



Raw Family Newsletter, April 2006

We dedicated this issue to the research of diabetes

In this issue:

1. Raw Family's new recipe: Dried Green Patties
2. Statistics on diabetes in the United States
3. Personal Note from Victoria
4. Testimonials and Links from People with Type 1 Diabetes Who Were Able to Greatly Reduce their Insulin Intake.
5. How to Beat The 2 Deadliest Causes of Type 2 Diabetes: Bad Food & Bad Medicine! by Patrick Lecky
6. **Cartoon by Jason Love**
7. Diabetics Need Intense Greens! by Patrick Lecky
8. Further Bibliography.

Please note: Previous issues of the Raw Family Newsletter are now available free of charge on our website: www.rawfamily.com

If you have signed up before but are not yet receiving the newsletter, it may be because of your anti-spam program.

Every time we send the newsletter out, we receive over 1000 returns due to the anti-spam programs. Make sure we are added to your address book!

We are very happy to let you know that Victoria's book
GREEN FOR LIFE
was named among
2006 Independent Publisher Book Awards Semi-Finalists!
The final results will be announced in May.



Available at our website:
www.rawfamily.com

Raw Family Dried Green Patties

Without any oil, salt or sweetener, yet delicious!

Grind 1 pound of flaxseed in a Vita-Mix without adding water.
Grind 1 pound of your favorite nuts in a food processor.

Combine the following ingredients in a bowl and mix with your hands well.

- 2 pounds carrot pulp (from juice or grated and squeezed)
- 1 bunch celery, grated
- 6 bunches green kale, thinly chopped in processor
- 2 bunches cilantro or parsley, thinly chopped in processor
- 8 medium lemons juiced
- 3-4 jalapenos, minced

Mix well. You have to experiment to get the desired consistency.

Shape into patties approximately $\frac{3}{4}$ inches thick and put on dehydrator sheets.

Dehydrate at 105-115 degrees for 24 hours or until completely dried.

Makes approximately 140 burgers (fills one 9-tray Excalibur dehydrator)

STATISTICS ON DIABETES IN THE UNITED STATES

Total prevalence of diabetes in the U. S., all ages, 2005

Total: 20.8 million people—7.0% of the population—have diabetes.

Deaths among people with diabetes, U. S., 2002

- Diabetes was the sixth leading cause of death listed on U.S. death certificates in 2002.

- Diabetes is likely to be underreported as a cause of death.

Studies have found that only about 35% to 40% of decedents with diabetes had it listed on the death certificate and only about 10% to 15% had it listed as the underlying cause of death.

Complications of diabetes in the United States

Heart disease and stroke

- Heart disease and stroke account for about 65% of deaths in people with diabetes.

High blood pressure

- About 73% of adults with diabetes have blood pressure greater than 130/80

Blindness

- Diabetes is the leading cause of blindness among adults aged 20–74 years.
- Diabetic retinopathy causes 12,000 to 24,000 new cases of blindness each year.

Kidney disease

- Diabetes is the leading cause of kidney failure, accounting for 44% of new cases in 2002.
- In 2002, 44,400 people with diabetes began treatment for end-stage kidney disease in the U.S.

Nervous system disease

- About 60% to 70% of people with diabetes have mild to

severe forms of nervous system damage.

- Severe forms of diabetic nerve disease are a major contributing cause of lower-extremity amputations.

Amputations

- More than 60% of nontraumatic lower-limb amputations occur in people with diabetes.
- In 2002, about 82,000 nontraumatic lower-limb amputations were performed in people with diabetes.

Estimated diabetes costs in the United States in 2002

Total (direct and indirect): \$132 billion

Direct medical costs: \$92 billion

Indirect costs: \$40 billion (disability, work loss, premature mortality)

Source: Centers for Disease Control and Prevention.

National diabetes fact sheet: general information and national estimates on diabetes in the United States, 2005. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2005.

=====

©2006 Copyrighted material!

Please reference this source when sharing this information:

www.rawfamily.com

PERSONAL NOTE FROM VICTORIA

According to official statistics, estimated diabetes costs in the United States in a year of 2002 alone was \$132 billion¹. Researchers have documented a dramatic upsurge in diabetes-related deaths and illnesses in New York City² -- including a sharp increase in diabetic patients hospitalized with heart attacks. During the decade (1991-2001) mortality rate due to diabetes increased by 61 percent. The Total number of people who have diabetes in America today is 20.8 million.

To me, these numbers suggest an uprising epidemic. For this reason I have decided to dedicate this entire newsletter to diabetes. This brutal illness is responsible for almost half the questions and comments I receive by mail. I would like to share with you the information I have collected throughout the years I have researched diabetes. I first began gathering books, articles and testimonials about this disease when my youngest son was diagnosed with diabetes in 1993. The following is an overview of the facts, thoughts

¹ Centers for Disease Control and Prevention. National diabetes fact sheet: general information and national estimates on diabetes in the United States, 2005. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2005.

² Dramatic Upsurge In Diabetes-related Deaths And Illnesses Albert Einstein College of Medicine of Yeshiva University. Article Date: 01 Mar 2006, Contact Karen Gardner: kgardner@aecom.yu.edu

and experiences I consider most valuable.

At the time my son was diagnosed, I was told that he had symptoms of type 1 diabetes. The doctor insisted that he had to go on insulin immediately. However, the recent death of my dear grandmother was still fresh in my memory.

She was killed by an overdose of insulin. My grandmother Katherine had always been a tremendous source of inspiration for me. Born in 1909, she was adventurous enough to jump with a parachute at the age of 18 in 1927, when airplane flights had just begun, and parachutes were rather bulky and unsafe. She was an educated and well-mannered lady who managed to marry Count Bulgakov, the cousin of the world-famous classical Russian writer, Michael Bulgakov.

My grandmother was one of the central figures in my family and her early death was a big shock to us all. She had given herself the usual dose of insulin, but for some reason, her body responded to it with a strong hypoglycemic reaction that resulted in death. So of course, when the doctor pronounced that my son was diabetic, the biggest threat to me was the idea of giving my child insulin shots.

I am aware that I am a very protective mother, and the motherly instincts are strong in me. While considering the treatment proposed for my son, I began collecting and scrutinizing all the information I could get my hands on in order to choose the optimal treatment for him. At first I could find nothing that even devotedly suggested an alternative way of treating diabetes. I spent many hours in the

library, reading medical journals both new and old, with a stack of post-its and a medical dictionary by my side marking everything that could help shed some light on my understanding of my son's disease. The very first book that brought me hope and relief was the book, Reversing Diabetes, by Dr. Julian Whitaker. In this book, Dr. Whitaker said, "Most diabetic patients can reasonably expect to lower their insulin dose or eliminate oral diabetic medications. Some patients may be able to stop injecting insulin altogether."

Even though my doctor explained to me that my son's pancreas was incapable of producing insulin, and he therefore had to immediately take insulin, I strongly felt that if I didn't try to correct his condition with diet first, I would be devastated should unwanted complications from insulin occur later. It was a very difficult decision to make. I never described in any of my books or conversations what I had to go through during those first months, because I was afraid. I love my children more than anything in the world, and I was afraid to lose my son either to disease or to misunderstanding authorities. Even now, when my son is 21 years old and vibrantly healthy, I still have some of those fears. I just want to explain that my heart goes out to all the mothers and fathers of diabetic children

who have to go through the same torturous decisions. Very often I hear accusations

that I placed my son's life at stake. Honestly I didn't feel that way, because I was always very close to him. I placed his bed in my own bedroom so that I could hear his breathing day and night. I monitored his blood sugar several times a day, and closely watched his symptoms.

I subscribed to most of the existing magazines that had to do with diabetes, Diabetic Living, Diabetes Health, Diabetes Self-Management, and Diabetes Forecast.

I was seeking cures for my son everywhere.

I changed my son's diet dramatically several times. At first, I put him on the diet that was at that time recommended for diabetics, a low carbohydrate, high protein, and high fat diet. This didn't help at all. On the contrary, it made his symptoms worse.

I was puzzled by the fact that the recommended diet for diabetics visibly worsened his condition. I stumbled at such results. These consequences didn't make any sense to me!

Consuming sugar raises the blood sugar. One would think, okay let me cut out sugars (carbohydrates). However, when one cuts out carbohydrates, the blood sugar goes even higher! This is probably the biggest paradox associated with diabetes, and is responsible for much of the confusion both among diabetics and the medical profession.

Driven by the quest to find what I should feed my child, I began searching for more information and found many research documents that proved that the **diabetic diet itself could cause diabetes**. As early as 1927, a comprehensive study conducted by Dr. J. Shirley Sweeney,³ demonstrated that the high fat, low carbohydrate diet used in treating diabetic patients would *cause* diabetes in *normal people*. Dr. Sweeney also found that when those who had blood sugar levels indicative of diabetes changed their diets from a high fat or high protein diet to a high carbohydrate diet, their diabetes *disappeared!*

³ American Medical Association of January 16, 1926

Dr. Sweeney concluded that, "If you want a quick case of diabetes, just eliminate the carbohydrates from your diet for a couple of days and then take the test. It will demonstrate diabetes."

In the early 1930s, another researcher, Dr. H.P. Himsworth⁴ published several articles that contained information similar to Sweeney's. Like Sweeney, he demonstrated that in a normal individual, a fat-rich or protein-rich diet could bring on diabetes, which could be eliminated by a carbohydrate-rich diet. He revealed that diabetes could be induced to various degrees depending on the fat content of an individual's diet.

In 1932, yet another doctor, I.M. Rabinowitch⁵, put the high carbohydrate diet to work in patients with great success and was baffled that his observations and results were so different from the commonly accepted beliefs.

In 1935, 24% of Rabinowitch's patients who had been on the high carbohydrate – low calorie diet for five years were successfully withdrawn from insulin. Insulin requirements were reduced in almost all the participants who still required it. The patients felt better, had more energy, and lived more comfortably. He concluded: "I believe that in the data presented here there is incontestable evidence that the high carbohydrate – low calorie diet is more effective in controlling diabetes than all other methods of treatment reported hitherto."

In 1976, still another doctor, James W. Anderson, M.D.⁶, began searching for the best diet composition for a diabetic patient. He compared the ADA diet recommendations with a high-carbohydrate, high-fiber diet on 13 diabetic men. These patients were all receiving medication to control their blood glucose: eight were on insulin for a number of years, and

⁴ *Reversing Diabetes*, by Julian M. Whitaker, M.D. New York: Warner Books, Inc., 1987.

⁵ "The Present Status of the High Carbohydrate-Low Calorie Diet for the Treatment of Diabetes," *Canadian Medical Association Journal* 26:46-148, 1932

⁶ "Beneficial Effects of a High Carbohydrate, High Fiber Diet on Hyperglycemic Diabetic Men," *American Journal of Clinical Nutrition* 29:895-899, 1976

five were taking oral drugs. At the hospital, these patients were first stabilized for one week on the ADA diet recommendations, which contained only 43% carbohydrate calories and about 4.7 grams of crude fiber. They were then shifted to a diet containing 75% carbohydrate calories, only 9% fat calories, and 14.2 grams of crude fiber.

The results were almost unbelievable. A simple dietary shift rendered nearly 70% of the patients drug free, and 50% insulin free! This suggests that of the 20.8 million diabetics in America⁷ who are taking some form of diabetic medication, about 14.7 million could possibly become drug free if they were placed on a high-carbohydrate, high-fiber diet!

Once I read these studies, I completely eliminated animal fat and almost all animal protein from my son's diet. As soon as I made this change, both my son and I quickly saw positive results. My son's symptoms noticeably reduced, but his blood sugar remained higher than normal, and he was still beleaguered by an un-quenchable thirst. Other symptoms of diabetes were also present even though their form was much milder.

Approximately at this time, I learned about the raw food diet, and after several weeks of extensive reading and research about benefits of this lifestyle, my family switched to an all-raw diet on January 21st, 1994. This dietetic change immediately improved my son's condition still further.

Soon thereafter, I learned about the necessity of aerobic exercise for every diabetic, regardless of type. As Dr. Whitaker described in his book⁸, "Aerobic exercise enhances the body's sensitivity to insulin and is recommended because it significantly lowers the insulin requirement. An exercise program should be prescribed for the diabetic patient in the same way that medication or diet is prescribed."

⁷ <http://www.diabetes.org/uedocuments/NationalDiabetesFactSheetRev.pdf>

⁸ *Reversing Diabetes*, by Julian M. Whitaker, M.D. New York: Warner Books, Inc., 1987.

Indeed exercise proved to be instrumental in helping my son keep his blood sugar under control. On many nights when my son would have a glucose level of 350 or more and was unable to fall asleep, I would go for a two mile run with him, sometimes after midnight, to bring his sugar level back down to 120. All of this took a great deal of effort. I had to quit working outside the house and create a business at home, so that I could closely monitor my son's condition. To my great relief, he began doing better and better each day.

I continued my studies on nutrition. One day, I came upon an article that discussed the benefits of adequate sunlight. In an experiment with 1200 children who were exposed to various degrees of sunlight, exposure to adequate amounts of sunshine lead to an 80% reduction in developing diabetes in comparison with the control group⁹. Since then, everyone in my family started a regular practice of sunbathing. I believe that sufficient exposure to sunlight has also contributed to my son's healing.

We checked my son's blood sugar level frequently. Naturally we were curious to know what levels of blood sugar other people had too. For a while, we began checking the blood sugar of every person who entered our house. I still cannot find any reasonable explanation for the fact that so many of our friends often had very high readings of blood sugar. Readings such as 250, 300, or even higher were not uncommon. We had several monitors in our house and they all showed similar measurements.

In my search for information on improving diabetes, my collection of odd bits of helpful information began to expand. I read about pasteurized milk, and how it increased the chances of developing diabetes¹⁰, and that aloe barbadensis leaf can help prevent and

⁹ The Clinical Importance of Vitamin D (Cholecalciferol): A Paradigm Shift with Implications for All Healthcare Providers, Alex Vasquez, DC, ND, Gilbert Manso, MD, John Cannell, MD.
<http://www.vitamindcouncil.com/PDFs/CME-%20clinicalImportanceVitD.pdf>

improve diabetes¹¹, and how cinnamon and cloves can improve insulin function¹², and that

by increasing the fiber content of a diabetic's diet, the insulin requirement is reduced¹³, and

countless other facts. It has become my habit to hunt for new information on diabetes.

Nowadays there is a worldwide on-line access to the newest scientific discoveries about

diabetes. You can choose from an abundant assortment of research articles at: <http://www.medicalnewstoday.com/sections/diabetes> . This link has almost a thousand articles.

Throughout the years, I have received a great number of accusations and bitter letters,

mostly from parents of diabetic children. Sometimes people tell me that my son could not have

been a type 1 diabetic. For example, the following letter read, "I'm more than concerned at

your continued insistence that you cured your son of insulin-dependent Juvenile Diabetes and

saved him from a lifetime of insulin use. It's impossible... " or, "I suggest you try to find out

more information about your son's diagnosis before you attempt to convince others that they

can be cured of type 1 diabetes by diet only..."

Today, there is no way to find out for sure whether my son had been a type 1, or

type 2 diabetic. Whether his diabetes was type 1 or 2, the important truth is that he was

recommended insulin treatment, and we were able to monitor him without it. My son is

very grateful to us for this. Hypothetically, if he was misdiagnosed, then it only means

that there are probably others who are also misdiagnosed, and have been placed on

insulin treatment unnecessarily.

Even if, in the imaginary past, I had been absolutely forced to put my son on insulin,

I would have tried to keep the insulin intake to the lowest level possible. I have researched

¹⁰ Campbell, T. Colin, Ph.D. *The China Study*. Texas: Benbella Books 2004.

¹¹ Morinaga Milk Industry Discovers That Aloe Barbadensis Leaf Helps Prevent And Improve Diabetes
By Aki Tsukioka, JCN Staff Writer, 30 Dec 2005

¹² Cinnamon, Cloves Improve Insulin Function, Lower Risk Factors For Diabetes. *Experimental Biology* 2006.

¹³ *Reversing Diabetes*, by Julian M. Whitaker, M.D. New York: Warner Books, Inc., 1987.

this subject and I know that it is possible to radically reduce the insulin intake for both type 1 and type 2 diabetics. I always feel sad when I meet diabetics who are taking huge doses of insulin, some 190 units per day!

According to the research of Dr. Michael. Somogyi, "No diabetic patient is adequately "regulated" with insulin until his daily requirement is 20 units or less, or in

exceptional cases, between 20 and 30 units. Large doses that are generally used in insulin

therapy result from an unawareness of the diabetogenic effect of hypoglycemia.

Excess insulin, which causes hypoglycemia, aggravates diabetes, and the damage

done by too much insulin is then combated with still more insulin. This leads to a vicious circle, with unmanageable diabetes as its product¹⁴."

Dr. Somogyi concluded further that, "insulin therapy in its present way of application may superimpose the new adreno-pituitary diabetes, by the effects of insulin doses that caused hypoglycemia in the course of the treatment¹⁵."

Dr. Charles¹⁶ agrees, "Insulin's effectiveness is strongly modified by diet. The nutritional therapy in diabetes is imperative. Understanding the toxicity of insulin

is important for all insulin using diabetic patients and health care providers."

In a different section of this Newsletter please find several testimonials from

people with type 1 diabetes who were able to greatly reduce their insulin intake.

A former diabetic patient named, Patrick Lecky, has now become famous for his internationally popular newsletter, Diabetic Warrior. When he was diagnosed

with diabetes in 1998, he tried many different alternative approaches until he found

the best way to monitor his diabetes. I will let him speak for himself in the two articles he has contributed to this issue.

I would also like to mention Dr. Gabriel Cousens, M.D., Director of the Tree

of Life Rejuvenation Center, author of Conscious Eating, and Spiritual Nutrition, and

The Rainbow Diet, for his invaluable contribution to the study of diabetes. Dr. Cousens

¹⁴ Bulletin of the St. Louis Jewish Hospital Medical Staff, October 1949

¹⁵ Bulletin of the St. Louis Jewish Hospital Medical Staff, May 1951.

¹⁶ Dr. M. Arthur Charles, M.D., Ph.D., Professor of Medicine and Physiology, University of California, Irvine, Clinical Director, Focused Research Program in Diabetes, Director, UCI/ AMI Diabetes Research Center

invited six Americans suffering from Diabetes, to come to the Tree of Life Rejuvenation Center in Arizona. These six diabetics went through a radical 30-day diet and lifestyle change in the hope of reversing or reducing their insulin dependence. The entire experiment was filmed by a professional crew. This documentary was named, "Raw for 30-Days" and is presently going through the final stages of creation. It will become available in May, 2006. Please see a preview at: <http://www.rawfor30days.com/view.html>

Clearly, diabetes is very difficult to monitor. However, the prevention of diabetes is very promising. I strongly believe that along with searching for a cure for existing diabetics, we can stop the diabetes epidemic by embracing healthier living habits and strengthening our immune systems.

=====

Testimonials and Links from People with Type 1 Diabetes Who Were Able to Greatly Reduce their Insulin Intake.

"At the age of 16 Aimee became ill and was diagnosed with type 1 diabetes. She went on a standard medical treatment of insulin injections and measured food intake. Not long after this, Aimee began reading, researching and experimenting with medicinal herbs with marginal success. Coupled with a whole foods diet, Aimee brought the 36 units of insulin she was taking down to 24 units. Aimee has now succeeded in lowering her insulin dose to a total of 7-12 units daily and is, of course, hoping to lower it to ZERO! She aspires to share what she is learning with those interested in improving their health through the raw/living food diet, exercise, positive thinking and other lifestyle changes. Please read Aimee's full story at: <http://www.livingandhealingraw.com>

Article: "How a Raw Food Diet has Helped My Diabetes" by Cyrus Khambatta, Monday, 13 June 2005 can be found at:

http://www.organicathlete.com/index.php?option=com_content&task=view&id=249&Itemid=63

"My wife was diagnosed with type 1 diabetes at age 13, and in recent years

has been injecting 31 daily units of insulin. When we began pursuing raw foods as a way to manage her diabetes, and due to her response to the raw foods - down to 17 daily insulin units - we continued taking steps forward. After 3 months of eating 100% raw food, we began a two week orange juice fast. The fast went well, and through extensive documentation, we noticed patterns that would suggest her body creating it's own insulin. During the fast we saw her insulin units go down to about 4 while maintaining healthy blood sugar levels." For more information, please contact Ben at: studiofluid@gmail.com

"I am a mom of three children, one of them has Type 1 Diabetes. A short time after Matias was diagnosed with Diabetes, I decided to give raw food diet a try. From the beginning I noticed a big difference in every member of my family, which pleased me enormously. Matias needed a lot less insulin. Thank you for the green smoothies!! For more information, please contact Claudia at: claudiawinter@charter.net

"Right now I'm taking a minimum dose and trying not mixing fats with sweets, and am trying to exercise more. I had to go back on insulin because my sugars were constantly high. Good news though, eating low fats makes me feel amazing - and I am full of energy and can eat so much more than I used to. I also seem to be gaining weight finally!! I heard that diabetes type 1 could take up to a couple years to heal, so I'm going to keep at the 100% raw and do everything I can to heal."

For more information, please contact Witek at: wradomski@shaw.ca

"Many people believe that Type I diabetes (also known as juvenile onset or insulin dependent diabetes) is incurable. They believe they will always have to take insulin. However, I do personally know Type I diabetics who have gotten completely off of their insulin by following a raw food vegan diet. Every person I have talked to who has overcome this type of diabetes told me that they had learned this program at the Optimum Health Institute in Lemon Grove, California. The reason why I believe a raw food program is effective is due to the enormous burden that is lifted off of the pancreas to digest cooked foods. For this reason, taking the highest quality digestive enzymes you can find should also be helpful. Yes, the pancreas does produce insulin, but it also produces digestive enzymes. These include lipase, amylase, proteases, trypsin and many others. The more a diabetic consumes cooked foods, the more enzymes his or her pancreas will have to produce to digest the food. This is overstraining an already sick organ.

For more information, please read Dr. Foster's complete article at:

http://www.startthehealing.com/O_diabetes.html

Dr. Gabriel Cousens, M.D., Director of the Tree of Life Rejuvenation Center, author of *Conscious Eating* and *Spiritual Nutrition and The Rainbow Diet*, made an invaluable contribution to the study of diabetes. Dr. Cousens invited six Americans suffering from Diabetes, to come to the Tree of Life Rejuvenation Center in Arizona. These six diabetics went through a radical 30-day dietary and lifestyle change in the hope of reversing or reducing their insulin dependence. The entire experiment was filmed by a professional crew and a documentary named, "Raw for 30-Days" is presently going through the final stages of creation. It will become available in May, 2006. Please see a preview at: <http://www.rawfor30days.com/view.html>

© 2006 Copyrighted material!

Please reference this source when sharing this information:
www.diabeticwarrior.com

How to Beat The 2 Deadliest Causes of Type 2 Diabetes: Bad Food & Bad Medicine!

An excerpt from an article by Patrick Lecky

My Introduction to Diabetes

My name is Patrick Lecky and I was diagnosed with diabetes in the summer of 1988, immediately placed on insulin and told that I had to take it the rest of my life. I was never informed that there were two types of diabetes. I didn't know about anti-diabetes drugs and was never told that diabetes was once controlled by diet. I was never given a glycemic index of foods or offered any literature or counseling. That same day, I was sent to a pharmacy recommended by the doctor to purchase supplies. The insulin, blood glucose monitor, syringes, test strips, etc., set me back over \$600. The pharmacist was missing a leg. He said he lost it due to diabetic complications so I better be consistent in taking my shots.

I Take Insulin and Blow-Up to 300 Pounds!

For over 10 years I was very consistent in taking my insulin shots. In fact, I took insulin until I tipped the scales at almost 300 pounds. Insulin triggered my body to store excess carbohydrates as body fat. It slowed down my metabolism so I burned less fat and packed on more. Insulin is known as the FAT hormone and it increased my appetite, so I gained still more. Obesity promotes insulin resistance of the body cells so I needed more insulin just to metabolize the same amount of sugar. Therefore, the heavier I became, the more insulin I needed. And the more insulin I took, the heftier and more insulin resistant I became. Sounds like a real life "Catch 22", doesn't it? Believe me, insulin therapy does nothing to cure diabetes. Today I weigh 181 pounds and am INSULIN-FREE. My salvation began with an incident that solidified my resolve to take control. You see...

**...My Diabetic Complications Were Growing Worse —
But, My Doctor Said There Was Nothing More He Could Do.
So I Decided that There Must be Something I Could Do!**

Listen, I was already a diabetic for five years when my legs started to tingle & throb all night. Each leg would get a jolt that ran up from my ankles to my knees every other second. In the morning my legs were so numb, my wife said it looked like I was walking on stumps!

Then my eyesight began growing dimmer and both my kidneys began to hurt. My doctor said that I was experiencing retinopathy in my eyes, peripheral neuropathy in my legs and the beginnings of kidney failure.

Besides eating a high fiber diet, monitoring my blood glucose level, taking insulin shots, exercising, perhaps laser surgery for my eyes, and later dialysis for my kidneys — my doctor confessed there was nothing more modern medicine could do for me. I went into a deep depression for about a week. Then I got mad and...

...I Decided Not to Succumb Without a Fight!

So, I went on a reading binge the way a great white shark goes on a feeding frenzy! I read that the tingling was only the first stage. Soon the disease would progress to severe pain. When the nerves are finally destroyed, my legs would become weak, more susceptible to infection, ulceration, gangrene and finally amputation.

I was terrified, but I kept searching. I read that my body's natural reaction was to clear all the excess glucose from my blood stream. As a result, my kidneys excreted an enormous volume of urine containing the blood sugar. And that's why my symptoms were excessive thirst and frequent urination. While this immense urination eliminates excess glucose, it also provokes tremendous losses of the minerals chromium, zinc, magnesium, potassium,

calcium and vanadium, the vitamins B1, B6 and B12 as well as the amino acids L-carnitine, taurine and L-arginine.

Avoid These Devastating Complications!

Experts now contend that the loss of these critical nutrients leads to the deterioration of the eyes, and kidneys as well as damage to the nerves and blood vessels. You should know that diabetes also promotes abnormal triglyceride levels which substantially increases your risk of developing arteriosclerosis. This is one reason why diabetics have a danger of heart attack more than 400 percent above that of non-diabetics. The chilling fact is that cardiovascular disease accounts for 80 percent of all diabetic deaths.

But, that's not all. As mentioned before, unchecked nutrient depletion can lead to amputations of the legs. Today 56,000 amputations a year are the result. Diabetes is also the leading cause of blindness and kidney failure among adults in the U.S.

Are Anti-Diabetic Drugs the Answer?

Then I considered taking oral anti-diabetic drugs, until I uncovered this grim truth. Diabetics taking these drugs are 2.5 times more likely to die from heart disease than when treated by diet alone. There's more. You may experience side-effects such as jaundice (liver problems), anemia, skin rashes and in rare cases, death. But, the real problem confronting type 2 diabetics is insulin resistance. And, this is one reason why anti-diabetic drugs are a dead-end! That's because your pancreas is probably producing insulin at top capacity! Most of these medications work by stimulating your pancreatic cells to produce even more insulin. Taking something to stimulate a drained pancreas results in loss of insulin-secreting beta cells making you more diabetic.

The drugs also increase fatty acid uptake in muscles and fat cells making you gain weight more easily. And with more weight you have increased insulin-resistance and become more diabetic. What a vicious cycle! Oral anti-diabetic drugs are another "Catch 22".

The sad truth is that both oral anti-diabetes drugs and insulin can speed aging, hasten complications, damage your liver, heart and other organs and rush you toward an early, painful death. No thanks!

My Only Chance of Avoiding Complications Was to Restore Insulin Sensitivity and Eliminate ALL MEDICATIONS!

At once, my mission became clear. I had to find natural substances that would replenish nutrients lost through the urine and help my body restore its full function.

Listen, I'm not a doctor or an alternative health professional. I'm a regular joe — who happens to suffer with diabetes like you. But, I'm also a nutritional writer. In the course of my research I discovered various ways to regulate my blood sugar naturally and also reverse or prevent a host of dire complications.

I share your pain, your uncertainty. I have the disease and I fight it every day. It took me over ten years to gain this crucial knowledge but, with it I've fought the battle and won! What I discovered is known only to a select few.

The total solution to diabetes is simply FOOD! Supplements are just in addition to FOOD! Today, I publish a newsletter called **The Diabetic Warrior™** and also a book compiled from that newsletter called "**How To Fight Type 2 Diabetes & WIN!**" The core of my message revolves around...

MIRACLE PRIMAL FOODS & SPECIAL HEALING PROGRAMS THAT CAN HELP YOU TO BANISH DIABETES, LOSE WEIGHT AND AVOID OR REVERSE AGONIZING COMPLICATIONS!

Don't say YUCK! Don't conjure images of giving up all the foods you love. Listen, if you take insulin, anti-diabetic drugs or supplements without addressing diet and weight loss, the disease will eventually take hold for good! If you've been doing that plus eating refined, processed, packaged high-sugar foods, the disease will progress until you suffer ghastly complications.

I've been INSULIN-FREE for over seven years now and I've lost 119 pounds by doing less exercise than before I lost the weight! My kidneys don't hurt at all. My eyesight has stabilized, I never get the severe, debilitating head aches caused by high blood sugars that I did before.

My legs haven't tingled in almost 4 years!

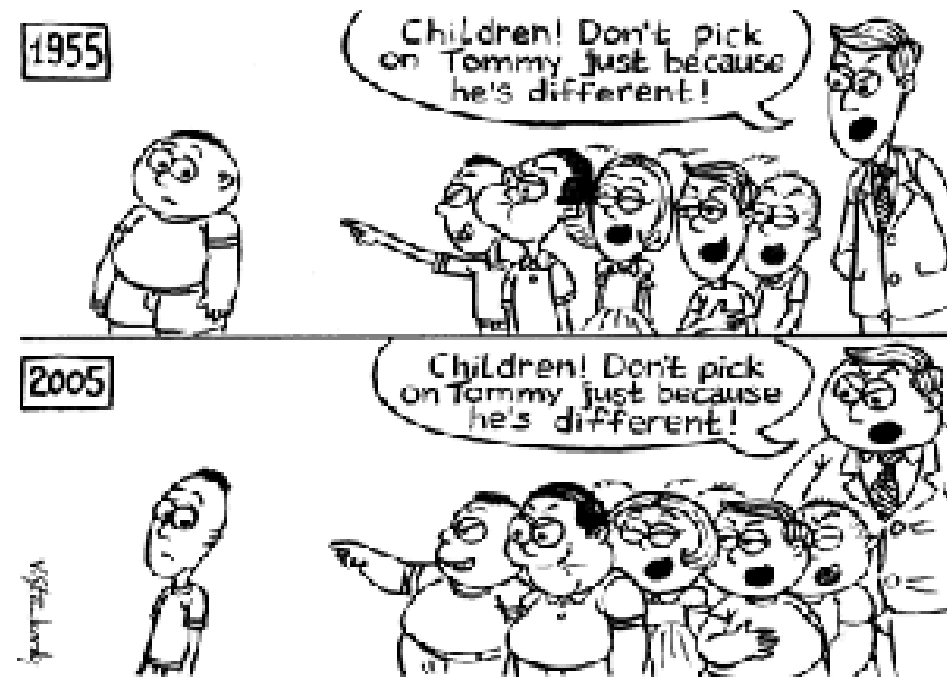
I never get low-blood sugar — the sweats, the shakes or fatigue. And I don't have the desperate urge to urinate every 30 minutes or less. My blood sugar averages from 80 mg/dl to 120 mg/dl. I have a demanding life and live it to the max. I've grown stronger and more alert. My life is my own.

To find out more about "**How To Fight Type 2 Diabetes & WIN**" and **The Diabetic Warrior™** Newsletter please log on to: www.diabeticwarrior.com

Live Long & Prosper,
Patrick Lecky

To read the full text of this article please click here:
<http://www.rawfamily.com/articles/How%20to%20Beat.pdf>

Cartoon by Jason Love



DIABETICS NEED INTENSE GREENS!

A small excerpt from an article by Patrick Lecky

It's spring time and everything is green! It's no wonder that each spring and summer as the

earth turns green we also feel renewed by the energetic growth. We feel refreshed with new vigor and strength. God has truly given us a green, vibrant world; full of all the plants we need for a healthy, disease free life. **Since life began, no animal has been able to live without green!**

To read the full text of this article please click here:
<http://www.rawfamily.com/articles/DiabeticWarrior.pdf>

=====

Further Bibliography:

Dear Diabetes Advisor, by Michael A. Pfeifer, M.D., CDE. Alexandria, Virginia: American Diabetes Association, 1997.

Diabetes: Questions you have... Answers you need, by Paula Brisco. Allentown, Pennsylvania: The People's Medical Society, 1997.

Conquering Diabetes, by Anne Peters, M.D. New York: Hudson Street Press, 2005.

American Diabetes Association Complete Guide to Diabetes. Alexandria, Virginia: American Diabetes Association, 2002.

The Diabetes Problem Solver, by Nancy Touchette, PhD. Alexandria, Virginia: American Diabetes Association, 1999.

If you got on our list by mistake, please send this e-mail back with REMOVE in Subject line. Please specify WHICH email address you would like removed.

FOOTNOTES