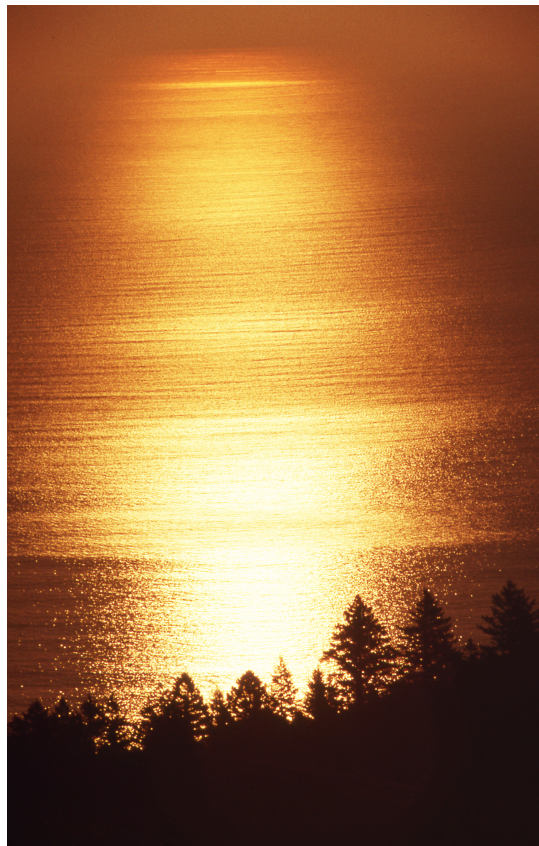


New Horizons in Natural  
Diabetes Therapies  
The Natural Diabetes  
Reversal Handbook



A Treatise on Natural and Herbal Therapies  
For Diabetes Type I and II  
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New Horizons in Natural  
Diabetes Therapies

The Natural Diabetes  
Reversal Handbook

*A Practical Handbook For Treating  
Diabetes Without Drugs And Surgery*

by Jeff Smith

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## **NEW HORIZONS IN NATURAL CANCER THERAPIES**

A Practical Information Guide For Healing Cancer  
Without Drugs And Surgery

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## Preface

### Constructive And Actual Notice Regarding the Certainty of Results

This book is not intended to supply the reader with a guaranty or an absolutely certain method of treating diabetes. **These therapies have been used by many people successfully and the results are generally well documented.** Some of these treatments and therapies have been tested using the scientific method. Many have not. One of the reasons that scientific documentation has not been applied to some of these therapies is that we live in a society where the wealthy power elite own and control the health care delivery system and the pharmaceutical companies, the banks, the oil companies and the government. Years ago there was a book published by C Wright Mills, a sociology professor at Columbia University called "The Power Elite". Since then many other books have been published exploring the influence of the rich and powerful elite in government and society generally. Some of these writers on this subject worked for government agencies in high positions in law enforcement, intelligence agencies and the military. Fortunately, in light of the many social control mechanisms that have suppressed

alternative health care, we still have freedom of speech.

The Gerson Institute tells us that they have published documentation of their results in scientific journals in Europe but not the United States, due to censorship and medical industry bias. These American Journals carefully avoid any therapy that is not endorsed or provided by the pharmaceutical industry. It is important to note that the Gerson Institute has achieved remarkable reversals of diabetes at their clinic in Mexico. We must all become vigilant and determined not to allow our government, which has been influenced by money and intimidation to suppress alternative health care. We have to stand up to oppression, threats intimidation and worse. We have to stand together in support of truth, freedom of choice and righteousness. I am convinced by some of my experiences with those who are intuitive and have earned a good living as psychics for law enforcement professionals, solving serious crimes, that all of us will, after we pass on, have to live with the effects and impact of what we have done in our lives both good and bad. This is called karma. It is well known that retired judges have difficulty sleeping because of the law of karma, and the anxiety that starts to return to them from their life of willful oppression they have lived, violating people's rights in court. If you damage or destroy someone's life there is karma.

*It is in that context that I hereby state that I do not guaranty the certainty of results from diabetes therapies discussed in this book, however these alternative procedures and therapies have drawn a*

*great deal of enthusiasm and interest because of the lack of negative side effects and their well documented results and scientific research.* There is a growing body of scientific research on the effect of herbal and nutritional remedies on diabetes. This book was intended to be a personal guide to all of the most effective therapies in use today. It is in this context that I must assert that I am exercising my first amendment rights to freedom of speech and that I do not certify or guaranty results but I am confident that all of these therapies have helped some people recover from diabetes and live long, productive and healthy lives after they have recovered from diabetes. I do want to start a dialog and stimulate thought and many meaningful conversations about the subjects discussed in this book. And of course I want people who have been diagnosed with diabetes to make a full recovery and live healthy lives. I also want people throughout the world who may come across this book to start to expand their awareness of the world we live in and the alternative media. I would like to recommend [rense.com](http://www.rense.com), the American Free Press, Democracy Now [TV, Radio] Natural Solutions Foundation, The Epoch Times and Coast to Coast AM as a way to stay informed. In my experience it is best to explore both conservative and liberal media sources. We have got to take back control of government and reverse the trend of the control exercised by the wealthy power elite. Alternative media on the left and the right are making valuable contributions.

I have excluded some therapies from consideration in this book because of a lack of documentation. I do not want to mislead

anyone into using ineffective or marginal therapies. I have avoided the use of the word "cure" because it may be construed to mean that there is an implied guaranty. The law of attraction has been said to provide a successful treatment modality for diabetes but lacks the level of documentation needed for discussion in this book. I would recommend a careful review of Kevin Trudeau's audio series "Your wish is your command" for a discussion of the law of attraction. I have stumbled across some very successful MDs who are practicing alternative medicine quietly and secretively to avoid sanctions by government and their more conservative peers. I hope that this changes someday. We can all live in a much better world without the level of suppression that is a major part of our health care delivery system. I hope the readers of this book will join the rest of us who are speaking out against suppression of alternative health care and quietly reforming our health care system. I encourage those of you who find yourselves on a jury to join the **Fully Informed Jury Association** and help us wake up the sleeping giant (those who are blissfully unaware of the suppression of alternative health care and the oppression by the Power Elite). And I wish to thank those who have helped me in creating this work.



Herbal and nutritional supplements are an important part of healing from illness and is frequently overlooked by modern medical practitioners.

New Horizons in Natural  
Diabetes Therapies  
The Natural Diabetes  
Reversal Handbook

**Chapter 1:  
The Big Picture and Vision**

This book supplies the missing ingredients to daily living and health care that are simple, effective and yet not widely understood by either the public or many in the medical profession. This book requires the reader who is sincere in their discovery of ways to reverse diabetes to rethink their diet and lifestyle. The book requires that you



recast your thinking and approach to food and living. This book also encourages a move towards living life with a high spiritual purpose and a new awakening towards what your real life goals are and why we are eating food: as a source of fuel and a tool towards creating a maximally efficient vessel for ideal health, rather than a way to satisfy an appetite. You will need to change your diet and food choices if you want to use a natural approach to diabetes treatment. Do not pursue this any further if you are unwilling to change what you are eating.

Type 2 Diabetes is relatively easy to reverse with the right nutrition and diet. With Type 2 Diabetes your body does not produce enough insulin or produces insulin but it is not used properly. With Type 1 diabetes the Beta cells in the Pancreas do not produce any insulin. Most of the root cause of Type 2 diabetes is in the American/ Western diets that are destructive of internal organs, energy levels and longevity. Poor diet, weight gain and a lack of exercise is the main cause of Type 2 diabetes. Type 1 diabetes is harder to reverse but it can be done with a little more focus and a some extra health care protocols that are generally not well known in our society.

Healing Type 1 diabetes may require a more aggressive approach to the health care issues that are presented here. Most of the time some major adjustments in diet and supplementation with minerals and herbal remedies is all that is needed for Type II Diabetes.

Reversing Type 1 diabetes is a somewhat more challenging enterprise. Generally, I will be recommending the use of some advanced technology that gives the Type 1 Diabetic a more alive and functioning pancreas. In some cases this technology is well known to the public but no one has realized the value of using this technology for Type 1 diabetes. In other cases the use of the some technologies will be revolutionary and new to the average person. I will reveal secrets and innovations that have been suppressed by mainstream health care providers and the pharmaceutical companies, to preserve profits and limit access to the choices that the establishment medical professionals present. We will approach the subject of Type 1 Diabetes later on in the book. The more severe risks of doing nothing to treat diabetes is foot amputation, blindness, and diabetic coma. As a result, when someone discovers that he or she has diabetes this presents a critical time to adjust ones diet and intake of supplements.

### **The Value of Minerals to the Diabetic.**

Minerals are one of the most important resources in the battle against diabetes. The key minerals for reversal of diabetes are as follows: Magnesium, Chromium, Vanadium, and Selenium. I do believe the best source, however, for minerals is a good multi-minerals product that will supply the diabetic with a source of a basket of minerals that are essential to living a healthy life style. Chromium and Vanadium are an important component part of

metabolism of blood sugar. Twenty-seven minerals are needed to metabolize blood sugar. Trace minerals research is a Product sold at health food stores and is a good source for minerals.

Magnesium is a vital part of diabetes reversal, and there are a large number of herbal and plant based sources of nutrition and naturally occurring health care remedies that will reverse Diabetes as well.

The standard American diet does not include a lot of healthy choices. If you are not willing to make some sweeping changes in your diet then this book and these methods are not for you. The food choices that most people make in the US and Canada are not going to sustain a healthy lifestyle long term. The low quality food we consume is one of the strongest contributors towards some of the health care crises that face more and more Americans.

### **Develop a New Value System For Your Food Choices**

You have to eliminate sugar. This is hard for some people. The best way to look at sugar is to think of it as a seductive source of entertainment for the palate. You do not need that level of “entertainment” in your food. You will grow out of an addiction to sugar with a little discipline. You will have to train yourself to think differently about this and train yourself to read labels. If you think of sugar as unnecessary

entertainment for the palate you can migrate away from it. It is not that much different from hard drugs. Alcohol also contains sugar and also contributes to diabetes. Stevia is a plant that produces a sweet taste that is not sugar or a derivative of sugar nor is it a variation of sugar or glucose. It is a healthy choice for diabetics. Stevia contains compounds that rehabilitate the pancreatic beta cells that have sustained damage. This action by stevia is very similar to a pharmaceutical called glibenclamide that induces restoration of beta cells, but unlike this drug, the stevia does not have side effects. You do have to make sure that the stevia product that you are buying is 100% pure stevia and is not laced with other sugar substitutes that are not good for you. Buying stevia at the health food stores is your best option. Even some of the products at health food stores have added sugar glucose or fructose or other types of sugar that are embedded in the product. Grocery stores generally sell a heavily compromised product, including some of what they sell at Trader Joes. For something like this you must read labels and make sure you are getting 100% stevia, otherwise you may be getting glucose or fructose or some variation of these.

The large food producers have heavily compromised their products to sell more products and enhance the taste. The use of sugar has become more and more prevalent in our food. The dosage of sugar has become greater and greater over the years. You are going to need to read labels for everything you buy and have a

critical eye towards the built in hazards in our food.

In the Chemical Feast, a book published by a Ralph Nader Study Group, the authors revealed that the manufacturers of food in the US have lobbied the FDA to give them wide latitude to label products in such a way as to avoid truthful revelation of what is really in their food product. One example is MSG. MSG does make food taste better but it is a source of numerous problems. The use of the term flavor enhancers or natural flavors is a substitute for the term MSG.

I would recommend reading every label of the products you buy and avoiding the foods made by the large food conglomerates, such as General Mills, Best Foods, Heinz, Kraft Foods, Cargill, etc. I would also recommend that you eat all organic food and buy most of your food at the health food stores. The executives at the large food conglomerates do not think the way that most people would expect someone in a management capacity to behave in the position to design and create a source of fuel and nutrition for the public. Based upon what kinds of foods they produce it is safe to assume that most of them do not care about your health, or meeting your nutritional needs. They only care about profits and the taste of their products. As a result we have large amounts of sugar and chemicals in our food. The Chemists have a lead role to play in the design of food products at the large food conglomerates. They are looking for brand loyalty and getting you addicted to their product.

It is time for all of us to become liberated from the junk food and low quality ingredients in the grocery store food, and migrate to a healthier series of choices. The grocery stores and the large food conglomerates have people trained to go for their brand, which most of the time has been made with foods that were grown in depleted soil with chemicals and pesticides and in many cases the nutritional value has been stripped from the food. The best example of this is white flour, which has been milled so that most of the B vitamins and iron have been taken out of the wheat flour. If you buy products made from wheat you will need to make sure that the flour they used is 100% whole grain and organic. One of the reasons people eat too much food and gain weight is that they eat food with very little nutritional value. These empty calorie choices leave everybody hungry and wanting to be satisfied with really potent nutrition.

One of the little known secrets about farming practices that most people do not know is that the right kind of natural fertilizers and soil conditioning will lead to a complete elimination of insects and result in the transformation of crop production and food quality for the farmer and the consumer. Farmers need to wake up to the realities of what causes insects to invade plants. It is really depleted soils without essential nutrients in the soil to support plant life that attracts insects.

The result is a travel down the road to depleted minerals and vitamins in our food. Insects only attack plants that are in depleted soil as a response from nature to restore the soil to healthy levels for plant growth. This principal of organic farming may seem too much like a fairy tale to be true but I know of circumstances where this approach to farming practices has magically transformed the productive farm yields in farmers fields and driven insect pests away.

### **The Value of Raw Food**

Raw food is always a way to increase nutrition especially the enzymes in your food. This is one of the secrets to reversing diabetes used by the Gerson Institute and the Seventh Day Adventists. When you eat a higher percentage of your food as raw food, you will tend to reverse diabetes very quickly.

The Gerson Institute uses a large amount of Raw Food in the diets of the people who visit and stay at their health care facility in Mexico. They have reversed diabetes and cancer for thousands of people.

Blueberries also offer additional protection from type 2 diabetes by stabilizing blood sugar levels and improving insulin sensitivity."





Food and nutrition, especially raw food, is nature's oldest way of healing the body.

## **Chapter 2: The Root Causes of Diabetes**

### **The Role that a Fatty liver plays in Diabetes**

Estimates for fatty liver disease in the American population is as high as 20%. This estimate includes children. In people who are obese the condition can be as high as 70%. Previously, excessive alcohol consumption was the root cause of this condition, however in our current sugar addicted social environment, the root cause is diabetes, fructose consumption and obesity. The way to look at junk food is to look at these foods as a way for the large food

conglomerates to turn consumers into sugar and chemically addicted high-calorie slave robots.

The most obvious source of Fatty Liver Disease that is not connected to alcohol consumption is fructose, which is a widely over consumed by the vast majority of Americans. Non-alcoholic fatty liver disease, also known as NAFLD, is just as dangerous for the health of your liver as over-consumption of alcohol. High levels of fructose consumption can overtax and damage your liver in the same way that alcohol consumption can damage the liver. NAFLD is an accumulation of fats around the liver, which is frequently combined with excessively high enzyme levels. Fat accumulation in excess of 5 to 10 percent is considered to be unhealthy by medical doctors. The biggest source of fructose is soft drinks, which has become a focus of serious concern by medical professionals in our society. Soft drinks contain fructose, which is derived primarily from corn syrup. The volume of fructose consumption, which is a form of sugar, is at dangerous levels in our society, especially for children.

This high level of fructose consumption is a dangerous contributor to fatty liver disease. Too much fruit in one's diet can also contribute to Fatty Liver Disease. The unique factors with fructose is that it can only be metabolized by your liver, unlike glucose, which is metabolized by virtually every cell in your body.

When your liver metabolizes fructose it is similar to metabolic processes with alcohol. The fructose, like alcohol assists the liver in a conversion of dietary carbohydrate into fat. This is what promotes insulin resistance, also known as dyslipidemia, which is a condition that is characterized by two conditions: (1.) unusually high levels of fat in the bloodstream, and (2.) a fatty liver.

Most medical professionals, including physicians and university researchers believe that the condition gets started because of insulin resistance, which is, in turn, frequently a consequence of obesity and excessive fat tissue in the abdomen. Insulin resistance is a condition that is described as follows: the muscle, fat, and liver cells don't respond normally to insulin, so levels of the hormone — and the blood sugar it ushers into cells — accumulate in the blood. The consequent dangers for risks to a path to diabetes and heart disease increases as a result. Insulin resistance is an assortment of conditions and interactions that result when there are dietary sources of excessive amounts of fructose and other nutrients that involves an abundance of free fatty acids circulating in the blood.

Fatty liver disease occurs when some of those fat molecules accumulate inside liver cells. The presence of those fat cells can then lead to inflammation in the liver and damage to surrounding liver tissue. Once that happens, if excess alcohol is not involved, the condition is called NASH, which includes an inflamed liver.

At the early stages you may be able to reverse this condition with dramatic reductions in fructose and other dietary changes. In the later stages some physicians have suggested that one of the only ways to change this condition is a series of brief periods of fasting.

Many people with type 1 or type 2 diabetes are not diagnosed and have a higher likelihood of dying of heart disease, strokes and cancer that flows from diabetes and soft drink consumption. A Gallup poll showed that 50% of Americans consume soft drinks on a daily basis.

In Mexico and other countries soft drinks are made with sucrose. In the United States, the primary sweetener for soft drinks is high fructose corn syrup, which is particularly dangerous to the human body in both small and large quantities. Large volumes of sugar are extremely destructive to the body, but high fructose corn syrup is much more problematic than regular sucrose. The severe burden is principally on the liver and elevation of blood sugar levels. Irrespective of the form of sugar soft drinks are laced with, these following physiological processes occur within minutes of consumption of soft drinks:

Immediately 10-12 teaspoons of sugar assault your body rapidly because it is in a liquid. Normally people will vomit from that level of sugar uptake, but the phosphoric acid carbonation and flavors mitigate the strong taste of sugar.

After about 20 minutes your blood sugar escalates to titanic levels creating an insulin reaction in the body. The cells in the liver then receive signals from the insulin from your pancreas and start to convert the sugar into fat cells in the blood. This reaction is more intense when the source of sugar is high fructose corn syrup. Subsequently, the human body will attempt to store every bit of the fat, some of which will be stored in the liver, and repeating the consumption of soft drinks many times will cause fat to accumulate and produce fatty liver disease. This is described as high triglycerides in the blood, which is the presence of fat in the blood.

Within one half hour the body starts to respond to the caffeine and your liver will deliver additional sugar into the blood stream. You will feel more supercharged and energized while the heart rate and blood pressure climbs. Insulin levels will rise again and the extra sugar gets stored as additional fat. After a short time dopamine peaks, which supplies a pleasant feeling, the biochemical reaction which makes caffeine addictive. Next phosphoric acid in the soft drink will bind to the available calcium, magnesium and zinc in the stomach and colon and the need to urinate kicks in because of the beverage you drank. Urination causes you lose a precious stash of minerals that could have been valuable for nourishing the body. This is why the first step in abatement of diabetes is eliminating soft drinks. Do not think of sugar free soft drinks as an alternative, since the chemicals in the

beverages cause side-effects, which includes weight gain. If you need to drink something sweet use pure stevia, and make sure that the stevia has no additional ingredients. Health food stores are the best place to find these kinds of products.

There are a few other ways to assist your body in reversing fatty liver disease. The Ayurvedic remedy Berberine and Vitamin E can both be used as a tool to control and reverse this disease. Exercise is also a valuable tool to reverse Fatty Liver disease. Vitamin E has successfully treated this kind of liver disease in liver ailments in mice. Some doctors and scientists have used short periods of fasting to eliminate fatty liver disease. It has been suggested that all endocrine disruptors in the diet and the environment should be eliminated this includes BPA's found in plastic containers and some canned food. Do not use microwave ovens under any circumstances. This book will discuss the health issues connected with microwaves later in another section. Heating food in plastic containers in a microwave is particularly dangerous and can cause you to experience high levels of dioxins, a dangerous toxin, in your food. Some have suggested that the fatty liver increases your risk for heart disease and stroke because a fatty liver creates a climate and condition for arterial and blood clotting difficulties, which can lead to strokes and heart attacks, see an article in the New England Journal of Medicine in 2009.

Symptoms of fatty liver disease are pain in the upper abdomen and becoming rapidly fatigued or tired.

Type two Diabetes is a combination of two co-existent conditions in the body: first the resistance of the targeted tissues in the body to respond to insulin, and; second to the inability of the beta cells in the pancreatic islets to produce adequate insulin to compensate for the resistance. These abnormalities are believed to result from a combination of genetic, dietary and environmental factors. The most significant environmental determinants are increased calorie intake and decreased physical activity, both of which contribute to the development of obesity and insulin resistance.

According to the National Institutes of Health there are an estimated 400 Million people suffering from diabetes worldwide with approximately 90 % of these having Type 2 Diabetes. Another 326 Million people are estimated to be pre-diabetic.

Higher levels of free fatty acids circulating throughout the body, causes an increased delivery of free fatty acids to the liver. The presence of excess triglycerides in the liver is caused by this supply of fatty acids. The accumulation of excessive liver fat is further complicated by impaired fatty acid oxidation in the liver resulting from insulin resistance. With higher glucose levels in pre-diabetics or diabetics, this creates the conditions for additional triglyceride synthesis. Additionally, impaired very low-density

lipoprotein [VLDL] secretion, which commonly occurs with insulin resistance, further contributes to accumulation of fat in the liver. Insulin resistance is not only a factor in obesity and diabetes, but also may cause Fatty Liver Disease in non-obese individuals without diabetes.

However, insulin resistance most commonly is associated with Fatty Liver Disease in the context of obesity. The development of Fatty Liver Disease usually occurs in association with both insulin resistance and a state of continued excessive calorie intake.

### **The Failures of the Pharmaceutical Industry**

Diabetes is the leading cause of stroke, heart attack, blindness, kidney failure and amputations. Millions of Americans are receiving prescriptions for anti-diabetic drugs that do not get results. A major study at Duke University School of Medicine and published in the *New England Journal of Medicine* showed that despite serious risks and dangerous side effects, diabetes drugs offer few benefits and simply don't produce results claimed.

Furthermore, practically all anti-diabetic drugs result in **weight gain** and eventual **total dependency upon insulin injections**, according to researchers Krentz, Nichols, and Gomez-Caminero in a article published in *Current Medical Research Opinion*.

Research conducted in 2008 found that the drug Avandia, which was widely considered one of the most popular diabetes drugs worldwide, was discovered to be



linked to an **increased risk of heart attacks** and death.

The FDA has finally removed Avandia from the U.S. market. A second well-known diabetes drug, Actos, has it's a short list of nasty side effects as well. There is a weight gain of nearly 9 pounds on average that is associated with this drug as well as a high risk of dangerous fluid buildups. Actos is also associated with heart risks and some researchers suggests that this drug leads to bladder cancer. This is why doctors are turning to natural approaches to treating diabetes.



Scientific research and advanced technology is a major component of the alternative cancer treatments used worldwide.

### **Chapter 3: The Most Promising Solutions**

#### **Herbal Magic, The Earth's Medicinal Plants**

A Growing body of scientific research has uncovered dynamic and exciting discoveries about the effect of herbal medicines and minerals on diabetes. Many ancient traditions of herbal medicines have been rediscovered by doctors and scientists worldwide with remarkable discoveries. While the herbal and nutritional approaches here can be used for Type 1 diabetes, if they do not restore the pancreas to full functioning I would suggest that those with type 1 diabetes travel to India and look for an Ayurvedic physician who can assist you with a procedure called Kaya Kalpa. This process uses an herbal remedy that is referred to as monoatomic gold or Soma Rasayana. This is a relatively expensive procedure but it will essentially give you an entirely new and rejuvenated body.

#### **Ayurvedic Medicines**

The Ayurvedic tradition of medicine has supplied two of the most important medicinal plants for reversing diabetes. These two plants are discussed below.

#### **Berberine.**

Berberine is a chemical compound that is found in several plants including *Berberis vulgaris* - European barberry, goldenseal, goldthread, *Mahonia aquifolium* which is also called Oregon grape,

phellodendron, and *Berberis aristata*, which is also known as tree tumeric.

Berberine has been a part of the traditions of medicine in China and India, Also known as Ayurvedic medicine for tens of thousands of years. Berberine is a quaternary ammonium salt from the protoberberine group of benzylisoquinoline alkaloids found in such plants as *Berberis* e.g. barberry, *Berberis aristata* - tree turmeric, *Mahonia aquifolium* - Oregon-grape, *Hydrastis* ...

Research on Berberine has been conclusively shown an improvement in biological markers of healthy liver and pancreas functions. Diabetes was induced in laboratory rats and then Berberine Chloride was administered to an experimental group of lab rats with diabetes. The results were as follows: Berberine recovered the liver from an a hyperglycemia(diabetes) induced antioxidant imbalance, so that healthy antioxidant levels were restored to the body. Scientists observed biological signs that inflammation was abated and that the imbalance of carbohydrate metabolizing enzymes was restored. See Effects of Berberine chloride on the liver of streptozotocin-induced diabetes in albino Wistar rats, *Biomed Pharmacother.* 2018 Jan 12;99:227-236. doi: 10.1016/j.biopha.2018.01.007. [Epub ahead of print]

Another study was published in the *American Journal of Chinese Medicine* that showed a reduction in the markers of diabetic neuropathy that resulted from the use of Berberine in laboratory rats. Laboratory rats cannot communicate their diabetic neuropathy pain to researchers but the biological markers can supply the evidence needed to demonstrate a

reduction in pain and reversal of damage to nerve cells. One of the methods used to measure pain was thermal hyperalgesia a testing procedure that measures heightened sensitivity to unpleasant levels of heat or cold. The scientists who conducted the study were aware that Berberine has been shown to reverse damage to Beta cells in the Pancreas, where the body synthesizes insulin. They found that several biological markers of diabetic neuropathy were reversed including a compound that is associated with inflammation and related to diabetic neuropathy, called TNF-a, which is an inflammatory cytokine.

The study shows that berberine exerts its therapeutic effects in part by suppressing the inflammatory process and blocking the chemical compounds associated with diabetes, to inhibit TRPV1 activation, which damages neurons and causes diabetic pain, see

Berberine Ameliorates Diabetic Neuropathy: TRPV1 Modulation by PKC Pathway, The American Journal of Chinese Medicine, 45 1709, 2017; <https://doi.org/10.1142/S0192415X17500926>

### **Pterocarpus Marsupium**

Pterocarpus marsupium, also known as **Malabar kino**, Indian kino tree or vijayasar, is a medium to large, deciduous tree with remarkable medicinal properties.

Pterocarpus marsupium, also known as Malabar kino, Indian kino tree or Vijayasar, is a medium to large, deciduous tree that can grow as

high as 30 yards tall. This plant is found in parts of India, Nepal, and Sri Lanka, where it grows in parts of the Western Ghats in the Karnataka-Kerala region and is also found in the forests of Central India. It is also known by the names benga, bijiayasal, piasal, venkai, Kino Tree, Bijak, Pitasara and many others.

*Pterocarpus Marsupium* is the only pure herb ever found to regenerate beta cells in the pancreas that produce, store and release the hormone insulin.

*Pterocarpus marsupium* Roxb. (Leguminosae) is an herbal medicine called a rasayana in the Ayurvedic system of medicine. Rasayana medicinals are generally used as immunomodulators and relieve stress in the body. In the Ayurveda system, this is an aqueous extract of heart-wood of *Pterocarpus Marsupium* and is used in the treatment of diabetes with great success, see the **Indian Journal of Pharmacology**, The study of aqueous extract of *Pterocarpus marsupium* Roxb. on cytokine TNF- $\alpha$  in type 2 diabetic rats, December 2010.

Activated innate immune system and chronic systemic inflammation are an early indicator of the human body's dysfunctional characteristics of type 2 diabetes. Certain kinds of stressful events such as infections, damaged tissues and food cause specific cells to secrete inflammatory cytokines, which are Peptides, a chemical compound that allows the immune

system to communicate with the rest of your body and influence bodily functions. Diabetes creates an elevated level of circulating cytokines in the body, such as tumor necrosis factor, also called TNF-a. The study from India used a traditional method of extracting the active ingredients of Pterocarpus Marsupium and then the scientists analyzed the chemical composition of the extract. Their analysis found the presence of carbohydrates, tannins, flavonoids, and polyphenolic compounds. Polyphenols have been found to generally be a powerful contributor to overall health and longevity. In the above referenced scientific research study the researchers induced Type II Diabetes in rats and then divided them into 5 groups giving some of the laboratory rats a Placebo and the rest received two different quantities of the Pterocarpus Marsupium extract, one 100 miligrams per kilogram and the other group received 200 miligrams per kilogram. There was a dramatic and statistically significant drop in the blood glucose levels in both of the groups that received the Pterocarpus marsupium. There was a statistically significant difference between the two experimental groups. The same phenomenon occurred with the measurable levels of TNF-a, when measured in a laboratory. The two groups that received Pterocarpus Marsupium showed a noticeable and statistically significant reduction in TNF-a.

The scientists who completed the research concluded that the Pterocarpus Marsupium stimulated the production of insulin in the pancreas by restoring the health of the beta cells

in the pancreas. These researchers cited prior research conducted, which showed a rejuvenation of the beta cells in the islets of Langerhans, which is a revitalization of the beta cells found in the biological nodes that contain the tissues that produce insulin in the pancreas. Please see Pancreatic B-cell regeneration, A novel anti-diabetic mechanism of Pterocarpus Marsupium Roxb. Indian Journal of Pharmacology, 1980. See also Effects of Epicatechin on Rat Islets of Langerhans, Diabetes, March 1984.

The scientists in the December 2010 study postulated that the Extract from Pterocarpus Marsupium caused an increase in performance and rejuvenation of pancreatic beta cells because of the flavonoids and the polyphenols found in Pterocarpus Marsupium. Flavonoids are particularly valuable because of their antioxidant properties and their nutritional value, which could explain the increased performance of the pancreas in laboratory animals. Improvements in the body weight of diabetic laboratory animals who had been given Pterocarpus Marsupium was, according to the theory of the scientists doing the above referenced study, due to the TNF- $\alpha$  modulation (a reduction in volume).

### **Moringa Oleifera**

Moringa is a tree that is native to the lower elevations below the Himalayan areas of India, Pakistan, Bangladesh, and Afghanistan. It is also grown in the tropical regions of Africa. The leaves, bark, flowers, fruit, seeds, and root are used to



make medicinal supplements.

Moringa has been used in Ayurvedic medicine for thousands of years for anemia, arthritis and generalized joint pain, diabetes, cancer, constipation, diarrhea, epilepsy, stomach pain, stomach and intestinal ulcers intestinal ulcers, headache, high blood pressure, constipation, kidney stones and thyroid conditions as well as bacterial, fungal, viral, and parasitic infections.

Moringa is also used to reduce swelling, increase sex drive as an aphrodisiac, prevent pregnancy, and to strengthen the immune system.

Moringa is sometimes applied directly to the skin as a drying agent and to treat bacterial or fungal infections, It has been used to treat dandruff and gum disease.

Moringa is a vital food source in some locations of the globe. The cost of growing and harvesting Moringa is low and it is one of the most nutrient dense plants in the world. The leaves and flowers from this tree nourishes the human body and supplies a major food source in some parts of the world. The nutrient potency of Moringa is one of the reasons it is such a powerful healing modality for so many health issues.

Moringa has a positive effect on diabetes in a number of ways. First it is an antioxidant. Antioxidants remove oxygen molecules with an odd number of electrons otherwise known as an

unpaired electron. These molecules are known as free radicals. The presence of these molecules or atoms that have an odd number of electrons are the result of a molecule splitting. Cell damage can be caused by something called oxidation, where these oxygen molecules with an odd number of electrons attempts to pair with other molecules. Free radicals have been linked to cancer, atherosclerosis, a blood vessel disease, and premature aging. The scientific literature on diabetes has promoted the idea that antioxidant rich foods or medicinal plants are known to rejuvenate the pancreas and the beta cells within the pancreas. Certain vitamins can also do this, such as Vitamin A, E and C, some minerals such as Selenium and flavonoids, which are found in fruits and vegetables.

Moringa lowers blood sugar levels according to research, which assists the body in reversing diabetes naturally. The reason for this biochemical response to Moringa is because Moringa contains isothiocyanates. This is a compound that inhibits your body's capacity to raise its blood sugar. This naturally occurring reduction in high blood sugar, supplies the body with a simple and side effect free method of treating diabetes naturally.

A research study in India was conducted by scientist there, who concluded that Moringa caused a significant reduction in lipid profile parameters in Laboratory rats, which is an index of fat in the blood and enzymes associated with diabetes. The treatment also showed an increase in the level of antioxidant capacity and alleviated inflammatory biomarkers of the liver, see

Hepatoprotective, Antihyperlipidemic, and Anti-inflammatory Activity of *Moringa oleifera* in Diabetic-induced Damage in Male Wistar Rats, *Pharmacognosy Research*, 2017 Apr-Jun;9(2):182-187. doi: 10.4103/0974-8490.204651.

Another research study showed that after inducing diabetes in laboratory rats that an aqueous (in water) extract of *Moringa* remarkably inhibited the activity of  $\alpha$ -amylase and  $\alpha$ -glucosidase two protein enzymes that breaks down sugar and it displayed improved antioxidant capacity, glucose tolerance and the rate of glucose uptake. The fasting blood glucose, lipid profile, and liver marker enzyme levels were significantly restored in both experimental groups of lab rats. The study concluded that *Moringa* can be successfully used to treat diabetes, see Hypoglycemic Potential of Aqueous Extract of *Moringa oleifera* Leaf and In Vivo GC-MS Metabolomics, *Front Pharmacol*. 2017 Sep 12;8:577. doi: 10.3389/fphar.2017.00577. eCollection 2017.

A study conducted in South Africa revealed that, based on the experimental evidence from the study, *Moringa oleifera* has an excellent ability to protect against oxidative damage due to its high polyphenols, flavonoids and flavonols content. The researchers went on to say that *Moringa*'s use as a food supplement can be justified due to its therapeutic benefits. Diabetes was induced in laboratory animals and two groups of lab animals functioned as a control group. Blood and kidney biomarkers were measured in each group. Oxidative stress on the cells was observed in diabetic groups while

treatment with Moringa reversed the effect. There was also a reduction of blood glucose in the group that was treated with Moringa.

The study showed that Moringa was also able to enhance the quantity of antioxidants in the experimental groups and reduce lipid peroxidation, showing that Moringa has the potential to be used as an anti-diabetic agent in the treatment and management of diabetes. See *Assessment of the Anti-Hyperglycaemic, Anti-Inflammatory and Antioxidant Activities of the Methanol Extract of Moringa Oleifera in Diabetes-Induced Nephrotoxic Male Wistar Rats*, *Molecules*, 2017 Mar 23; 22(4)pii. This gives us one out at least 2 dozen studies that are available about various aspects of Moringa Oleifera and its effects in diabetes and the potential of Moringa to reverse and to prevent the occurrence and complications of diabetic-induced injuries to humans and animals.

The liver plays a very important role in the body, especially when it comes to metabolism of sugar and healing the body of diabetes. Consequently, it is important to take good care of this vital organ. Moringa protects the liver from damage in a variety of circumstances. The liver performs many functions, including production of bile, detoxification, and absorption and assimilation of nutrients. The liver interacts with the pancreas when the body is processing sugar. Moringa helps to restore liver enzymes to normal levels, but can also prevent irreversible liver damage to the organ caused by other factors. Since Moringa is a low cost and low-risk product,

use of Moringa to ensure the health of your liver when you have diabetes is a very good decision.

Nutritional facts about Moringa are as follows: (1.) The Protein in Moringa in 1 gram contains 2 times the Protein of yogurt; (2.) The Calcium in Moringa in 1 gram contains 4 times the calcium of cow's milk; (3.) The Vitamin A in Moringa in 1 gram contains 4 times the Vitamin A of Carrots; (4.) The Vitamin C in Moringa in 1 gram contains 7 times the Vitamin C of Oranges, (5.) The Potassium in 1 gram contains 3 times the Potassium of bananas. You can eat all parts of the Moringa plant especially the leaves, which gives you the most nutrition.

50 grams of powdered Moringa Oleifera reduces the rise in blood sugar by 21%. It also contains Isothiocyanates a substance that can boost your resistance to cancer.

### **Tamarind**

Tamarind is a leguminous tree from India that lowers blood sugar levels in diabetics. The seed pods are the focus of its medicinal value and the seeds are also a source of food. These seeds are a popular source of food throughout India and Thailand. Tamarind is a part of the Ayurvedic tradition of medicine in India. Tamarind water cleanses the liver of fat deposits and wounds and helps the liver heal from alcohol damage. The Tamarind plant has many of the same characteristics that are found in Moringa. It contains flavonoids, anti-oxidants, hyaluronic acid and polyphenols. Tamarind has been known to treat high blood pressure and to reduce LDL cholesterol. The seeds are the primary source of

nutritional and health benefits of Tamarind. With tamarind consumption natural sugars are easier to digest.

Tamarind is a very powerful source of nutrition in the world and includes high levels of vitamin C, E, and B, calcium, iron, phosphorus potassium, manganese, copper and dietary fiber. There are also a number of organic compounds that make tamarind a powerful antioxidant and anti-inflammatory agent. Tamarind has anti-inflammatory properties and nourishes nerve function and muscle development.

Fatty Liver Disease otherwise known as (NAFLD) or non-alcoholic fatty liver disease is one of the frequent complications derived from diabetes type 1 and type 2. Tamarind has been shown through scientific research to reduce fatty liver disease in laboratory animals. The scientists participating in the study induced fatty liver disease by feeding laboratory rats a high fat diet and then administering a regular dose of an extract of Tamarind.

Fatty Liver disease is now considered to be a key indicator of diabetes. As a result, this research provides a window into the healing potential for diabetes complications from Tamarind. The Mechanism for the reduction and elimination of Fatty Liver Disease is thought to be the dramatic increase in antioxidants that occurs when Tamarind is introduced into the body of an animal or human who has fatty liver disease.

It is thought that polyphenols, such as tannic acid and flavonoids are the mechanism through which the powerful results from Tamarind are derived. The researchers found that the experimental group of rats that were given an extract of Tamarind lost the excess weight that they had gained from the high fat diets they were fed and this group also showed a drop in total fat accumulation. The results were astounding. The laboratory rats in the experimental group that were given Tamarind extract showed a significant reduction in fat in their livers (hepatic total lipids), hepatic lipid peroxide levels and triglycerides.

Lipid peroxidation is the process whereby lipids break down from oxidation. This results when free radicals acquire electrons from the lipids in human and animal cell membranes, resulting in cell damage. This process proceeds by a free radical chain reaction mechanism. It most often affects polyunsaturated fatty acids, because of their chemical structural and bonds with hydrogen. Thus, free radicals do a great deal of damage to cell structure. The antioxidants in Tamarind are thought to contribute greatly to reverse this kind of damage.

The livers in the laboratory rats who were fed the high fat diet and later given an extract of Tamarind were weighed. The weight of the livers from the group of rats that were given Tamarind was much less than the rats in the control group that were not given Tamarind.

Laboratory rats treated with an extract of Tamarind showed a significantly lower level of fats in their blood, serum ALT, also known as alanine aminotransferase (an index of liver damage), and serum FFA, also known as free fatty acids. These rats, treated with Tamarind extract, also had a lower level of glucose in their blood. The FFA in the blood is a result of excessive dietary fat and over consumption of calories that then causes fatty liver disease, obesity, insulin resistance and oxidative stress on the cells, described above and high LDL cholesterol.

This research was published in the Scientific World Journal in 2014, see Ameliorative Potential of *Tamarindus indica* on High Fat Diet Induced Nonalcoholic Fatty Liver Disease in Rats, 2014: 507197, Published online 2014 Feb 4. doi: [10.1155/2014/507197](https://doi.org/10.1155/2014/507197). See also Comparative study of antidiabetic activity of *Cajanus cajan* and *Tamarindus indica* in alloxan-induced diabetic mice with a reference to *in vitro* antioxidant activity, Pharmacognosy Research 2014 Apr-Jun; 6(2): 180–187. doi: [10.4103/0974-8490.129043](https://doi.org/10.4103/0974-8490.129043);

As a result of this research it appears the world has a powerful way, through Tamarind, to abate the serious epidemic health problem with fatty liver disease that is found worldwide.

### **Ashwagandha**

Ashwaganda is a medicinal plant from India, which is also known as Winter cherry or Indian Ginseng. The botanical name is *Withania* is



Somnifera. The root and berry are used to make medicine and is a part of the Ayurvedic tradition of medicine. Ashwagandha has a lot of traditional uses in Ayurvedic medicine, including treating diabetes, by stabilizing blood sugar and treating liver disease, the two most relevant to this book.

Ashwagandha is used for arthritis, anxiety, insomnia, tumors, tuberculosis, asthma, bronchitis, backache, fibromyalgia and menstrual problems. Lower cholesterol, and strengthening the immune system.

Ashwagandha is also used as an “adaptogen” to help the body cope with daily stress, and as a general tonic. Some people also use ashwagandha for improving mental clarity, abatement of pain and inflammation and reversal aging, anemia and treating wounds. It is also used for fertility problems in men and women and it increases sex drive. Ashwagandha has been used to reduce high blood pressure. It is high in iron and has been shown to help increase hemoglobin levels.

In addition to treating diabetes ashwagandha has a reputation for in healing the thyroid, adrenal glands, improving mood and energy, preventing cancer, and supporting brain health. Frequently people have developed diabetes because they are overweight because of an underperforming thyroid, which has triggered the onset of diabetic symptoms and complications.

Ashwagandha is a rockstar when we examine its capacity to improve the health of your thyroid. It

also supplies the body with a powerful way to balance hormones. With respect to treating the thyroid, ashwagandha is unique in that it can restore thyroid function for people with both hypo and hyper thyroid issues. Ashwagandha also treats the adrenals and balances hormones.

Scientific research involving laboratory animals demonstrate that ashwagandha has a tendency to balance thyroid hormones. In a 20 days study mice were give ashwagandha and their T3 and T4 levels were analyzed along with lipid peroxidation (anti-oxidant protection). Significant increases in the presence of T4 levels in the blood were discovered which indicates this herb stimulates and nourishes a sluggish thyroid.

Also, ashwagandha has been shown to strenthen thyroid function since it has greatly reduced lipid peroxidation by promoting scavenging of free radicals that cause cellular damage. These results reveal the power of ashwagandha to successfully treat hypothyroidism.

Thyroid problems are at epidemic levels in modern society. Often people have increased weight gain and do not know that their thyroid is the root cause. Ashwagandha can bring results for these people.

### **Ashwagandha Adrenal Rejuvenation**

Ashwagandha is also highly effective in its capacity to support your adrenal function helping you overcome adrenal fatigue and chronic stress.

Your adrenal glands are a part of the endocrine system serve as a mechanism for releasing hormones primarily cortisol and adrenaline in response to stress on your body. In response to an avalanche of emotional, physical and mental stress, it can produce a condition known as adrenal fatigue, which is an overtaxing of the adrenal glands. A continuous overburden of the adrenals can trigger exhaustion of the endocrine system and can also disrupt your other hormones, including progesterone, which brings about infertility and lowers DHEA — a growth factor. This can accelerate aging.

Medical studies have shown that ashwagandha improves cortisol levels, improves insulin sensitivity and naturally balances hormones. A case study reported a case of a 57-year-old woman with non-classical adrenal hyperplasia. She was treated with after her treatment she saw improvements in four adrenal hormone markers, including corticoosterone and 11-deoxycortisol, which decreased by 69 percent and 55 percent respectively — a major improvement!

This hormonal improvement was also accompanied by a noticeable reduction in hair loss.

### **Ashwaganda Benefits: Brain Health**

Emotional, physical, and chemical stress can all have damaging effects to the brain and nervous system. Recent research has proven ashwagandha is more than a stress reliever, it also protects the brain from degeneration and improves symptoms of

alzheimer's, depression, and anxiety.

One of the main reasons ashwagandha is so effective at healing the brain has to do with its powerful antioxidants that destroy free radicals that cause aging. A study published in *Phytotherapy Research* explains these benefits:

“Several studies have revealed that natural antioxidants, such as vitamin E, vitamin C and beta-carotene, may help in scavenging free radicals generated during the initiation and progression of this [Alzheimer's] disease. But we found Ashwagandha afforded lipid peroxidation inhibitory effects more potent than commercial antioxidants.” Researchers at the National Brain Research Centre found that mice with Alzheimer's were unable to retain what they learned, but after 20 days of supplementing with ashwagandha, this improved significantly. The results of the study found a reduction in amyloid plaques (these cause degradation of the brain).

### **Improves Mood**

There is also now evidence that ashwagandha is effective at treating both anxiety and depression. In fact, in a recent study its results were comparable to common pharmaceutical drugs lorazepam and imipramine without the side effects. In the 12-week controlled study, 87 participants with anxiety were given 300mg of ashwagandha two times a day or two placebo pills two times per day. The group treated with ashwagandha resulted in much greater improvements in anxiety as well as focus, reduced stress, and decreased fatigue than the

placebo group.

The other major benefit of ashwagandha is that there are no adverse reactions by taking it compared to anti-depressant and anti-anxiety medications which can have terrible side effects.

### **Helps Prevent and Treat Cancer**

Ashwagandha extract has been shown in studies to have very promising benefits when it comes to helping with preventing and treating cancer. In certain studies, researchers have found that ashwagandha extract has a powerful anti-tumor effect. (1)

The extract has been shown to help inhibit the proliferation of cancer cells – specifically breast, lung, stomach, and colon cancer cells which are among some of the leading types of cancers in the world. It's believed that ashwagandha helps to prevent the growth of cancer cells mostly due to its immune boosting and antioxidant abilities. Supplementing with ashwagandha is correlated with an increase in white blood cells within the body, which indicate that the immune system is better able to protect the body from disease and harmful invaders (2). Another way that ashwagandha helps prevent cancer is due to its ability to stop blood vessels around cancer cells from feeding into the growth of cancerous tumors.

In addition to preventing cancer cells from growing, studies have shown that ashwagandha can be a very useful addition to chemotherapy in treating existing cancer. Taking the extract seems to

be effective in halting the immune system from becoming suppressed during chemotherapy.

Ashwagandha is able to counteract one of the biggest concerns with chemotherapy- the count of white blood cells in the body becoming lowered, which puts cancer patients at much higher risk for things like infection. Many cancer experts are now recommending ashwagandha extract be both a cancer prevention method as well as an addition to typical cancer treatments. In fact some studies have shown that some patients are even able to reverse signs of cancer using ashwagandha alone over other standard treatment methods (3).

### **Increases Stamina and Endurance**

Studies have shown that ashwagandha can boost endurance during physical activity by sharpening brain function and reducing bodily pain. Due to its positive calming, yet energizing, effects on the brain and ability to lower stress hormones, ashwagandha showed improvements in concentration, motivation, and stamina in conducted studies.

One particular study found that when lab rats were given ashwagandha, they actually were able to swim twice as long compared to the same type of rats that were not given the supplements (4). Researchers believe that similar effects take place in humans due to the extract's ability to balance adrenal hormones that are involved in physical activity. The extract was also shown to reduce bodily pain in the muscles and joints while at

the same time keeping energy levels more steady, which is another reason why it could be a promising supplement for athletes, or for those who find it difficult to be physically active due to pain.

### **Ashwagandha Dosage**

As you can see, ashwagandha is an adaptogenic superstar that can have some tremendous health benefits. A common recommendation is supplementing with 500mg 1-2x daily along with following a diet high in healthy fats, protein, and fiber as well as removing sugars from your diet.

These dietary changes along with supplementing with ashwagandha can help you see great results in aging slower, reducing stress, balancing hormones, boosting energy, and improving neurological health.

Women who are pregnant or breastfeeding should not use ashwagandha.

### ***The Gerson Institute***

There are a few diabetes clinics around the world, especially the Gerson Institute in Mexico, with offices in San Diego. The Gerson Institute has had remarkable success treating cancer. The diabetes therapy modality at the Gerson institute has used a nutritional approach, with a vegan diet, and good nutrition, with a spectacular success. Please be intelligent enough to avoid the disinformation websites about the Gerson Institute. They are there to spread lies

and disinformation, and the people behind them are hired to advance the agendas of the AMA and the Pharmaceutical industry.

Dr. Gerson discovered that acidity is at the root of a lot of health problems, with meat consumption causing acidity, primarily by the production of phosphoric acid. It is the acidity derived from meat consumption that contributes to an environment in the body that promotes disease. Dr. Max Gerson suffered from migraine headaches and cured his MIGRAIN HEADACHES with his raw food diet, and also discovered that he was also able to heal skin tuberculosis with raw food. Dr. Gerson then healed Dr. Albert Schweitzer's Wife of Pulmonary Tuberculosis later he reversed Dr. Albert Schweitzer's diabetes. All of this was done with raw food. Dr. Gerson testified before Congress, and his testimony was reported by ABC news correspondent Raymond Gramson. Although the story generated a strong interest with the public, the reporter was subsequently fired for the story, after a thirty-year career. Again we see the politics of suppression.

The Gerson institute has also treated people with AIDS, MS, cancer and Parkinson's disease. The Gerson Institute has published their results in European Medical Journals but have been excluded from the Medical Journals in the United States.



The Gerson Institute has a website,  
Gerson.org and can be contacted there or at their  
offices in San Diego.

Contact Information is as follows:

8:15 AM – 12 PM, 1 PM – 4:45 PM US Pacific Time  
(Monday – Friday)

(888) 443-7766      US and Canada  
(800) 838-2256      US Only  
+1 (619) 685-5353    (Local or international  
callers)

Office Address: [closed for lunch]  
3844 Adams Ave  
San Diego, CA 92116



Fresh and wholesome food, without food additives, is a vital part of healing the body and restoring good health.

## **Chapter 4: A Discussion About Weight Loss**

Now Let's talk about weight loss and excessive weight gain, which is sometimes a companion part of Type 2 Diabetes. I must emphasize that I am not a doctor and I do not have a background in biological sciences, such as biochemistry or epidemiology but I am a journalist and I am very good at research. If you need a doctor seek one out but they are unlikely to mention much of what I will say here about weight loss.

Although there are some more open ended and progressive MDs will tell you what I am saying here.

### **Superfoods and Herbs for Weight Loss**

Adding some superfoods and herbs and making minor changes to your diet will provide a simple and rapid method to lose weight naturally.

It is important to be well nourished throughout the day. Eat 2-3 meals per day.

I recommend that you stop eating junk food and eat only organic food. Make meals from scratch and do not use processed foods and prepared meals that are the "heat and serve" variety. Examples of these kinds of foods are macaroni and cheese made by some of the big food conglomerates, such as Craft Foods.

Stop using microwave ovens. The microwave oven will destroy all of the nutritional value of food. This is based on scientific research that came from Switzerland. This devastating effect of microwave ovens on the nutritional value of food is very well documented and the research discussed above was such a threat to the manufacturers of microwave ovens that they sued the scientists in Switzerland and obtained a gag order, restraining their publication and public discussion of their research. There is no First Amendment in Switzerland. No nutritional value from food will translate into your body searching for the missing nutrients, which is when people over eat.

### **The Dangers of MSG**

MSG spikes insulin production. This has been verified by a study published in the British Journal of Pharmacology.

MSG has increased obesity in laboratory animals. MSG can cause weight gain, increased high blood pressure, diabetes and adrenal gland malfunction. MSG is frequently used in French fries at fast food restaurants to increase the addictive quality of the French fries.

MSG is in a lot of foods and causes people to be overweight. It is a modified food starch. MSG has increased obesity in laboratory animals.

MSG is in potato chips. There are brands of potato chips sold in the health food stores that do not contain MSG. MSG is in a lot of Restaurant foods

MSG has been known to produce MSG symptom complex, which includes a wide variety of medical conditions, such as numbness, burning sensation, tingling, facial pressure or tightness, chest pain or difficulty breathing, headaches, nausea, rapid heartbeat, weakness.

According to the British Journal of Pharmacology in a study published in 2002, MSG significantly increases insulin production in human subjects.

### **Cut out sugar**

Cut out sugar, except for occasionally. You are probably going to do this anyway because of the diabetes but just in case you have not done this I strongly urge you to get familiar with stevia and monk fruit, which are natural sweeteners that have no sugar in them. Sugar adds a lot of empty calories to your diet, which gives you little nutritional value from the calories. You can use stevia or Monk Fruit as a sugar substitute. These two herbs have no sugar in them and are sweeter than sugar.

### **The Risks of Diet Beverages**

Diet Soda and Diet cola is going to put on a lot of body fat because of the chemicals in the drink. This has been verified through scientific research. Diet sodas appear to cause metabolic syndrome. Metabolic syndrome is a mix of conditions that includes: increased blood pressure, high blood sugar, and weight gain. Which can increase the risk of diabetes, heart disease, and stroke and Alzheimer's disease.

In a May of 2016 a research study was published in the Journal JAMA Pediatrics. Scientists examined more than 3,000 pregnant women and their infants and discovered that pregnant mothers that frequently consumed diet beverages (drinks with artificial sweeteners) were twice as likely to have babies who were overweight or obese one year after birth when contrasted with women who consumed fewer artificially sweetened drinks.

*The Journal of the American Geriatrics Society in 2015* found that people who are diet soda drinkers gained almost triple the abdominal fat over nine years when contrasted with people who didn't consume diet soda. A September 2014 study published in Nature, showed that artificial sweeteners induce glucose intolerance and insulin resistance in mice.

### **Coconut Oil For Weight Loss**

**Coconut oil** stimulates the thyroid and makes you lose weight naturally. Two tablespoons per day is recommended. Coconut oil is a medium

chain triglyceride, which refers to how long the molecule is and how many carbon atoms are in the molecule. Medium chain triglycerides are thought to increase fat metabolism and reduce cholesterol in the arteries. They also increase your sense of being satisfied by your meal. Scientific research has confirmed the weight loss benefits of coconut oil.

Apple cyder vinegar reduces fat and it is recommended that you take several tablespoons per day for weight loss. You can buy Apple Cider Vinegar in pill form, which avoids the harsh taste.

Garcinia Cambogia is an herb that also reduces calorie intake by reducing appetite.

### **Superfoods For Weight Loss**

People frequently eat more calories than they need because the food we are eating today is grown on soil that has been used for growing food for decades and has been depleted of vitamins and minerals. This results in a steep decline in the supply of adequate nutrition from food. Food is only as healthy as the soil it is grown on. Organic food always has more nutritional value than conventionally grown food and that is based upon research. The human body craves the nutrition that it is missing from food with depleted nutrients and this is why people overeat. Their bodies are searching for the missing nutrition.

**As a result, the easiest way to lose weight is to consume superfoods. Examples of superfoods is as follows:**

**Maca**

Maca is a root vegetable grown in the Andean Mountains in South America-two heaping teaspoonfuls in water is recommended. This is available at the health food stores. Maca has 18 of 20 amino acids and lots of minerals and vitamins.

**Moringa.**

Moringa is a tree that grows throughout the world and is one of the most nutritionally dense foods on earth. There are a lot of vitamins and minerals in Moringa. Two heaping teaspoonfuls in water is recommended. It is available at the health food stores. This is a very powerful way to drop excessive weight fast.

**Raw Chocolate Powder**

Raw Chocolate Powder also known as cacao this is a little bitter without sweetener so it is a good idea to add stevia, a natural sweetener with no sugar or chemicals as a healthy substitute for sugar. Stevia is available at the health food stores. Make sure to buy only the brands that have pure stevia and nothing else. Stevia also stimulates the islet cells in the pancreas.

Chlorella and Spirulina are also great superfoods. Ashitaba from Japan is a popular superfood and is frequently growing in popularity in the United States.



Some of These superfoods have minerals such as Potassium, Calcium Magnesium and amino acids. Amino acids are the building blocks of protein. Vitamins and many other nutrients are also found in superfoods.

### **Gynostemia For Weight Loss**

Gynostemia reduces body fat and is very powerful herb when used for this purpose. It is recommended by some to take this for 30 days and then stop taking it for 30 days and then go back to taking it again.

Gynostemia is an adaptogen which helps people to adapt to stress and, as a result to achieve optimal body weight. By washing out the toxins, fat can be broken down. The adaptogenic properties of Gynostemia helps to utilize fat better for fuel. The herb also increase satiety and normalizes your caloric intake. Gynostemia helps the body to utilize the maximum amount of nutrients and normalize body weight. You can buy this at health food stores or on the net.

### **Other Herbal Remedies for Weight Loss**

Berberine reduces body fat. Bitter mellon reduces body fat by increasing metabolism of glucose. Mulberry extract controls weight by increasing metabolism. Green tea extract helps the digestive system and green tea extract contains a large amounts of polyphenols and functions as a fat burner. Chromium is a mineral and normalizes weight. B vitamins will help normalize weight.

Quercetin is a -Bioflavinoid this helps to normalize body weight you can buy this at health food stores.

### **Rhodiola For Burning Fat**

Rhodiola reduces belly fat dramatically. Rhodiola is most commonly used for increasing energy, endurance, strength, and mental capacity. It is also used as a so-called "adaptogen" to help the body adapt to and resist physical, chemical, and environmental stress.

Rhodiola is native to the arctic regions of Europe, Asia, and Alaska. It has a long history of use as a medicinal plant in Iceland, Scandinavia, Russia, and Greece. It is mentioned by the Greek physician Dioscorides as early as the first century AD.

Some people use the term "arctic root", a trademarked name for a specific commercial extract of Rhodiola.

Rhodiola helps your body to burn stored fat as fuel. Rhodiola contains a chemical compound called Rosavin, which is the active component that will stimulate production of lipase. This is an important enzyme in your body that has the capacity to burn fat, especially fat stored in your adipose tissue in your belly area.

As a result Rhodiola can help you get rid of unwanted extra fat in the abdomen. Research shows that when Rhodiola is combined with moderate exercise you can break down belly fat even more

rapidly than exercise or Rhodiola alone. Rhodiola can help to reduce fatigue, and improve mental clarity and gives you a dramatic energy boost.

Dr. Zakir Ramazanov is a distinguished scientist from Russia, with a background in biochemistry, He did a great deal of research on Rhodiola.

*Rhodiola has positive effects of the Endocrine system by Enhancing thyroid function without causing hyperthyroidism. It also improves thymus gland function and protects or delays involution that occurs with aging. Some medical professionals recommend that you avoid Rhodiola if you are taking thyroid medication.*

### **Turmeric For Weight Loss**

Turmeric can literally tell the body to “convert” fat. Turmeric stimulates a thermogenic process in the body turning Fat into energy. More sleep produces growth hormone and is better for weight loss.

### **The Role of Minerals**

Lack of minerals is a reason for our endocrine system to suffer. Organic nutrient rich soils are going to resolve the problem. Wheat grass juice powder is one example of a source of nutrition that supplies a lot of minerals.

Enzymes are preserved when you eat raw food or fresh raw juices. This is a great alternative to coffee

### **Dark Berries Are The Best Source For Polyphenols**

Dark Berries are used to boost metabolic function and reduce joint pain. Polyphenols burn fat and are one of the most important parts of your diet. Polyphenols Strengthen the digestive system and fuel probiotics growth to promote gut health. This strengthens the immune system and promotes gut health by strengthening probiotics. Blackberries, blueberries and pomegranates all have polyphenols. Probiotics, which are the dietary supplements that people take to add the healthy bacteria to their GI tract to digest food helps the digestive system and tends to help people lose weight.



Natural herbs and minerals are an important part of healing the body and are found everywhere on earth. There are traditions from the indigenous populations worldwide who have used medicinal plants for healing for thousands of years.

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The antidiabetic effects of *Sutherlandia* were observed in animal studies.<sup>18,19</sup> *Sutherlandia* normalized insulin levels and glucose uptake in peripheral tissues and suppressed intestinal glucose uptake, with no weight gain.<sup>19</sup> Ojewole JAO. Analgesic, anti-inflammatory and hypoglycaemic effects of *Sutherlandia frutescens* R. BR. (variety *Incana* E. MEY) [Fabaceae] shoot aqueous extract. Methods Findings Exp Clin Pharmacol 2004;26:409–416 [PubMed] n, in treated rats.<sup>18</sup> Antidiabetic action of *Sutherlandia* in rats with streptozotocin-induced diabetes showed the ability of this plant to induce significant hypoglycemic effect in streptozotocin-treated rats.<sup>19</sup> The diabetic rats treated with *Sutherlandia* maintained their reduced blood glucose levels longer than did their chlorpropamide-treated counterparts.<sup>19</sup> Antioxidant activity was demonstrated by the reduction of free radicals, and suppression of lipopolysaccharides stimulated nitric oxide production.<sup>20</sup> In this manner, *Sutherlandia* might also play a role in combating autoimmune diabetes by inhibiting the production of nitric oxide and subsequent damage to the pancreatic  $\beta$  cells.<sup>20</sup>

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