

## DIABETICS HELP

- 1} FATS ARE A NO-NO (animal fats, margarine, denatured vegetable oils, pasteurized milk products, trans-fats or rancid food, etc.); WHICH PREVENTS THE UTILIZATION OF INSULIN NEEDED AND MORE TO PROCESS THE GLUCOSE; AND PANCREAS HAS TO PRODUCE MORE INSULIN MAKING THE CELLS RESISTANT TO INSULIN, AS WELL AS THE FAT IN AND AROUND THE CELL, NORMAL TISSUE (muscle, internal organs all interfere with insulin uptake).  
(FATS SHOULD NOT BE CONFUSED WITH ESSENTIAL FATTY ACIDS REQUIRED BY THE BODY)  
CERTIFIED RAW ORGANIC MILK PRODUCTS OR RAW ORGANIC VEGETABLE OILS (Coconut butter/oil) ARE OK (in moderation).
- 2) NO REFINED FOODS (foods that are pre-made by big manufacturers )
- 3) SWEETS SHOULD NOT BE EATEN UNLESS FROM FRESH FRUITS  
If sweets must be used either Stevia or Birch bark sugar are ok - very little , will not lower or raise glucose levels.
- 4) HIGH PROTEIN IS ALSO A NO-NO WHICH STRESSES THE KIDNEYS LEADING TO KIDNEY FAILURE
- 5) NO SMOKING-IT'S A DIRTY HABIT AND CAN CAUSE CANCER OF THE LUNGS & THROAT

## DIABETICS SHOULD

- A] EAT FRESH FRUITS, VEGETABLES RAW OR STEAMED SLIGHTLY WHICH CONTRIBUTE TO HIGH FIBER IN THE BODY. HOME MADE FOODS ARE THE SAFEST AND ORGANIC BEST
- B] DRINK PLENTY OF WATER at least a quart/liter NOT FROM TAP
- C] EXERCISE AT LEAST 1 HOUR A DAY IN A GYM OR MEDIUM FAST WALKING

D] STAY SLIM OR TRIM, AS OVER WEIGHT CAUSES EXCESS INSULIN PRODUCTION AND IF NOT, REMEMBER THAT EVEN IF NOT WITH DIABETES THE RISK OF A HEART ATTACK IS GREATER

E] EAT WHEN HUNGER PANGS ARE FELT AND EAT SMALL PORTIONS

E1) take multivitamins(not commercial ones as One-A-day, Centrum, etc.) From Solar, Natrol, Twin Labs, Solaray,etc.. Also, DO NOT EAT TABLE SALT-it's toxic. You should get "Ionic salt like 250 million year old uncontaminated" \*Himalayan salt, not colloidal as the difference is 1,000,000 times different and not utilized by the living body cells). Has a minimum of 84 elements needed by the body. As researched in the book "WATER & SALT-The Essence of Life" by Barbara Hendel M.D. Peter Ferreira Biophysicist.

F] GET PLENTY OF SLEEP AND REST

NOTE: blood glucose and insulin over production is the great culprit that over taxes the liver, pancreas, kidneys, blood vessels, heart AND leads to amputation of body parts and eventually death.

G] FASTING IS ALSO AN ALTERNATIVE UNDER A KNOWLEDGEABLE FASTING M.D.

H] "READ 'FASTING and EATING FOR HEALTH" by JOEL FURMAN, M.D.

He was a world class athlete and Olympic ice skating hopeful who severely injured his leg, forced to walk on crutches without being able to put weight on it without excruciating pain. With a swollen heel, not even a bed sheet could be used without intense discomfort. To make a long story short, because of his high status in the country he was sent to doctors who could do nothing for the leg after much probing and tests, he could not walk for a year without pain.

His doctor offered no solution until a nurse instructed him to take medication for a surgery (experimental at that). He declined the surgery And left the hospital WITH the doctor angry.

He remembered his father went on a fast and was restored to health from arthritis, the rest is history. Read the book and find out why and how he became a doctor (M.D.) and what he learned from his classes.

#### Botanicals with HYPOGLYCEMIC ACTIVITY For Diabetes

**MOMORDICA charantia**) Bitter Melon [bitter gourd, karela, Balsam Pear]- used commonly as a remedy in India, Asia, Africa and South America. The fruit, leaves and stems of the plant, though it is the fruit or fruit juice has been studied in research. In the body it acts like insulin to blood sugar, balances and improves glucose tolerance, without increasing insulin, increasing glycogen kept in the liver for use of muscles.\*

**FENUGREEK (TRIGONELLA foenum-gracum)** is a member of the Leguminosae [Fabaceae] family, commonly cultivated in India, Egypt, Middle East and North Africa. Does not effect people with normal blood sugar. Reduces excretion in urine up to 54%. Helps balance bad “LDL” cholestrol without changing good “HDL” \*

**GYMNEMA sylvestre** [qurmar] – used as a traditional treatment in India. A member of the *Aclepiadaceae* (milk weed) family. Lowered by 55% blood sugar in some cases. Repairs or regenerates beta cells in pancreas. Reports of feeling better, more alert had less fatigue. \*

**PANAX quinquefolin** (ginseng)- improved fasting blood glucose level  
hemo-globin and postprandial blood glucose level

**OPUNTIA strepacantha** Lemaire ( nopal cactus) [known also as prickly pear cactus] both sap and leaves have been studied for their blood glucose lowering properties in animals and type 2 diabetics. It may also decrease blood lipid levels. It's also good for it's fiber. Used in Mexico and South America

ALOE barbadensis (aloe vera)- Available in Aloe juice or Aloe gel (does not contain anthraquinones, though total leaf extracts do. It has been used orally as a treatment for type 2 diabetes and hyperlipidemia. Used to decrease fasting blood glucose and hemoglobin A1c. Triglycerides also decreased.

VACCINIUM myrtillus (Bilberry or European blueberry)- Leaves have been used as traditional tea for treatment of diabetes and in animals. Has shown decreased blood glucose and blood triglyceride levels.

SILYBUM marianum (milk thistle)-Insulin requirements, fasting blood glucose, hemoglobin A1c declined significantly with supplementation.

ALLIUM sativum and ALLIUM cepa (garlic and onions) suggests that mild glycemic effects in animals and humans [not all].

PTEROCARPUS marsupium (Vijayasar)-is a traditional antidiabetic plant used in India. Helped alleviate excessive urination, eating, and thirst. \*

TINOSPORA cordifolia (climbing succulent shrub) effects on blood sugar problems, as well as good side benefits increase in Vit. C and increased levels of glutathione in the body. Prevents rising blood glucose levels by inhibiting conversion of glycogen into glucose. Also seems to prevent formation of ulcers. \*

AZADIRACHTA indica-FICUS racemosa-SYZYGIUM cumini-AEGLE Marmelosin act to normalize blood sugar. Aegle in recent tests regenerated damaged pancreatic cells, but also partially reversed liver damage caused by excess sugar levels.

CINNAMOMUM tamala helps regulate the amount of sugars extracted from carbohydrates that get into the bloodstream. \*

## MICRONUTRIENTS IN DIABETES

CHROMIUM (Cr+3) [Chromium Picolinate]-Essential trace element required for normal glucose metabolism from studies in China.

VANADIUM –Trace element in animal studies shown to facilitate uptake of glucose and metabolism, lipid and amino acid metabolism, improve thyroid function and enhance insulin sensitivity. In humans, type 2 and perhaps type 1, improved hepatic glucose output and increased glucose oxidation and insulin sensitivity in some not all studies. Also decreased fasting glucose levels, hemoglobin A1c and cholesterol levels.

NICOTINAMIDE-Appears to be most effective on recently diagnosed diabetes.

MAGNESIUM-One of the most common deficiencies in diabetes.

VITAMIN E (d alphaTocopherol) – Low levels have been found in those with diabetes.

PALM TOCOTRIENOL COMPLEX – Better than d alpha tocopherol as an antioxidant and significant drops in plasma total cholesterol. The major reduction in cholesterol was LDL fraction.

### SAMPLE OF ONE PERSON'S ACTUAL SUPPLEMENTS:

Alpha Lipoic Acid – Jarrow	Super A caps Plus Carotene - Twin Labs
B-Complex chewable – Solaray	Bilberry – Natrol
Chromium Picolinate – Natrol	CoQ – 10 – Natrol
Ester – C – Natrol	Grape Seed Extract – Natrol
Gymnema Sylvestre – Natrol	Lutein – Spring Valley
Multivitamin – Natrol	Vanadyl Complex - Kal
	Vitamin E Complex - Natrol

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\*STUDIES DONE REGARDING BLOOD SUGAR PROBLEMS FOUND IN

ANCIENT SANSKRIT (2,000 YEAR OLD FORMULA by Douglas Hunt M.D. [ @ ] on P.E. BALARAM BOTANIST in India from these references:

Dr. Ramadasan Kuttan through worldwide cancer research team under auspices of the National Cancer Institute in Bethesda Maryland

Taking a year and a half for outstanding results from research of each ingredient named in the Sanskrit formula.

In research were Dr. K. Baskaran – K. Shanmugasundaram, Medical School Professor in University of Madras India.

Dr. Raman Dept. of Pharmacy at King College London England.

Dr. P.S. Prince

Dr. R.D. Sharma National Institute of Nutrition

Researcers at Banaras Hindu University

Results of Sanskrit Formula was given a U.S. Patent and from that the largest and most reputable Nutraceutical companies in the world is manufacturing the formula called “AntiBetic Pancreas Tonic” containing the exact amounts of all 10 ingredients mentioned in the article and required by the Sanskrit formula.

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TUMERIC has also been suggested in possible aid in type 2 diabetics used in foods daily. Studies are on going as to amount and frequency usage. The active ingredient is [curcumin) that is responsible in lowering insulin. Research is mainly on animals but there is some on humans. (note: people with kidney stones consult natural doctor before taking Tumeric)

Partial information taken from LA Times article: "Solution to Blood Sugar Problems Found Written in Ancient Sanskrit!" by Douglas Hunt, M.D. see above.

More to come

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