached me and said that she was so glad that she read my book. She was having poor circulation and slow healing on her fingers. Also she had some incidence of heart palpitations. She admitted that she had been in denial. She was not willing to think of herself having any major complications. Now that she recognized the she need to pay attention and do something about the symptoms she was having, she was relieved to think that perhaps the complications would either not come on or, if they did, would not be so severe. Denial is a form of sticking your head into the sand. Don't be an ostrich, pay attention to your symptoms. If you catch them when the symptoms are small, they may never become large. The statistics are against diabetics so please pay attention.

Years ago, I was given an explanation of human psychology. The allegory was that if four persons were given a very dangerous assignment to do together and that only one of the four would return alive, each person would hold the belief that they would be the one to return.

Psychologically, it is protection for you to be in denial – for you to think that you will be the one who comes back from the dangerous assignment. I am asking you to come away from that denial. You have read the statistics – you can see the percentage of diabetics who will suffer from the complications. We cannot know which of us will be a statistic - we only know that high percentages of diabetics will have the complications. Our best protection is to plan ahead. There is sufficient information in this book to let you know what to do.

In 1974 when I took my oldest daughter for her first year of dance school, I would wait with other young mothers in the waiting room. There was a group of mothers who were involved with the Shaklee Corporation. One of them tried and tried to get me started on Shaklee. I paid no attention to her. The reason I did not listen to her is because she kept telling me that she and her husband were feeling really good. My thought was, "I don't care if you feel well, you don't know what I have to go through." I also thought that we both have four year old daughters in the same dance class and already my daughter had to know how to bring Mommy our of insulin shock. So, why should I care if she felt well? I am telling you this because perhaps if I had listened to that young mother or if she had made some inquiries about my health, I would have been willing to communicate. Perhaps she could have told me something that would have helped me then. So, for this reason, I am asking you not to be timid about sharing the

information about the way Shaklee food supplements can help others. We may be saving a life.

I feel that I have a mission on this earth. I believe that my mission is a gift from God. My purpose is to help each other person who has to live with diabetes. From my experience and what I have learned, I found that my life has improved over the past twenty years and I want you to improve yours, too.

Bless you all. May each and every diabetic find health and wellness to the best of the ability of the diabetic body to do so.

If a Shaklee member or distributor gave you this book, contact them to get the Shaklee products. If by some chance, you do not know a Shaklee distributor, you may get your membership and order products at my site: Shaklee.net/Beth_Taylor. You can contact me through this site and I will be glad to consult with you.

CHAPTER 16

A BRIEF SYNOPSIS FOR THOSE WHO HAVE NO TIME TO READ

Okay, I took a long time to tell the story. If you don't have time to read, this is a synopsis:

Diabetes, especially Type II, is a disease that comes on slowly.

You have many signs that your body is not functioning correctly

Once the diabetes is established, your risk of complications increases greatly

The complications can be prevented and controlled by taking food supplements, and only Shaklee food supplements.

Use only food supplements that have had double blind clinical studies published in peer-review journals. These supplements are proven to be bio-available to your body through valid scientific research.

Our foods do not give us the nutrients we need.

Take your head out of the sand. Do not be in denial. Do not think that you are in control because your doctor claims that you are in control. Each tissue of a diabetic body is different from tissues of a normal body

For every year that you are diabetic, your risk of heart disease, stroke, blindness, and amputations increases.

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