

March 2010

hCTW

Home Cures That Work

TYPE II DIABETES:

The Fastest Growing Disease in the West

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Diabetes

Editor's Letter

Eat right! There couldn't be more pure and simple message to diabetes sufferers. Almost every article in this month's issue on Diabetes pleads the case of proper nutrition, in which there is hope to reverse the dreaded disease. Food can be your life or it can be your poison. It holds the power to balance your day — and your blood sugar.

This month's Healthy Recipes & Eating Ideas packs knowledge into an article about the 5 Key Foods Groups a diabetic should choose, especially for breakfast, to help maintain healthy blood sugar levels all day long.

Grandma strikes a chord in all of us who want to help someone we know with diabetes, and she does it with such grace. "Denial leads to damage. Knowledge leads to control," can apply to many areas in our life (or others') needing attention.

Dr. Saunders does it again and makes plain the easy guide to curing and preventing type II diabetes! His top three ways to cure diabetes type II all start with, "Quit eating..." The secrets are for you to discover, as well as the single best thing you can do for your health.

If you aren't diabetic, you won't want to miss "Sugar: The Sweet and Silent Killer" article. I love the analogy of the tubes and vacuum that is our body processing sugar. It'll change the way you look at food — for the good!

Lastly, your body is a house for God to take up residence in. Honor that by taking care of yourself, especially with the guidelines for taking care of your "temple." We are here to help.

Cheryl Ingram



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While every attempt has been made to provide information that is both accurate and proven effective, the author(s) and, by extension, the publication, makes no guarantees that the remedies presented herein will help everyone in every situation. The symptoms and conditions for each person are unique to individual histories, physical conditioning, body type, and the specifics of the actual health and diet of the individual. Success will vary.

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PRESTO! END DIABETES TYPE 2!

By Cutting Out Refined Products, Carbs, Sugar and Adding Exercise.

GRANDMA'S CURE CORNER

5 WAYS TO DUMP DIABETES

DENIAL CAN LEAD TO DAMAGE. KNOWLEDGE CAN LEAD TO CONTROL.



Dear Grandma,
I have a number of friends who are diabetic. I am surprised by the wide variety of means I see them cope with the disease. I am concerned about one in particular, who always seems to end up in the hospital. She said it is not because of her diabetes, but whatever the case I feel like I want to help her manage her diabetes better. So, instead of looking at her insulin pump and reaching for the pie, I want to support her. What should I say? How can I help?

**Thanks,
Lyn Miller**



DIABETES NEEDS DAILY MONITORING AND GOOD HABITS TO PREVENT PROBLEMATIC COMPLICATIONS. HERE ARE A FEW IDEAS TO POINT YOU IN THE RIGHT DIRECTION.

Dear Lyn,

This is one of those sensitive matters that could either be addressed head on or in a round about way. Some people don't take direct "help" to their problems – or "issues" today as they call it. It seems like your friend might be in denial a little bit about the severity of her diabetes.

My suggestion would be not to just urge her to be more careful, but assist her or provide her with education about how to control diabetes that doesn't appear overwhelming. My suspicion is you will have to be gentle with her about this. You'll have to choose the right words to say and reassure her concerns that controlling diabetes can be simple. The best way to approach this is to give her tools to empower her to make better decisions regarding her blood sugar.

Here are some insulin-reducing suggestions:

1. Walk the Line

Every pound you loose can improve your health. Walking is extremely beneficial for a diabetic's body. Increased physical activity has been proven to help the body utilize insulin more efficiently, which can decrease the need for insulin by 30-40%. When you exercise, insulin receptors multiply to move your blood sugar into your cells, rather than bottle necking in your blood stream.





“COFFEE LOVERS... [MAY] LOWER THEIR RISK OF DIABETES TYPE II”

2. Cinn a Little

While the powdered form of cinnamon may not do much on toast in the morning to change sugar levels, the cinnamon powdered bark in capsule form (1000 mg daily) can make a difference with LDL and blood sugar levels. Cinnamon works in the muscle tissues to enhance insulin's performance.

3. Free Yourself Up

Fiber is beneficial as a “non-carb” that assists the stomach's digestion by delaying emptying. This reduces the starches and sugars released into the blood stream and prevents sugar spikes. Look for soluble fiber in oatmeal and oat bran.

4. Go for the Java

A Harvard study indicated that coffee lovers who enjoy 4+ cups a day lower their risk of diabetes type II. By boosting your metabolism and providing antioxidants, as well as magnesium, coffee helps absorb sugar.

5. Go Sour

Apple Cider Vinegar (ACV) has been known to slow the rise of blood sugar. After meals, ACV can help avoid the affects of a glucose spike by absorbing starch and carbohydrates and inhibit enzymes in digestion. Enjoy vinaigrette on a salad before eating that fettuccine.

Diabetes needs daily monitoring and good habits to prevent problematic complications, such as your friend is experiencing. These are just a few ideas to point her in the right direction. Give your friend a boost of confidence with these good health suggestions to help her make smart diabetes choices. Become a partner in her transformation, but give her the control over her blood sugar.

You are being a good friend, Lyn!

**Love,
Grandma**

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World's First
NON-SURGICAL
JOINT REPLACEMENT FOR ARTHRITIS!

What's the surest way to **END** arthritis pain in your joints and spine? Orthopedic doctors say "replacement surgery."

But now you can get the same pain-halting, arthritis-reversing results by replacing the damaged **CARTILAGE** that's causing the trouble, instead of the entire joint.

And it doesn't involve surgery – or even a doctor's visit.

A world-famous MD has just developed the world's first **NON-SURGICAL** Joint Replacement Method that stops arthritis in its tracks ... ends joint pain ... and restores mobility so you can get around without limping, hurting or living on painkillers.

The results are truly impressive. Here's what one surprised orthopedic surgeon reported after examining one of the "human guinea pigs" who tested this new technique:

**"This patient displays a remarkable recovery.
His x-rays show new cartilage where there was none..."**

Visit www.HomeCuresThatWork.com/arthritis to read his story.

Reverse Diabetes with Diet and Exercise



Diabetes (Type II) is actually a metabolic disorder and not a disease. It is caused by the way you eat and poor lifestyle choices. However, studies show that diet and exercise can keep diabetes at bay or even delay diabetes more effectively than prescriptions drugs alone.

According to a clinical trial conducted by the Diabetes Prevention Program (DPP), diabetes incidence in high-risk adults was reduced by 58% with changes to diet and exercise, while only 38% on in those on diabetes drugs alone.¹ Changes as little as eating a healthier breakfast and exercising vigorously for 10 minutes a day can have a drastic improvement to your diabetes future.

1. The Lancet 374 (2009): 1677-686. 10-year follow-up of diabetes incidence and weight loss in the Diabetes Prevention Program Outcomes Study: The Lancet. The Lancet, 14 Nov. 2009. Web. 7 Feb. 2010. <[http://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(09\)61457-4/fulltext](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(09)61457-4/fulltext)>.

If you don't have diabetes, are pre-diabetic or even worried about your health, then simple, or even drastic changes to your lifestyle can put you on the right path to a better, longer life, free of diabetes. The first step on this path is to eat a balanced diet that consists of adding powerful disease-fighting food groups into every meal, starting with breakfast. You should also focus on getting at least 10 minutes of vigorous exercise a day.

Breakfast is, unfortunately, the meal that we eat the unhealthiest food choices! Sugar-sweetened cereal, bacon, fried potatoes, fried eggs, sausage, butter-laden toast... oh my! Research has shown that diabetics (or anyone choosing a healthy lifestyle) who choose lean protein and high fiber carbohydrates first thing in the morning will help to stabilize their blood sugar levels, which will regulate their

STABILITY CAN BEGIN AS SOON AS YOUR DAY STARTS. A PERFECT COMBINATION FOR BREAKFAST CAN STABILIZE BLOOD SUGAR FOR THE ENTIRE DAY.

appetite and energy. By eating a healthy breakfast you can turn your whole day around!

Your breakfast should consist of a lean protein, an antioxidant, one healthy fat, a variety of herbs and spices and high-fiber grains. These food combinations have a low glycemic index, which mean they are low in sugar and are ab-

sorbed very slowly in the body due to their high fiber content, making these foods excellent choices for diabetics.

Listed below are the 5 Key Food Groups along with food choices. Once you get the formula down, you can incorporate these five food groups into your lunch, dinner and snacks.

If you don't have diabetes, are pre-diabetic or even worried about your health, then simple, or even drastic changes to your lifestyle can put you on the right path to a better, longer life, free of diabetes.

5 Key Food Groups

1. Lean Protein

Good choices are low-fat, plain Greek yogurt, eggs and egg whites, and whey protein powder. Try fish and lean meats at 3 oz per serving for lunch or dinner.

2. Antioxidants

Add the color of the rainbow to your meals. Load up with fresh berries, vegetables and leafy greens. You will fill up with fewer calories.

3. Herbs and spices

Try a variety of fresh and dried. 1 teaspoon of dried

spices and 2 tablespoons of chopped fresh herbs.

4. Healthful Fat

Add a fat, such as 8 almonds or walnuts or 1 tablespoon of nut butter. Cook with 1 tsp. of olive or coconut oil. Slice ½ avocado into your salads.

5. Whole Grains

1 serving for women and 2 for men. Make sure your choices have at least 4 grams of fiber per serving. Some choices are organic sprouted bread, quinoa, oatmeal, brown rice and whole wheat pasta.

Grandma's Tips

Whole grains are much better than white flour! But, watch your intake. One cup of cereal equals two servings. That means half a cup for women and one full cup for men per day to stabilize your blood sugar.



Breakfast Ideas Using 5 Key Foods

Almond Butter & Fruit

- Lean Protein: 2 tbsp almond butter
- Fiber: 2 slices organic sprouted bread, toasted
- Herbs & Spices: 1 tsp dried cinnamon sprinkled on
- peanut butter, toasted
- Antioxidants: ½ cup berries
- Healthy Fat: 6 oz. of almond milk

Breakfast Omelet

- Lean Protein: 2 egg whites
- Fiber: Spinach, tomatoes and onion added to egg whites
- Herbs & Spices: 2 tbsp of chopped, fresh basil
- Antioxidants: 1 sliced peach, sprinkled with fresh ginger
- Healthful Fat: 1 tbsp coconut oil for cooking

Yogurt & Fruit Parfait

- Lean Protein: 1 cup low-fat, plain Greek yogurt
- Fiber: 1 scoop flax seed
- Herbs & Spices: 1 tsp cinnamon added to yogurt
- Antioxidants: ½ cup berries
- Healthful Fat: 8 sliced almonds; mix all together

Protein Shake

- Lean Protein: 1 scoop whey powder in 1 cup of organic almond milk
- Fiber: 1 scoop fiber powder and 1 cup of water
- Herbs & Spices: 1 tsp Allspice added to protein drink
- Antioxidants: ½ cup frozen fruit
- Healthful Fat: 1 tbsp flax seed oil; mix all in blender until smooth

Oatmeal with Berries

- Lean Protein: 1 scoop protein powder
- Whole Grains: 1 cup plain, steel-cut oatmeal
- Herbs & Spices: 1 tsp cinnamon; sprinkle on oatmeal
- Antioxidants: ¼ cup berries
- Healthful Fat: 1 tbsp chopped pecans or walnuts

Grab & Go Snack Choices

- Lean Protein: 6 oz carton of soymilk, 1 pre-packaged string cheese
- Fiber: 1 Kashi, Luna or Larabee organic snack bar with 4 grams of fiber per bar
- Antioxidants: Medium-sized apple or navel orange



Try also adding in vitamins and minerals such as a good multi-vitamin, extra chromium, resveratrol and 3 grams of quality fish oil into your daily schedule. These vitamins and minerals may help improve cells performance, insulin resistance, glucose stabilization and proper insulin receptor function. Few people know that foods and supplements actually stabilize your blood sugar swings much better than drugs and give us the added health benefits of reduced joint pain, sharper mental focus and increased stamina and energy.

Trying to reverse type II diabetes and pre-diabetes really can happen if you are willing to make changes to your lifestyle. Exercising, eating the proper whole-food diet and taking the right combination of vitamins and minerals will help get your body healthy again and on the road to a diabetes-free life. hctw



David Randall, diagnosed at the age of 15 with type 1 Diabetes, started to learn everything he could about living healthy. With a love for cooking, he

made his way through college teaching young diabetics how to manage the disease. He then turned his ambitions towards spreading what he knows and loves to others, having ghost written for over 10 years on nutrition, vitamin and mineral supplements, as well as cooking and healthy lifestyle. David spends his free time with his family in Northern Michigan sailing, cooking and volunteering.

Ultimate Colon Cleanse

Natural Internal Cleansing Program



Good Colon Health

*Will lessen aches and pains
Decrease bloating,
Improve digestion,
Will create healthier looking skin,
And help you sleep better at night!*

Organica Research Ultimate Colon Cleanse

*Can make a huge difference in your life
By ridding your body of unwanted parasites and toxins.
Let go of what your body might be holding on to!*

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TYPE II DIABETES: The Fastest Growing Disease in the West

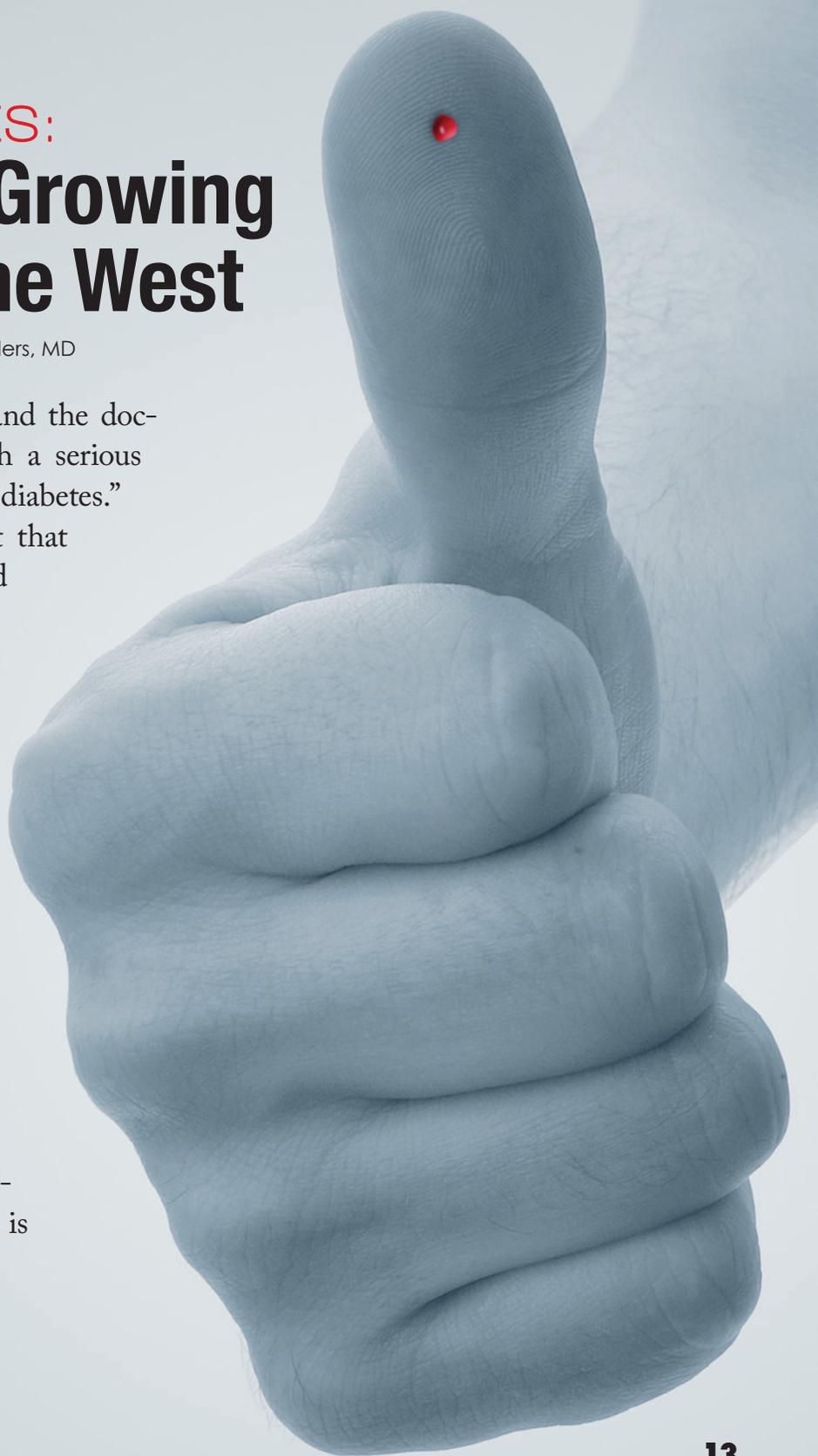
HCTW Natural Health Expert Dr. Scott Saunders, MD

You sit in the doctor's office and the doctor comes in, sits down with a serious look and says, "You have diabetes."

Your heart rate goes up; you get that "sinking feeling" as though you'd just received a death sentence.

The doctor seems very worried and hands you several prescriptions, telling you to take the pills to bring down your blood sugar, blood pressure, and cholesterol. You leave in a daze, fill the prescriptions and go home.

This scene is played-out thousands of times every day in doctor's offices all over the world. People believe they are getting the best treatment for an incurable disease because that's what everyone is doing. However, this is not true.





Type II diabetes is completely curable and preventable. Think of it this way: you lived for many years without diabetes, then something changed and you were diagnosed with “diabetes.” Is it possible to go back and no longer have diabetes? Absolutely! It is done every day by natural physicians and regular people like you. What you need is not drugs, but information.

There are several factors that contribute to the metabolic problem that we call diabetes. First of all, it is a “disease” of too much energy. The body becomes lazy and inefficient at using energy because there is a constant supply of simple sugars. The liver stops making the enzymes needed to use fat for energy so people store all their fat. Because of this, even if you eat less, you will just store all the fat. Thus, it seems impossible to lose weight.

However, there is a way to reverse this process. This home cure *works*.

The top three ways to cure diabetes type II are:

1. Quit eating prepared foods
2. Quit eating snack foods
3. Quit eating for taste

In fact, just quit eating so much. The best way to tell if you are eating too much is by body fat. If you have more than 20% body fat, you eat too much – no matter how much that is. I have people tell me they only have one small meal a day, but they weigh over 200 lbs! They still need to eat less.

Only eating less has been proven to cure diabetes. Everything else is an adjunct to these. People who have their stomachs shrunk surgically begin to drop their blood sugar before they even lose a pound

of weight because they can’t eat. Consider this: people suffer through this surgery and all its complications just to eat less.

All the published diets that work restrict calories. This is not rocket science – it’s so simple a caveman could do it (and often did when there was no food to hunt or gather).

Alcoholics must give up liquor; smokers must give up cigarettes, and diabetics must give up food. If you can face this reality, then you are on Easy Street!

The first thing to give up is prepared foods. Prepared foods are made for taste, not health. That means *every* restaurant, box, bag, can or bottle. None of it is healthy, especially the ones that use the word “healthy,” “low-fat,” “low carb,” or some such similar wording. “If it has a list of ingredients, it can cause diabetes” is a good



FIBER

rule-of-thumb. And, yes, restaurants only make food for taste, even the “healthy” ones. A salad at Wendy’s has more calories than their hamburger meal by the time you add the dressing.

The next thing to give up is all your favorite foods, such as:

- Pizza
- Pasta
- Bread
- Cereal
- Candy
- Soda
- Diet drinks
- Tortillas
- Chips
- Juice
- Cake
- Cookies
- Artificial sweeteners

People then ask me, “What do I eat?” Fiber. Lots of fiber. The more fiber in the diet (not pills, drinks, or supplements) the less likely people will have diabetes. This means:

- Fruits
- Vegetables
- Whole grains
- Beans
- Nuts (TIP)
- Seeds
- Drink only water

Grandma’s Tips

Nuts and seeds keep you feeling full and steady blood sugar levels. Because they are high in calories, combine with other foods, like almonds with steamed vegetables and walnuts with oatmeal.



Meat: Meat has concentrated calories and should be eaten sparingly. Fish is a good choice. You don’t need to have a meat dish with every meal. Try beans and brown rice for a complete protein.

Once you have a healthy diet, eating only home-cooked meals, the next part is to eat less of it. You can get diabetes by overeating good food.

Here are a **few simple tips** to help you eat less:

- » Eat from a smaller plate - use a salad plate.
- » Drink only water between meals. **Don’t drink with a meal.**
- » Eat only **home-made** food. Bring your lunch.
- » Eat your calories in the **morning**. In the evening, have small or low-cal meals such as green salads.
- » Eat the same things regularly. **Don’t insist on variety.** Remember, traditional diets have always been the same - Mexicans eat Mexican food every day!

Fasting

In medical school we are told not to fast, but no reasons are given. There is *nothing* that has been proven to prolong life except severe calorie restriction, such as fasting. Thus, without any evidence to back it up your doctor will tell you not to fast.

Fasting is the single best thing you can do for your health. If you have diabetes it is the best way to cure your disease. Remember, this is a disease of too much food, or too many calories. The best way to reverse it is to cut off the supply.

There is no known limit. Every animal tested from monkeys to worms and yeast live about 30% longer with fewer conditions, diseases, and illnesses when they eat 50% fewer calories.

There are several tips you could use:

Drink water. People with diabetes will easily become dehydrated.

It is best to begin with one-day fasts, such as drinking only water from Saturday night to Monday morning. This could

be done every week or once a month.

Three-day fasts could be done once a month. Don't pig-out when breaking the fast – just eat a normal meal.

Exercise

Exercise is extremely important. Remember that the cells are inefficient at using energy; the way to make them more efficient is to use energy. Also, having more muscle mass helps keep your metabolism up.

Mixed exercises are best. Do some aerobic exercise such as walking, jogging, cycling, and so forth every other day; on alternate days do resistance exercises such as sit-ups, push-ups, pull-ups, knee bends, and so forth.

Continued on Pg. 47



Dr. Scott D. Saunders, MD is a practicing physician, specializing in preventative healthcare, who utilizes eclectic health care for the whole family, including conventional, orthomolecular and natural medicine. He is also the medical director of The Integrative Medical Center of Santa Barbara in Lompoc, CA. He went to UCLA medical school and is board certified in family medicine.



SUGAR:

the

Sweet

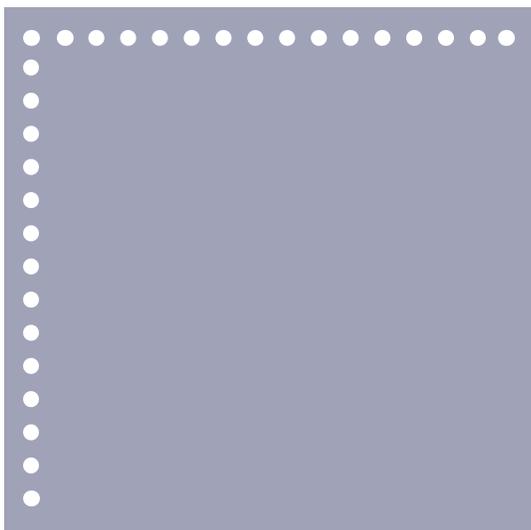
and

Silent

Killer

SUGAR'S ROLE IN THE CAUSE OF WORLD-WIDE DISEASE HAS BEEN LINKED TO CANCER, HEART ILLNESS AND, OF COURSE, DIABETES.

HCTW SPECIAL FEATURE



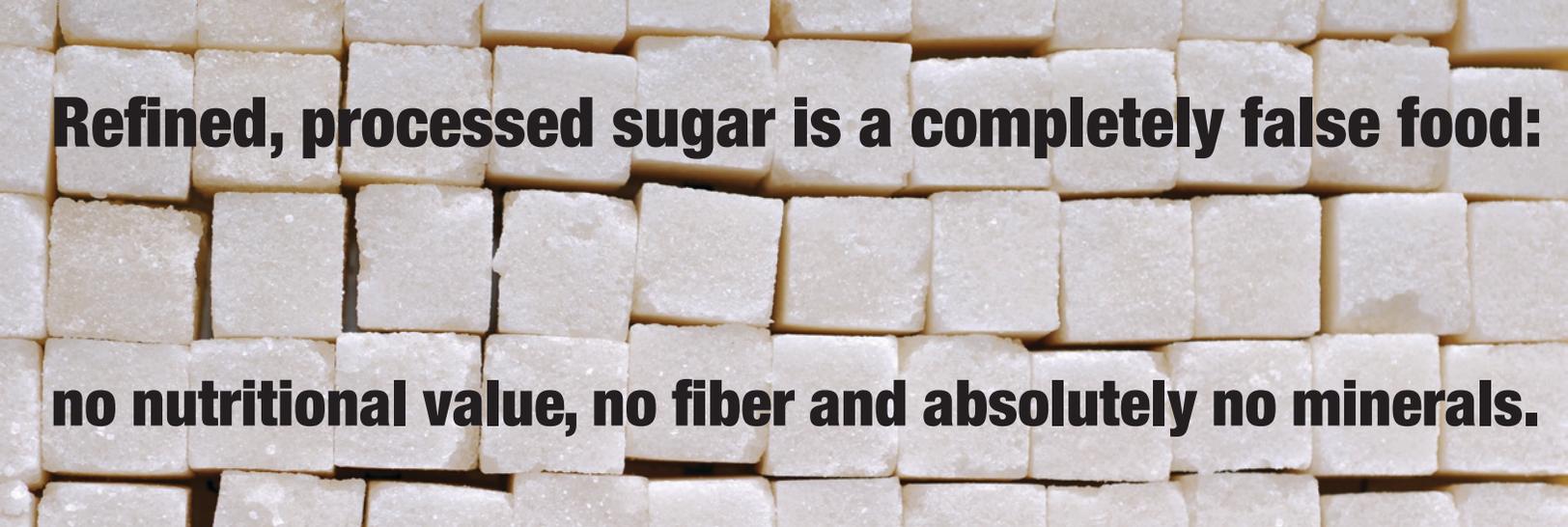
Everybody knows that sugar causes tooth decay. It's also understood that it brings on hypoglycemia, diabetes, and weight gain.

But, it gets worse...

New studies are putting sugar in the driver's seat of some of the world's deadliest diseases. It's been found to support heart illnesses and can even bring on asthma attacks by inflaming and narrowing air passages. Then, mucus production increases, causing wheezing, coughing and severe shortness of breath.

And cancer loves to feed on it...

Why? It all comes down to a simple protein...



Refined, processed sugar is a completely false food:

no nutritional value, no fiber and absolutely no minerals.

One research team at Duke University School of Medicine thinks they know how it happens.

Sugar, you see, strips healthy cells of specific growth factors that keep them alive, processing and absorbing nutrients. In this case, the nutrient in question is glucose. When this happens, the cells die. However, the research team at Duke found that cancer cells all contain a protein called Protein Kinase which belongs to a family of proteins known as AKT.

Because of Protein Kinase, cancer cells are unaffected by the stripping of glucose. The cells produce their own glucose, which keeps them alive and well.

It was found that **sugar** might be directly responsible for:

- **Prostate cancer** in men
- **Pancreatic cancer** in both men and women
- **Endometrial (uterus) cancer** in women
- **Breast cancer**
- **Colorectal cancer** in both men and women

And all this is because refined, processed sugar is a completely false food: no nutritional value, no fiber and absolutely no minerals. But, it does metabolize into your system by sucking out the nutrients you so carefully put into your body to remain healthy and balanced. This is also why sugar creates the perfect environment to skyrocket cholesterol levels and stop fatty acids from being properly metabolized.

Fatty acids are responsible for releasing energy and letting us go through our days feeling invigorated — and lively. When those acids are blocked by the absorption of sugar, you get sluggish, tired, and have those “down days.” If you’ve ever suffered from fatigue or lethargy, you know what happens when fatty acids aren’t processed the right way by your body. It can even be responsible for bouts of depression, anxiety, and hyperactivity. But, the big question for this issue of HCTW is, why does sugar cause diabetes?

Picture this: a network of clear, twisting tubes moving water through a transparent container. Miles of these tubes can be seen with varied thickness. There is a hole at the top where you can pour additives into the tubes, and you choose to put in flour. A little flour doesn’t affect the water’s movement but as you add more and more, the water becomes thick and its movement is markedly slower.

This is what happens when you eat foods high in sugar. Sugar acts like a thickening agent for the blood. The good news is your pancreas knows all about this and sends insulin to the rescue. Now, insulin goes in and acts like a shop vac and sucks the unhealthy amount of sugar out of your bloodstream. If that's the case, then why worry? Your pancreas will just throw out insulin and take care of the problem.

Well, the fact is when you consistently eat food high in sugar (even yogurts and high-starch, high-carb food like pasta and potatoes), you turn your pancreas into a high-volume insulin factory, and over time, your body becomes desensitized to it and the vacuum effectively shuts down. Then – you guessed it – diabetes. That's why diabetics have to shoot insulin. Your body needs more to get the vacuum pulling again.

And if that weren't bad enough, here is a list of other serious ailments that may be caused by refined sugar.

- Acid reflux – Like insulin, your body produces more acid to cut the amount of sugar and if you have it, the acid backs-up like a bad septic tank
- Crohn's disease and colitis
- Increased risk of blood clots and strokes because it can cause blood platelets to become more "sticky"
- It can literally ferment the colon (sugar is used in the fermentation process to produce alcohol) fortifying bacteria with a swamp of perfect conditions in which to flourish
- A big, fat liver – Refined sugars can actually cause the cells of the liver to divide, increasing its size to an unhealthy mass
- Premature aging – Sugar can bring on wrinkles and gray hair before your time
- Damage to the pancreas by causing it to work harder and stressing it out



So, Equal and other artificial sweeteners are the answer, right? WRONG! These are even more dangerous than sugar because NutraSweet and Equal are made with aspartame. This is essentially a toxic poison that contains methyl alcohol (wood alcohol). When it's absorbed by your body, it converts to formaldehyde and then to formic acid, a toxic chemical that, through overexposure, can cause blindness, skin allergies, and liver and kidney damage (if you've ever been bitten by an ant or stung by a bee, then you know how painful formic acid feels when it hits you). Overexposure can be defined as just 3 – 4 cans of diet soda per day.

Other sugars to stay away from (even though we've been told they were healthier) are:

- Turbinado
- Brown Sugar
- Unrefined Sugar
- Corn Syrup

They all have the same, undesirable properties as the white stuff.

Here's a shortened list of other effects triggered by aspartame:

- Numbness in the legs
- Cramping
- Fibromyalgia
- Blurred vision or vision that goes in and out of focus
- Muscle spasms
- Sharp pains
- Dizziness
- High anxiety
- Depression
- Systematic Lupus (irreversible)

But, what about Splenda? That's supposed to be a healthy alternative. WRONG AGAIN! Splenda is actually a chlorinated, man-made sweetener, and it's toxic to your tummy. Duke University did a study and found that Splenda was like pouring poison into your gut. The chlorinated artificial "sucralose" (that's the sweet stuff) destroys the good bacteria and flora in your intestines and colon making digestion and healthy waste elimination a real problem. And that leads to bloating, constipation, and misery. As you can see switching to artificial sweeteners is no way to avoid the dangers of sugar!

HOW DO ARTIFICIAL SWEETENERS COMPARE 'NutraSweet,' 'Equal' and 'Splenda,' - Oh, my!

CAN HONEY OR OTHER NATURAL SWEETENERS SAVE THE DAY?

Now, you may think you're okay using honey as a natural sweetener. Think again. If you use a processed honey then you are worse off than if you use sugar. Honey causes tooth decay much faster than sugar, partly because it's sweeter, but mainly because it's sticky and stays on your teeth longer. Plus, a tablespoon of honey has 42 more calories than sugar. Commercial honey is processed with heat, stripping it of its health benefits and putting you at a greater risk for disease. So, it's important to use only natural, raw honey that is not heated before packaging. Get yours at a health food store like Whole Foods or another trusted source.

*Stay miles away from High-Fructose Corn Syrup. When eaten, it makes a B-line straight to the liver where it is turned into pure, globs of fat. Plus, it doesn't tell the pancreas to turn on the insulin machine letting us know we're full. So we keep eating... and eating...and eating. In fact, since High-Fructose Corn Syrup was introduced (circa 1980), obesity statistics have blown through the roof. It's found in most prepackaged foods, so be on the lookout.

THERE ARE A FEW OTHER CHOICES YOU CAN MAKE TO CUT SUGAR OUT.

- **Agave** – That's right, the same stuff they make tequila out of. But don't worry, you won't get "buzzed" from this 100% natural sweetener. It has basically the same caloric value as sugar, but it scores low on the glycemic chart which means it is safe for folks with diabetes: it doesn't spike insulin.

- **Malitol** – This little gem does not raise blood sugar, so it doesn't pop insulin levels either. It's about as sweet as sugar yet does not promote tooth decay. But, watch out: malitol is known for its laxative effect on some people!
- **Stevia** – It's a South American herb that comes in over 300 species. Some studies have shown that stevia actually lowers blood sugar levels all while being 10 – 15 times sweeter than sugar. You can get it in powder or liquid form.
- ***Fructose** – Like agave, fructose is another low glycemic sweetener that comes from fruit. You can find it in your health-food store. Plus, both fructose and agave are much sweeter than sugar so you'll use less.

BEWARE PRE-PACKAGED AND PROCESSED FOODS

The most difficulty you're likely to have in your quest to wipe sugar from your diet is if you partake in pre-packaged or processed foods.

Even 100% fruit juices can contain 10 teaspoonfuls of sugar or more per 12-ounce cup. Even with no sugar added, fruit juices can contain the same amount of sugar as an equal sized soda.

Avoid prepackaged lunchmeats. In addition to containing pages of preservatives and sodium, these meats can have gobs of sugar and fat.

The biggest thing here is to always be on top of your game. Make sure you're reading labels and not just shoving food into your

Continued on Pg. 47

Here are some helpful tips on how to keep refined sugar out of your life:

- Look for products with **date sugar** – It's sweet, it's neat and it has nutrients and fiber, too.
- **Can the soda-pop!** Sodas are notorious for containing barbaric amounts of sugar. You want soda? Take a bottle of **seltzer water** and add in some **fruit juice** or throw in some natural, **organic cola-flavor** concentrate that can be ordered online. It's inexpensive, tasty and has 0 sugars, 0 calories, 0 fats, 0 artificial anything - just 100% flavor!
- Watch your **crackers**. Many of your favorite brands are loaded with sugar. Buy organic, natural, whole-grain crackers as a healthy alternative.
- Have **dessert from health food stores**. Many are made with natural molasses instead of white sugar.

Grandma's Tips

With a little research and planning, you can learn to bake with substitute natural sweeteners in recipes that call for sugar. Try maple syrup or maple sugar containing calcium, zinc, iron and potassium, plus lots of flavor!



Big Pharma Corporate Arm

By Martin Jacobse

Is The American Diabetes and Obesity Epidemic Caused From MSG Chemical Poisoning?

Medical Alert: You have just participated in the world's largest double blind test called the Standard American Diet (SAD). The sad truth is that America's degenerating health is the result of this ongoing experiment on your health.

Real, science-based evidence reveals that eating foods laced with Monosodium Glutamate (MSG) is harming your body's natural healing process. Find out why the harmful consequences of "excito-toxins" like Monosodium Glutamate (MSG) are far worse than government officials are willing to admit.

MSG Short-Circuits Your Body Electric

This report reveals the shocking truth that man-made chemicals like MSG are robbing you of your health and wellness, one Happy Meal at a time. Your healthy body is a synchronized symphony 60 trillion resonating cells bathing in a salty sea of electromagnetic energy. Amazingly, this language of life ranges in frequencies from as slow as the speed of sound to as fast as the speed of light.

Just as the modern world depends on wireless

satellites, fiber optic and cellular transmissions, so does your body depend on subtle energetic signaling processes. Scientists now agree chemical energies fall short explaining all the amazing feats the human body/mind is capable of. Whether chemical or electrical, all body functions depend on mineral salts. Minerals are the building blocks, cables and wiring which make everything possible.

Excito-toxins like MSG are just one class of man-made chemicals, which literally short-circuit your body's wireless communication systems, by depleting your minerals, damaging cell membrane health and causing degenerative diseases like diabetes.

On your cell membranes you have crystalline protein receptors (antennae), which broadcast cellular signals much like cellular phones and radios do. Your brain, organ and nerve cells have specialized receptors for transmitting and receiving energy and information to keep you alive and well.

MSG is sodium salt of an amino acid called L-Glutamate (MSG) that excites brain cells much like drugs like cocaine do. In fact, neu-

roscientists have mapped out the human brain and identified a vast matrix of specific glutamate nerve cells MSG disrupts.

These nerve cells have receptors called “glutamate receptors,” which detect and regulate the amino acid glutamate. When your body has too much glutamate, these special antennae signal your endocrine system, pancreas and brain to release messenger-like hormones which can eliminate the “toxic effect” that too much glutamate can cause.

Because this defensive function is primarily an electric response, many semi-conductors like proteins and minerals (such as calcium, magnesium, sodium, potassium, chromium, vanadium and zinc) are used up in the process. Normally, these natural sources of amino acids are scarce. The problem is when “synthetic chemical glutamates and aspartates” are consumed, harmful brain and endocrine imbalances occur.

Synthetic glutamates come from Monosodium Glutamate and synthetic aspartates, found in products like NutraSweet. These are both known as excito-toxins, meaning they are toxic to your cells. Millions of people are being negatively affected by these disruptive chemicals, causing dysfunction of brain cells, sensory perception and motor skills, not to mention diabetes.

The main reason L-Glutamate (MSG) is found so readily in processed foods is directly

related to the “low-fat” diet fad so prevalent in America. You see, fat gives many foods their desired flavor, and when removed, people don’t buy those foods as often. This results in plummeting profits for Big Food companies.

Hence “MSG” is marketed to food manufacturers as a “flavor enhancer,” mainly to sell more fat-free, processed foods.

Not only is eliminating an entire food group (fats) from your diet unhealthy, but constant exposure to the “flavor enhancer” MSG also depletes electrolytes from your brain, lowering your electrical capacity, nerve function and brain activity. As you will see, this also has a direct influence on the onset of diabetes...

MSG Triggers Electron Deficiency Leading To Depressive Diabetes On-Set

I found a revealing, conclusive 2004 Johns Hopkins study tracking 11,615 people, which showed that people who feel depressed have a greater risk of diabetes Type 2 on-set. It was once suspected that diabetes caused depression but new evidence suggests depression is an early warning sign of diabetes. Over the last decade, 20 studies pointed to a prevalence rate of diabetes “three to four times greater” than average.

Did you know the root cause of clinical depression is from an electron deficiency in the brain, which in turn is triggered from “depleted minerals” and “disrupted neural pathways” in the brain?

MSG-Triggered Mineral Depletion May Be Root Cause Of Your Diabetes

Here's the missing piece to the diabetes/MSG puzzle: electron deficiency is a direct result of the constant consumption of large amounts of Monosodium Glutamate (MSG). (*Baylock, Dr. Russel, Excitotoxins: The Taste that Kills, Health Press, Santa Fe, 1997, page 23*)

Medical Alert: The diabetic connection to MSG toxicity is caused from the same mineral deficiencies which trigger the low electron activity in the brain.

The same regulatory factors in the brain that regulate blood sugar (glucose) levels also depend on critical minerals and trace elements to be present. As you can clearly see, MSG is the missing link, which can explain why diabetes and obesity has become epidemic in the land of the fat-free diet.

From a naturopathic view point, all imbalances lead to dis-ease states, emphasizing the importance of restoring and sustaining natural homeostasis. Double Nobel Prize winner, Linus Pauling also strongly believed that degenerative dis-ease is caused from mineral deficiencies.

The question of the hour is, "Can we STOP the diabetic epidemic by simply eliminating the massive amounts of Monosodium Glutamate (MSG) in our diets?" To a large degree, absolutely!



MANMADE CHEMICALS
LIKE MSG ARE ROBBING
YOU OF YOUR HEALTH
AND WELLNESS, ONE
HAPPY MEAL AT A TIME.

Here are some of the sources and names of MSG (or glutamic acid):

- » Bouillon cubes
- » Soy sauce
- » Seasoning mixes
- » Frozen entrées
- » Salad dressings
- » Vegetable juice
- » Canned pasta
- » Wieners
- » Potato chips
- » Gelatin
- » Pasta helpers
- » Ice cream
- » Cheese puffs
- » Gravy
- » Frozen cured meat
- » Dried soup mix
- » Canned chili
- » Bologna
- » Nachos
- » Fruit drinks (flavor enhancers)
- » Flavored rice
- » Sour cream
- » Jerky
- » Frozen diet entrées
- » Frozen potatoes
- » Canned meats
- » Ramen noodles (major source)
- » Canned soup (major source)
- » Flavored crackers

MSG Triggers Obesity Factor Of Diabetes

Here's some more food for thought. Did you know that in nature there is no such thing as a fat mouse? Seriously, even in the laboratory setting, when a mouse eats double its body weight, its metabolism simply doubles its speed and prevents obesity. **MEDICAL FACT:** When mice are injected with Monosodium Glutamate (MSG), they immediately become obese and diabetic.

Not only do scientists routinely create obese mice by injecting MSG under their skin, they also euthanize them the same way...but with a larger dosage, causing the brain to die.

Honestly, do you think that America's epidemic of obesity and diabetes is some mistake of evolution, OR is there possibly an elaborate "marketing scheme" to sell more junk food, diet products and prescription

drugs???

This may also explain why diet gimmicks always fail.

MSG And Aspartame Trigger Diabetes Neuropathy and Neurological Disease

In 1995, the FDA issued a report stating, "Studies have shown that the body uses Glutamate, an amino acid, as a nerve impulse transmitter in the brain and that there are Glutamate-responsive tissues in other parts of the body, as well. Abnormal function of these Glutamate receptors has been linked with certain neurological diseases, such as Alzheimer's disease and Huntington's chorea. Injections of Glutamate in laboratory animals have resulted in damage to nerve cells in the brain."

Excito-toxins like MSG and Aspartame are a 100 Billion Dollar business and most of it is made by Monsanto's sister company Ajinomoto Inc., one of the most profitable companies on the planet.

Strange how big corporations can get away with creating the problems they later market with false solutions. It's called problem, reaction and solution marketing. Clearly these neurotoxic products increase risk of both obesity and diabetes, yet they have the audacity to patent yet another

Grandma's Tips

Chinese food is commonly known to contain MSG. Other fast food restaurants - even McDonalds, Burger King and KFC - use enough MSG or free glutamate to cause a reaction. Avoid chicken, sausage, ranch dressings, parmesan items, dips and seasoned fries.



“altered amino acid” to sell as a replacement for insulin, called protein engineering.

The American Diabetes Association stated 23.6 million U.S. children and adults -- about 8 percent of the population now has diabetes. According to a Reuter’s report from Washington, Oct 30, 2008 “...The rate of new cases of diabetes soared by about 90 percent in the US in the past decade.”

Dr. H.J. Roberts claims his research also confirms MSG’s excito-toxic cousin, Aspartame, leads to clinical diabetes by diminishing control of insulin and oral drugs and aggravating diabetic complications such as retinopathy, cataracts, neuropathy and gastroparesis.

In 1968, John W. Olney, M.D., at the Washington University School, St. Louis, Missouri, replicated a 1957 study, where MSG caused retinal damage and caused mice to become grotesquely obese as a result of a poisoned hypothalamus.

MSG Triggers Massive Insulin Surges

Because your pancreatic beta cells have glutamate receptors, “MSG triggers massive insulin surges.” Insulin is known

as the “hunger hormone,” and being that MSG has been shown to increase the appetites of mice by 40%, you can see why obesity rates are only matched by skyrocketing diabetes in the US.

Leading medical researchers are aware that damage to the hypothalamus causes severe endocrine problems, such as decreased thyroid hormone, high risk of diabetes and elevated cortisone levels.

Stress hormones like corticosteroids may play a role in diabetes on-set by increasing insulin resistance, or possibly by harming beta cell function related to impaired glucose tolerance.

Recent evidence suggests central obesity can be caused by neonatal injections of Monosodium Glutamate, which also impairs learning ability and memory. Further, when MSG is combined with trans-fat, central obesity increased, as well as promoting dyslipidemia and impaired spatial learning (*Nadine J. Makhoula, et al, Cell Biology & Diabetes Research Unit, Department of Biological & Medical Research, King Faisal Specialist Hospital & Research Centre; University of Toronto, Division of Life Sciences, Scarborough, Ontario, Canada Received 21 March 2009*).

Ingredients that often contain MSG, or create it during processing:

- » Carrageenan
- » Citric acid
- » Broth
- » Maltodextrin
- » Soup stocks
- » Ultra pasteurized
- » Barley malt
- » Pectin
- » Protease
- » Protease enzymes
- » Soy protein isolate
- » Unnaturally “fermented” or “protein fortified”
- » Natural pork, beef, or chicken flavoring
- » Whey protein
- » Enzyme (enzyme modified)
- » Malt flavoring
- » Soy protein concentrate
- » Malt extract
- » “Natural flavorings and seasonings!!!”

**Some other names
MSG is hidden under:**

- » Gelatin
- » Autolyzed yeast
- » Yeast extract
- » Hydrolyzed plant or animal protein
- » Natural flavor
- » Artificial flavor
- » Monopotassium Glutamate
- » Yeast food
- » Yeast nutrient
- » Glutamic acid
- » Sodium caseinate
- » Textured protein

The Obvious Problem And Clear Solution

The big question is, now that you know the truth, will you use this life-saving information to help make a positive impact on world health? I expect you will.

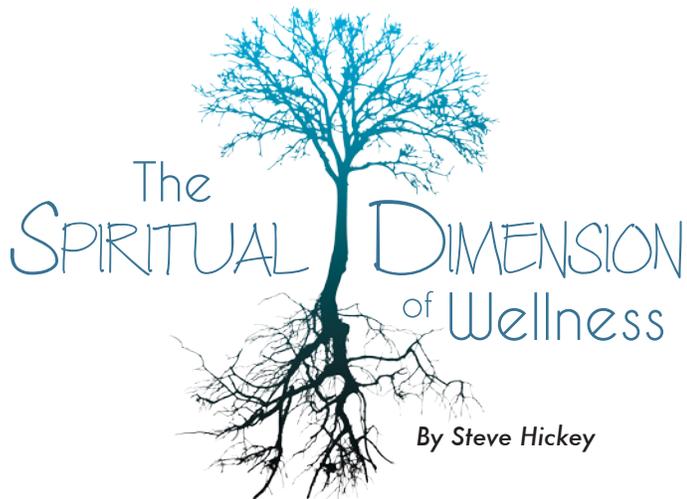
Bottom line is, you are the final authority on your health. You know it's a challenge getting enough quality nutrition, so why allow toxins like MSG to enter your body? You need minerals to run every metabolism in your body including your blood glucose metabolism, so eat plenty of raw plant sources of protein, drink plenty of pure water and embrace a healthy lifestyle. Diabetes is easier to prevent than cure, but the truth is that eliminating its root cause can cure diabetes and nurture cell health.

There is no doubt that excito-toxins like MSG are one of the possible causes of diabetes.

Join the Self-Health Revolution and take back control over your health and wellness, starting with every little thing you can do to make your food and your loved ones' food beneficial and safe.

hctw





My Body the Temple

There are a variety of ways to answer the question; what is the body? Chemically, the body is mostly water. Structurally it is a complex of interrelated and interdependent systems. The body is full of marvels and mystery. It is both fragile and resilient. Your body is hardly just the next random mutation in an unguided evolutionary process. The Bible says, “*You are God’s workmanship.*” (Ephesians 2:10) Some translations say we are his “*masterpiece*” which speaks how each of us is God’s work of art.

When I travel I enjoy watching people in airports and in the different parts of the world. All the flavors of humanity are really beautiful; people of all shapes and sizes, a variety of hues and yet each bearing the image of God. The Bible says we are each “*wonderfully made.*” (Psalm 139:14) Yet, even a quick glance at people will reveal that death is at work in the members of the body. As a minister, I officiate at a number of funerals and walk with people through the last stages of life on earth. 2 Corinthians 5:1 is obvious – the body is a tent that ultimately deteriorates and is one day no more.

ONE MINUTE CURE

Discover a remarkable, scientifically-proven natural therapy that creates an environment within the body where cancer and other diseases cannot thrive -- and enables the body to cure itself of disease.

You MUST watch this video.

It explains why 10 million Europeans no longer suffer and why 15,000 doctors recommend this simple 1 minute daily regimen.



A “tent” is a dwelling place and the point is the body is a place where we reside for a season – eventually the “tent” does break down. That’s what that passage is talking about when it says “...*Outwardly we waste away yet inwardly we are being renewed day by day.*” These monthly articles address the fact that the spiritual and physical dimensions of each of us are dynamically related. Both dimensions of who we are contribute to wellness and longevity.

In answering the question, “What is the body?” the Bible answers with a question... “*Do you not know that your body is a temple of the Holy Spirit [?]*” (2 Corinthians 5:1) This thing I call my body is not just a “tent” where the real me dwells; it is a Temple for God to dwell in, as well. His Spirit indwells us as we invite God into our lives.

Some are quickly bored reading the passages in the Bible that detail the specific layout and even the furniture in the ancient Jewish Temple. Chapter after chapter of explicit instructions are given as to what can and can not be in the Temple area including where things must be placed and what defilements are to be kept away. Many of us rearrange our homes from time to time and it’s really inconsequential. However, just as God gave specific instructions to Noah in building the ark, he gave specific instructions for the Temple, which, for centuries, served as his dwelling place on earth. The Bible says he no longer lives in temples made by human hand but that he dwells in us. The body is masterfully ordered and it is very consequential what we do and do not allow in our bodies. Had Noah not followed God’s explicit instructions for the ark, the

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“Do you not know that your body is a temple of the Holy Spirit?”

boat (and every living thing in it) would have succumbed to the waves and sea.

All the above is context and background for this very important point. If God ordered his earthly dwelling place meticulously and gave stern warnings of what can and can not be in it, how much more does it matter what does and does not go in his dwelling today - the human body? Here's the entire passage about our bodies being God's temple:

“Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought with a price. Therefore honor God with your body.”

These passages speak of our value to God and how serious a matter it is when we treat our bodies poorly. It is a spiritual matter what we eat and what we don't eat. God's path to life and health is just that, a path... *“There is a way that leads to life and few find*

it.” (Matthew 7:14) That path, or way, involves passing by many food and drink temptations every day and learning what and how to pursue what is good for us — body, soul and Spirit.

A few years ago I served communion in a hospital to a woman whose health deteriorated mainly because she was drinking twenty-four cans of Mountain Dew everyday day. For me, there was a disconnect in that somehow, to her, the communion elements I was serving were “spiritual” and the can of Mountain Dew next to her was just a “refreshment.” No, it was a poison and we talked about the spiritual dimensions of the path she was going down physically. Of course, hers is an extreme example, but the little toxins we allow in every day have the same end. Close behind loving God and loving others as yourself, the most spiritual thing you can do is honor this dwelling of God, your body and that happens when we are careful what we put in it.



Steve Hickey is the founding pastor of a life-giving church with over 700 members, a church planter, a trainer of leaders with John Maxwell's organization, a police chaplain, and is very active in politics as a national voice for the unborn. He's written several books, including his latest, *Momentum: God's Ever Increasing Kingdom* (www.MomentumHandbook.com)

Steve and his wife would like to pray for your specific needs and have a prayer team at the church waiting to hear from you. For more information or to submit a prayer request, visit: www.ChurchAtTheGate.com/prayer.php



The 7 Rungs of the Health & Wellness Ladder

By Martin Jacobse

Diabetes is Not a Drug Deficiency

By simply
nurturing cell
health, all types
of diabetes can
be cured.

What's The Difference?

Diabetes Type 1 on-set is when your pancreatic “beta cells” don’t make insulin.

Diabetes Type 2 has healthy beta cells, but other cells refuse to respond to your insulin.

Diabetes Type 3, a.k.a. gestational diabetes, is basically Type 2 triggered during pregnancy.

Then there’s the latest thing called Double Diabetes, where the synthetic insulin they give a Type 1 triggers insulin resistance, a.k.a. Type 2.

All types of diabetes have been cured by simply nurturing cell health.

Some common symptoms of Type 1, Type 2 and Type 3 are fatigue, blurred vision, dehydration and frequent urination. Other symptoms are slow healing, numbness of hands or feet, and sexual dysfunction — none of which are signs of a drug deficiency.

Truth is, drugs don’t really cure much at all, (other than

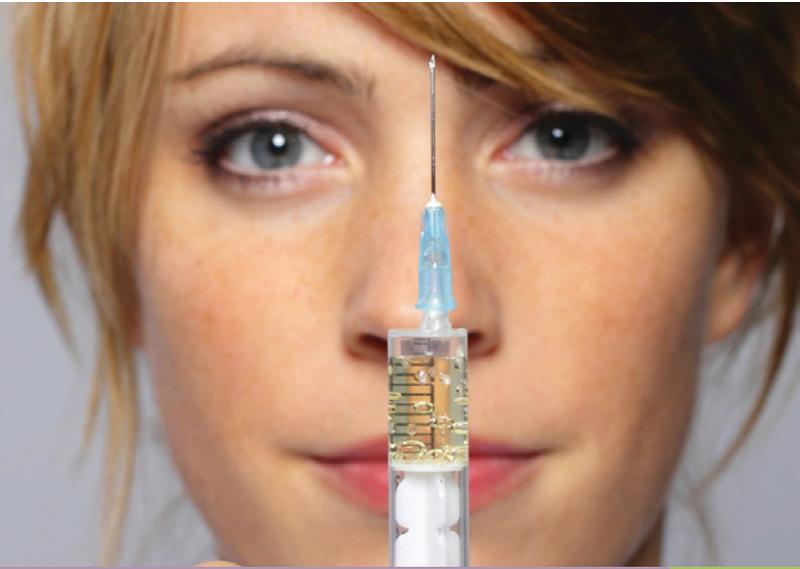
antibiotics — and those are a double-edged sword, too). Frankly, it’s the body/mind that heals itself. Many acknowledge Mama Nature, the divine Mind, or Holy Spirit as the real healing agent.

Discovering The Root Cause of Diabetes

Common sense says, “Remove the cause and the problem will heal itself.” So, presuming diabetes isn’t a drug deficiency, what is it? To answer that question let’s start at the beginning.

Diabetes mellitus (Type 2) is also known as “The 20 year disease.” Basically, diabetes is a metabolic imbalance identified by a distinctive degenerative and inflammatory cycle.

The good news is that because diabetes takes so long to diagnose, it gives you a longer window of time to prevent it, restore balance or reverse any damage to cell health. The bad news is loss of homeostasis (bal-



ance) is subtle at first, allowing the cycles of inflammation and degeneration to become a chronic or persistent condition.

Naturally, the longer your “glucose metabolism” has been out of whack, the more urgent the need to restore your homeostasis (balance) as soon as possible.

In other words, the same diet and lifestyle modifications that prevent diabetes cure diabetes. It just takes more will power, belief and commitment the longer you’ve had it, but the undeniable positive results remain the same, regardless of the type.

Pre-diabetes, insulin resistance or impaired glucose intolerance, as with gestational diabetes, obviously all have the same root cause as full-blown diabetes Type 2 on-set. Obviously, in order to understand how your diabetes is cured, you must first learn how to remove the root cause of the problem, the trigger of the imbalance.

Even though Western medicine has a money issue with admitting that diabetes has “always been” completely curable, each person has different factors, which make for different variables. The secret to any success is right action, an optimistic attitude and persistence.

Drugs are not always necessary. Belief in recovery always is.”

-Norman Cousins

Oh, the powers of nature. She knows what we need, and the doctors know nothing.”

-Benvenuto Cellini

Here’s good advice for practice: go into partnership with nature; she does more than half the work and asks none of the fee.”

-Martin H. Fischer

The Key To Unlocking The Power Of Minerals

The natural Diabetes Type 2 cure is generally the same remedy as pre-diabetes, gestational diabetes or any metabolic imbalance. That means nurturing cell health by eating a mineral rich, plant protein-based diet, insuring adequate hydration and routine “mild” exercise.

The cure for diabetes Type 1 also focuses on nurturing cell health, but takes a little more patience. Some studies point to the root cause of diabetes Type 1 as a simple bacterium, others say it’s an immune disease, others more of a mineral deficiency. My take on this is the “mineral deficiency” triggers an “immune imbalance,” which then allows bacteria to grow, which disrupt balanced beta cell function.

It’s interesting to note that all diabetics, whether Type 1 or Type 2, suffer from a common chromium deficiency. That’s why eating plenty of “mineral rich,” raw plant foods like nuts are so vital to helping your body heal your diabetes.

Since diabetics share common mineral deficiencies, let’s start there. Did you know (niacin-bound) chromium is one

of the essential trace minerals that enhance the action of insulin?

Leading scientists agree that “niacin-bound” chromium provides impressive health benefits for many metabolic disorders. But this is only one of many SYNERGISTIC trace minerals like chromium, copper, zinc, vanadium and magnesium that may be the missing key to longevity and wellbeing.

A nurse’s study done at Harvard University and the U.S. Agricultural Dept. found that high fructose corn syrup triggers a diabetic response. As a remedy, a strong body of evidence gathered by Harvard University researchers also points out that “chromium supplementation” can help pre-diabetics and Type 2 diabetics to reduce or even eliminate obesity and high blood sugar levels.

“These results demonstrate that certain forms of chromium may improve insulin sensitivity and lower Cardiovascular Disease (CVD) risk by reducing inflammation and oxidative stress, which cause cell damage.” (*Sushil K. Jain, Ph.D., Professor of Pediatrics,*

Physiology and Biochemistry & Molecular Biology at Louisiana State University in Shreveport.)

Keep in mind, chromium is only one common mineral deficiency many diabetics have in common. Once you understand how key minerals work

Imagine: “just” by supplementing with niacin-bound chromium, you can help:

- » Restore healthy Body Mass Index (BMI)
- » Improve insulin sensitivity
- » Activate fat-burning genes
- » Reduce emotional and physical stress
- » Protect balanced cholesterol levels
- » Support a healthy circulatory system
- » Optimize glucose fasting tolerance
- » Maintain healthy, normal blood sugar levels
- » Enhance your health without side effects, only benefits.

together to help all your critical enzyme processes, you'll better appreciate the natural healing power of eating mineral rich raw plant food sources.

Wellness Factoid: Your pancreas needs plant-sourced minerals and fresh water to produce living enzymes and natural insulin needed to regulate your healthy glucose metabolism.

Plants (vegetables, fruits and herbs) are Mama Nature's "mineral extracting machines," transforming mineral rock into usable "cellular salts." These are needed to metabolize nutrients, regulate blood glucose and maintain homeostasis (balance).

The Intelligence of a Balanced Life

The new science of epigenetics, married with the ancient art of healing, both prove your body is intelligently designed to maintain optimum health. It simply needs your support. Your body has a "built-in intelligence" which sustains a state of homeostasis. This means you can help prevent, treat or cure the diabetic cycles of degeneration and inflammation with natural remedies and positive lifestyle changes.

Don't dumb-down your health with fear mongering drug propaganda. But if you are taking prescribed drugs, don't suddenly stop taking them unless under a physician's supervision. You can gradually regain control over your health with close medical supervision. Remember, even when natural healing takes place, you still may have the withdrawal/detox process from the drugs to deal with.

The key to restoring optimal balance "au-



tomatically” is to nurture the healing powers already within you using naturally healing foods.

Whether you’re insulin resistant, pre-diabetic or already diagnosed as diabetic, you need to get your blood sugar balanced at a normal level fast and learn how to keep it there. Following my “Wellness Ladder” model (see HCTW 2009 archives), you will want to focus on first detoxifying your cells so you can better address your mineral and nutrient deficiencies.

The Sweet Deception

Due to very effective advertising campaigns paid for by Big



Sugar, it might shock you to learn “Refined sugar is NOT a nutrient.” Fact is, refined table sugar is actually a toxin that triggers a diabetic, inflammatory and degenerative process. This causes your cell membranes to eventually become insulin resistant, leading to diabetes Type 2 on-set.

Refined sugars deplete your body of mineral stores, and a single serving has been shown to shut your immune system down for 3 days. Are you beginning to see a clear picture now?

The truth is, your body already makes its own “vital sugars.” Your health depends on healthy cell membranes, abundant with the proteins that already contain these “special,” self-generated nutritional sugars.

Again, let me make this clear: refined table sugar is a poison. Medically speaking, any substance applied to the body, ingested or developed within the body, which causes or may cause a disease is a poison.

Bottom line, table sugar (sucrose) exerts a harmful influence on your body. Refined sugar is toxic because it has

been depleted of any vital life energies. Your body can’t use refined sugar unless the nutrients, minerals and proteins are in it, which they are not. That’s why the natural whole sugars from raw plant sources are better because their nutritional “cofactors” are intact.

WARNING: An incomplete carbohydrate (sucrose) causes the formation of “toxic metabolites” like pyruvic acid and mutant sugars that literally waste your brain and nerve cells.

When toxic waste builds up in your cells, it interferes with your cell membrane health. Table sugar’s “empty calories” trigger further mineral and nutrient deficiencies in your body’s effort to buffer, or neutralize, the toxic acid waste refined sugar causes. Truth is, the acidic condition (pH) that refined sugar causes depletes sodium, calcium and magnesium, as well as chromium and other trace minerals your cell membranes require.

Symptoms of Toxic Fat Poisoning

One of the classic symptoms of pre-diabetes, insulin resistance and diabetes mellitus is a

fat belly, buttocks and thighs. This happens because empty calories are deposited as glucose in your liver until it dumps fatty acid waste back into your blood stream — making you bulge in familiar places.

The next degenerative stage of the pre-diabetic cycle is when these fatty acids overflow into your heart, pancreatic and kidney cells, eventually “degenerating” healthy tissue into “toxic fat.” This leads to a whole array of metabolic dysfunctions affecting your lymphatic, circulatory and nervous systems. As you can imagine, heart disease, bone mineral density loss and poor brain function are all “additional symptoms” of sugar poisoning.

Bottom line, diabetes is a slow wasting disease caused by the onset of both inflammatory and degenerative disease cycles, stressing your immunity, taxing hormone systems and triggering obesity. Remember it doesn't have to be that way; you can overcome any type of diabetes naturally.

All these symptoms should alarm you and inspire you to break your addiction to refined sugar (sucrose) and replenish your store house of vital mineral salts, enzymes and healthy proteins. These come from raw fruits, nuts and vegetables.

FACTOID: Diabetes mellitus (Type 2) is reversed every day by

smart dietary and lifestyle changes. What's even more impressive is that many doctors are now seeing diabetes Type 1 make a turn for the better too — using the same remedies.

Understand that diabetes Type 1 is a result of dormant pancreatic cells called beta cells. Doctors were once told these insulin factories (beta cells) were beyond revival. In fact, they mistakenly believed these pancreatic beta cells were dead. The new science of “healing foods” (nutrigenomics) teaches us that a poor diet can turn off beta cell genes and that the right diet can turn them back on again, like a light switch, meaning there really is hope for you even if you have diabetes Type 1 on-set.

It's all about nurturing healthy cell membranes and switching on your anti-diabetic genes with the “vital energy” found in raw, unprocessed plants, living water and by pursuing a mildly active lifestyle. Optimal health is being more than just free of symptoms. It's a state of being where all your body's cells continuously bathe in a mineral-charged field of natural life energies.

I hope I've helped you understand that the biggest step to curing diabetes is to know that diabetes can be cured. hctw



Martin Jacobse, a hearing and speech specialist of 30 years, was first in-

spired by the natural home remedies used by his Cherokee Grandmother. He has since expanded his interests into naturopathic, alternative and energy medicine. Excited to share his findings and close the gap between the medical profession and natural home remedies, Jacobse found a passion as an independent medical researcher and ghost writer, dedicating his life to getting the word out as a consumer health advocate for Barton Publishing. Jacobse spends his free time practicing the healing art of magnetic Qigong, publishing books and enjoying the quiet of a small horse ranch near the Tonto National Forest in Arizona.



The **BOND GIRL** WHO BROKE THE BOND

With Diabetes Type I

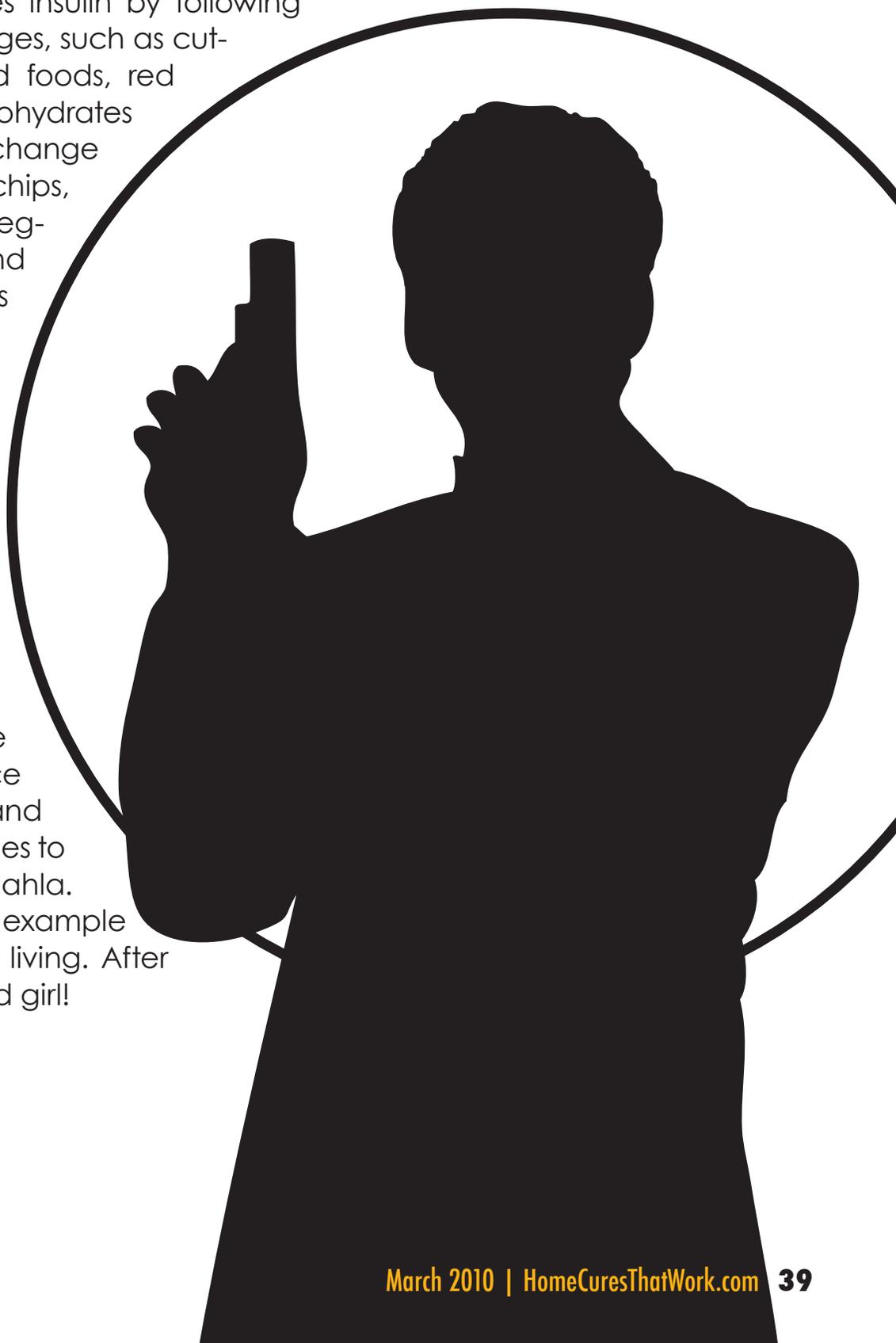
You would never know it by looking at the beautiful and healthy **Halle Berry**, but she was once comatose for 7 days due to undiagnosed diabetes and was at risk for losing her legs and eyesight. Upon awakening, the type I diabetes diagnosis put her on insulin.

By regulating her diet, exercise and lifestyle, Halle has become an inspiration to all of us by reversing her diabetes. Perhaps she birthed her dormant pancreatic cells into new life with proper nutrition.

She no longer requires insulin by following dramatic health changes, such as cutting out all processed foods, red meat, sugary carbohydrates and fewer fruits. In exchange for salt and vinegar chips, Halle chooses fresh vegetables, chicken and fish. When she craves a sweet tooth, she satisfies it with honey or molasses foods.

Wisely, Halle also addressed another sugar level stressor: lifestyle. Daily yoga helps reduce stress and manage blood levels, as does rollerblading and personal trainer sessions. These activities help balance her Hollywood living and mothering responsibilities to her young daughter, Nahla.

Halle Berry is an example of successful diabetes living. After all, she is a James Bond girl!



Product Review

Insulin Pumps: Pump it up! Manage your weight, get better sleep, boost your energy, accommodate your flexible life and overall, feel better with great insulin control. The insulin pump can make a healthier you!

Using an insulin pump for diabetics can offer many advantages:

- Improves A1C
- Less blood glucose extremes or episodes
- More accurate deliverability than traditional injections
- Allows for greater flexibility with daily activity and food consumption
- Improves quality of life

In fact, those that use pumps rarely return to insulin injections. If you are considering a pump, these are the standard features you should be sure to have:

- Pump can hold enough insulin for your needs
- Numerous basal profiles
- Temporary basal rates
- Bolus options
- Bolus calculator
- Correct settings or steps for your insulin sensitivity
- Programmable features that meet your needs
- Regularly tested for safety, reliability and durability

For individual pump compatibility, keep these tips in mind:

- Customer Support: payment plans, 24-hour help lines, return or replacement policy, contact with insurance company, guarantee
- Shape, look, feel, size and weight of pump

- Insulin reservoir size
- Time to deliver a unit
- Software and programming, screen size
- Battery Life, Memory, Remote Control
- Water protection
- Child proof
- Customizable options to suit your style

Disadvantages:

- Cost (initial and continual)
- Insurance coverage
- Potential weight gain
- Can be bothersome, because you are attached via a tube to the device
- Training and maintenance on the device

On the next page is a quick comparison for the top subscribed, used and reliable insulin pumps. If you choose to utilize an insulin pump to manage your diabetes, here are some quick tips to get you started:

- Travel with backup insulin pen
- Record your blood glucose levels to identify any problem areas or unnecessary weight gain
- Set a system for turning on and off your pumps

Better blood glucose control is the goal of insulin pumps. The difference in control is the different styles of treatment. Do your homework and choose for yourself a healthy diabetic future!

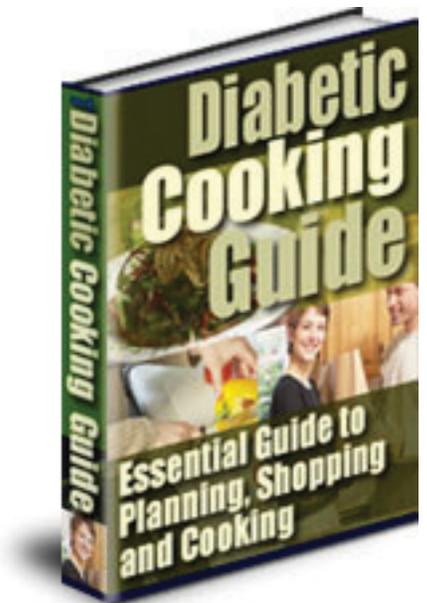
Product Recommendation

Diabetic Cooking Guide: Essential Guide to Planning, Shopping and Cooking!

Mealtime for diabetes can be tough. There can be tantamount concerns: Is there enough fiber? Does it have too much fat? Above all, will it taste good!? The secrets to diabetic cooking to maintain your blood sugar are inside the Diabetic Essential Guide to Planning, Shopping and Cooking! More than just recipes, this diabetic toolbox contains an exercise plan that will train you to live an active life.

You won't fear the foods you thought you had to avoid. By learning about the Glycemic Index Diet, you can eat what you love to actually heal your body and prevent diabetes suffering. By going above and beyond average diabetes cookbooks, you can power your body with nutrition as you plan, shop and cook finger-licking-good recipes with this Diabetic Cooking Guide!

www.DiabetesReversed.com/cookbook



Insulin Pump Comparison Chart

Pump Comparisons	Paradigm (Minimed)	One Touch Ping	OmniPod
Reservoir Size	176 or 300U	200U	200U
Connection	Proprietary	Luer lock	Built-in
Basal Increment	.05u u/hr up to 30u u/hr	.025u	.1u u/hr or .01 u/hr
Total Basals	48/day	12/day	48/day
Basal Profiles	3	4	7
Basal Interval	30 min	30 min	3 min
Bolus Increments	0.1 visual, 0.5 or 1.0 visual or audio, remote extra	0.05 visual or audio, 0.1, 1.0, 5.0 audio	0.05, 0.1, 0.5, 1.0u

Living Healthy to 120: Anti-Aging Breakthroughs

By David Kekich

The Same Forces That Are Creating A Health Revolution Are Killing Us

Technology brings us tasty yet poisonous food choices.

Ten years ago, when I formed Maximum Life Foundation, we saw very little in the news about longevity, let alone radical life extension. Now, hardly a day goes by where you don't see some reference in the national or world news. I just Googled "aging" and got 61,500,000 results. "Longevity" yielded 18 million.

Then I went to Amazon's site. "Aging" got me an astounding 226,820 results. Virtually all of them were published in the past ten years. "Longevity" had 108,642.

We're in the middle of a life



David Kekich is President/CEO of Maximum Life Foundation that focuses on aging research, a 501(c)(3) corporation dedicated to curing aging-related diseases. For more information, visit: www.MaxLife.org

extension revolution. Health and wellness is becoming a way of life for millions. So, why are we, as a nation and as a world, getting fatter and, in many cases, dying sooner? This really bothers me, because with the emerging extreme life extending technologies, the stakes in this longevity game are being raised from an extra 10-20 years to possibly indefinite youth.

Look, for the first time in history, we have a shot at the longevity brass ring. From the beginning of civilization, people have yearned for extended youth and an escape from the ravages of aging. You are part of the most fortunate generation ever. So count your blessings, and cherish and take advantage of your first-time-in-the-history-of-the-world opportunity. Benefit from

what most people squander.

Along with these great life-extending technologies come tasty, but poisonous, food choices. Technology makes food cheaper and life a lot easier as well. So easy in fact, that most people get away from regular exercise. On one hand, science gives you a life-saving opportunity while tempting you to not take advantage with the other. High-tech living can also be unpredictable and stressful.

My good friend Rose Cole, along with Deepak Chopra, Andrew Weil and other notables, published yet another longevity book called *Audacious Aging*.

Rose is a top natural health advocate and speaker. In this anthology, Rose shares her story of moving from a sugar addicted, psoriasis-suffering

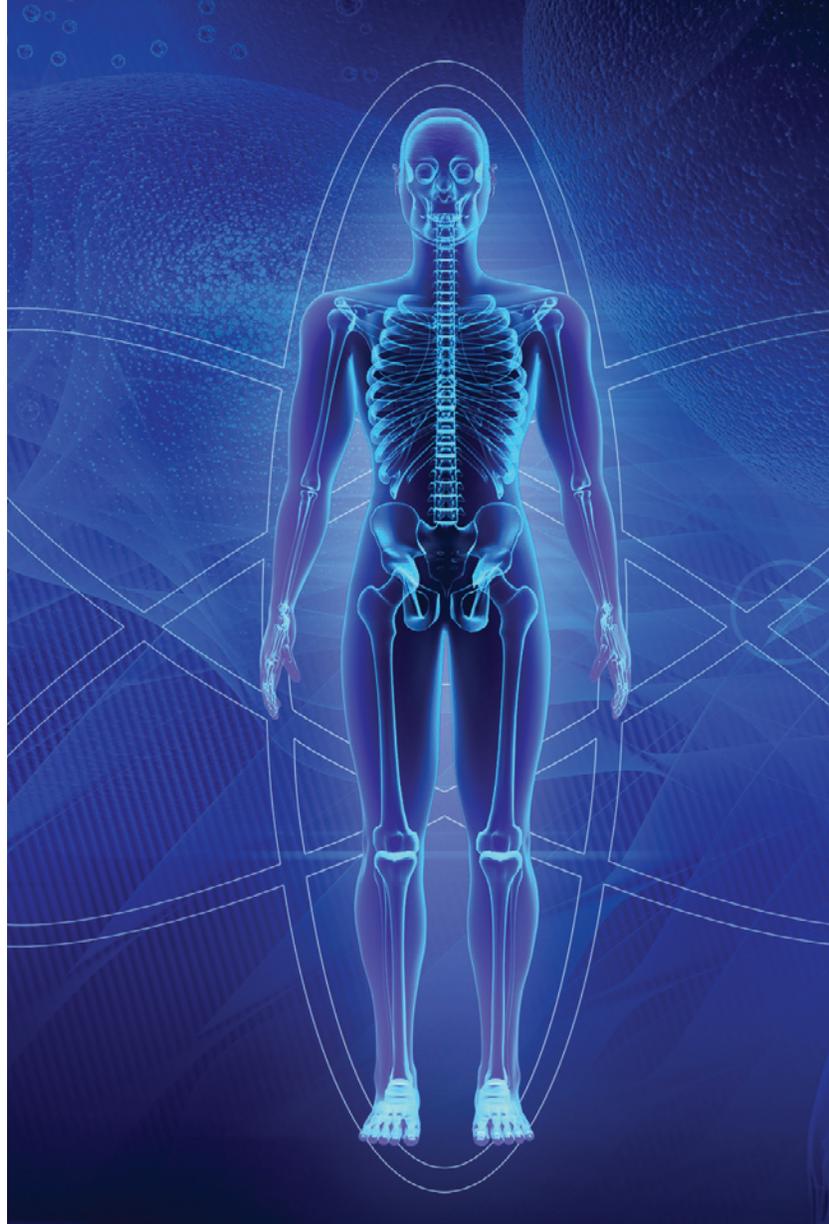
fashion model to the sought after health professional she's become by choosing food that promotes "thriving instead of surviving." 100% of the proceeds from all copies sold at www.WellnessWithRose.com will be donated to CARE (www.care.org).

In the book, Rose explains the connection between our physical bodies and the food with which we fuel it: Says Rose, "98% of the atoms that comprise your body now will be replaced in six months; those cells are made primarily from food. If you've messed up your health over the years, you can have a new body in ninety days. All food has a vibrational core. Food that makes your body function well has a higher vibration, whereas food that drags your body down has a lower vibration."

Rose has transformed the lives of clients all over the world by balancing their body chemicals to self heal with astounding results. Through special engagements and her collection of Wellness With Rose books, virtual coaching programs, CD and DVD programs, she provides the ultimate passport to vital health that results in limitless energy and a superior education in how to avoid disease. Her methodology addresses the root causes of why the body creates depression, disease or just a lack luster performance.

Your life. Your choice. Get Rose's book and her programs, read other health books, join a gym, eat sensibly, see an anti-aging physician, manage your stress, and read Life Extension Express at URL.

Will I see you in the future? Long Life!



98% OF THE ATOMS
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IN SIX MONTHS.
IF YOU'VE MESSED UP
YOUR HEALTH OVER
THE YEARS, YOU CAN
HAVE A NEW BODY
IN NINETY DAYS.

Weight Control, Exercise & Fitness Tips

By Nordine Zouareg

If I Only Had the Time... Or Do I?

12-Minute, Results-Driven Workout.

“I don’t have time,” is the reason that most people don’t exercise. Well, they call it a “reason,” I like to call it what it really is: an excuse.

Most people believe their workouts need to be 60-90 minutes in order to really count. With this kind of time commitment, it is no wonder that exercise becomes the activity that you simply don’t have time for. Before you know it, one missed workout becomes two, and soon you realize that you haven’t put on your gym shorts for a month.

Missed exercise is a slippery slope toward irreversible consequences. Obesity wasn’t gained in one day...or even in one year. Neither was diabetes or heart disease.

Question: Have you ever wondered if long workouts really deliver the best results? The truth is that exercise doesn’t have to take 60-90 minutes anymore. The experts agree that short, intense bouts of exercise can actually deliver better results than traditional low-intensity exercise.



Nordine Zouareg is a former Mr. Universe, an International Fitness Coach, Speaker and Author of the book *Mind Over Body: The Key to Lasting Weight Loss is All in Your Head!* For more information, visit: www.NordineZ.com

In fact, a study was conducted at the University of Pittsburgh School of Medicine that tested whether multiple short bouts of exercise would deliver better results than one long bout of exercise. They found that participants who performed short bouts of exercise stuck with the program longer and experienced greater weight loss than the participants that performed long bouts of exercise.

Throw out the idea that you need an entire afternoon or a free evening to have a great workout. It simply doesn’t take as much time as you think. Here’s one example:

12 Minute Results-Driven Workout

Dumbbell Squat Press:

Stand with your feet shoulder width apart and hold a dumbbell in each hand at shoulder level. First, lower down into a squat position. Make sure that your knees do not go past 90 degrees. Exhale as you press the dumbbells overhead, while straightening your legs and return to the starting position. Complete 12-15 repetitions.

Sprint or Jump Rope for 30 seconds.

Dumbbell Lunge and Curl:

Stand with your feet shoulder width apart and hold a dumbbell in each hand down at your sides. Exhale as you lunge forward with your

right leg and curl the dumbbells up toward your chest. Make sure that your knee does not go past 90 degrees. Inhale as you return to the starting position and repeat on the other side. Complete 12-15 repetitions.

Sprint or Jump Rope for 30 seconds.

Dumbbell Bent Over Rows:

Stand with your feet shoulder width apart and hold a dumbbell in each hand. Bend your knees and lean forward from your waist, keeping your back flat. Exhale as you drive your elbows back and squeeze your shoulder blades together. Inhale as you return to the starting position. Complete 12-15 repetitions.

Sprint or Jump Rope for 30 seconds.

V-Ups:

Sit on the edge of a chair or bench and lean back. Exhale as you drive your knees in toward your chest, squeezing your abdominal muscles. Inhale as you lower your knees back down with control. Complete 15-20 repetitions.

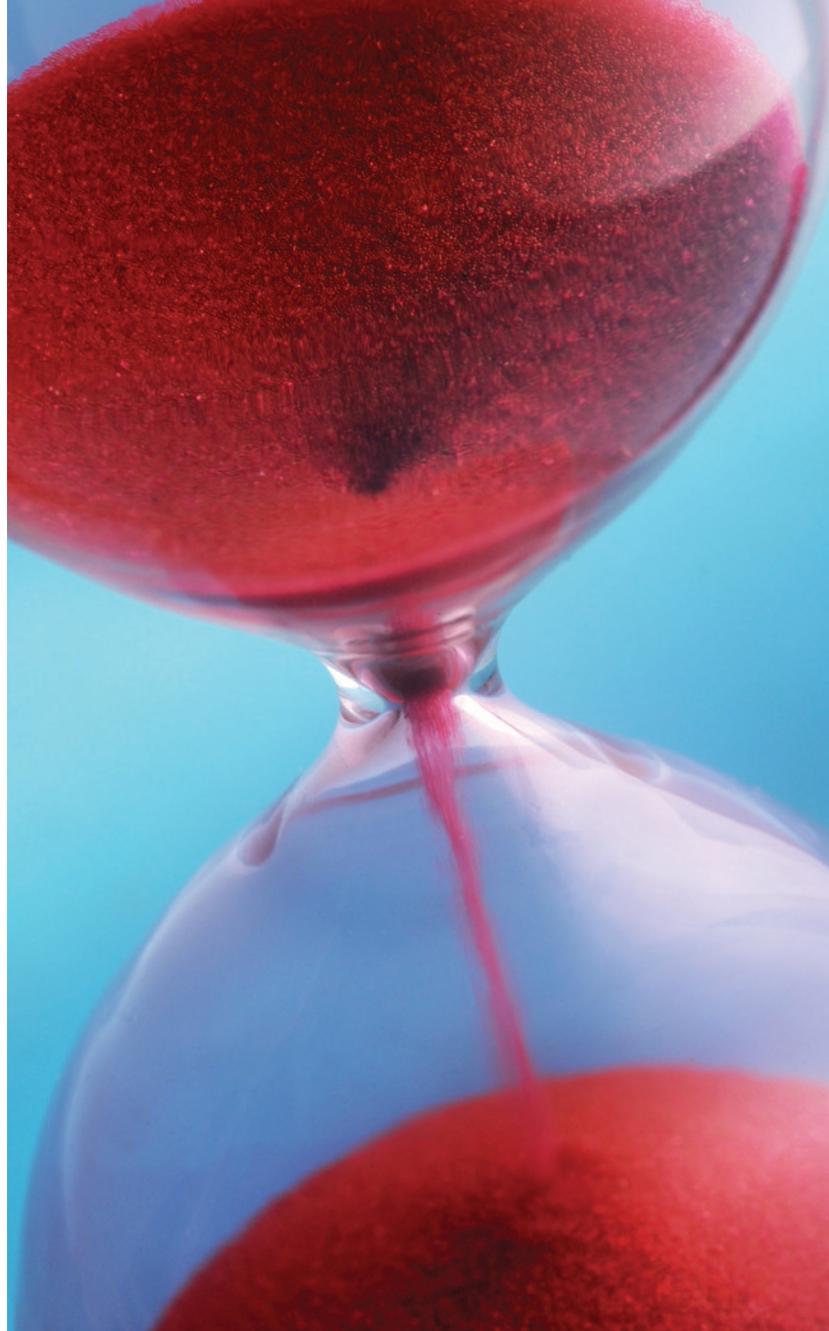
Sprint or Jump Rope for 30 seconds.

Think outside of the box.

Could you do a 10-minute workout in the morning and a 15-minute workout before bed?

Let's be honest, you make time for the things that you feel are important. If I told you that for every minute you spent exercising I would give you a thousand dollars, would you find a minute to exercise? Sure you would! You'd probably find quite a few min-

Continued on Pg. 47



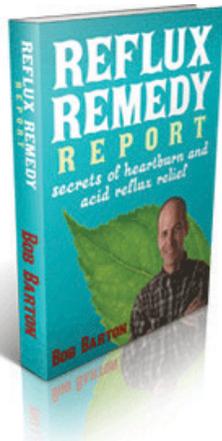
THROW OUT THE IDEA
THAT YOU NEED
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Free Report of the Month Reflux Remedy Report

**The Honest Source on Acid Reflux Treatments
and Prevention**

Our Reflux Remedy report is one of our most sought after health reports, with customers writing in on a daily basis regarding their success with these natural remedies. If you suffer from heartburn more than twice per week then you will find safe, quick and natural relief with the Reflux Remedy Report.

Discover what ails you when that uncomfortable and burning sensation starts to develop in your chest or throat. It doesn't have to be about avoiding certain foods, and you can go to the root of the issue and heal yourself with natural acid reflux remedies. Don't be fooled into accepting the do-more-harm-than-good medications or OTC drugs that drag along harmful side-effects. Treat yourself to healing and treat your body right with the Reflux Remedy Report.



reader remedies

Presto! End Diabetes Type 2!

Dear Joe Barton,

To be honest, I haven't tried your diabetes report. However, before your report, I was already on a low carb diet — not as much as you are suggesting but around 100-150 grams probably. I am eating smaller portions 6 times a day, about every 2-3 hours: 300-400 calories coming from salad, vegetables, fruits, lean meat (no pork), eggs, fish, nuts and olive oil. I also exercise 1 hour every morning.

The regimen I have described I have been only doing it about 2, but definitely no more than 3, weeks. When I have taken my fasting blood sugar level for the last 9 months, I was amazed to note from 130 and above readings to [now] 90 to 115 reading in the last week. I reckon this was due to reduction of carbs and I did also increase my daily exercise from 15 minutes to 1hr.

I do think your diabetes report has merits to improve sugar levels but have not had any chance to try anything from there yet. The message is to cut refined products, carbs and sugary stuff out of your diet and add exercise. Hey, presto! End of diabetes type 2. Hope it helps.

Sarper

"Type II Diabetes" Continued from Pg. 16

Jack LaLanne still has the best programs on exercise and health. You can find them on YouTube. Or, have your doctor refer you to a good physical therapist who can start you on a program.

Supplements

There are a few supplements that can be helpful. There are several good "Diabetes Formulas" in health-food stores that contain:

- Chromium
- Vanadium
- Fish oil
- Cinnamon
- Other herbs

These are a great idea because they help you to be more efficient in your energy usage, but don't take the place of your diet and exercise program.

All diabetics should take **Alpha Lipoic Acid, 300mg per day** because it can prevent complications such as blindness, neuropathy and kidney failure.

The program may be simple, but it isn't always easy. It requires a lot of changing. But, I can assure you, *it's worth the effort*. This is the best home cure!

"Sugar" Continued from Pg. 22

cart without knowing what's in it. That way you'll always know what's in you and your family.

You don't need to have your sweet tooth pulled. Enjoy the natural, healthy sweetness of yams, cooked carrots, and vine-ripe tomatoes. As an extra treat, break out the fruit. You can add fresh fruit to plain yogurt or gelatin for a flavorful nutritious dessert.

Remember: sugar can slash away at your immune system, rob you of nutrients, give you heartburn, and cause you to turn gray and look old prematurely. It has been linked to colitis, Crohn's disease, and even cancer. Blowing sugar off your table and out of your life may be the best thing you do for your health and the health of those you care most about.

"Time" Continued from Pg. 45

utes to exercise.

Short bursts of intense exercise will give you the results you want. All you have to do is make the time for it.

Somewhere deep down inside you know that it's now or never.

Will you choose to simply close this email and allow your hectic schedule to slowly push you down the path of obesity and health risk? Or will you find creative ways to fit exercise into your day as you steadily regain your shape and health?

Make this the day that you finally make the change. The choice is yours. hctw

hctw

The Truth About Six Pack Abs

No Gimmicks or fads,
just the truth about fat loss
and getting defined abdominals
FOR GOOD



5 Tips to Get A Flat Stomach

Stop making these 5 major mistakes
and you will finally lose your stubborn belly fat.

- 1 What the diet food industry markets as "health foods" is actually junk food that stimulates belly fat gain.
- 2 The least effective exercises for getting flat six pack abs are NOT the typical ab exercises we all know. Find out what really works for defined abs!
- 3 Drop the cardio routine and lose body fat with unique workouts that are 10x better for your six-pack abs.
- 4 Gimmick fat burning pills and supplements only drain the wallet. There is more power in natural foods for building muscle.
- 5 The secrets to a perfect body with real workouts and real nutrition strategies are INSIDE!

Try this easy 21-day trial program first...
decide later if you want to buy.
Follow the link below to download your
Truth About Abs program trial:

www.HomeCuresThatWork.com/abs