

Diabetes

The origin of this disease, as is known so far, can be traced back to derangement of the functions of the pancreas gland. Contributing factors, however, are undoubtedly severe nervous disturbances, or improper function of stomach, liver and bowels. The patient feels tired and weak. Usually complains about pains in the limbs, feeling depressed and down-hearted, and an abnormal thirst is often experienced. Dizziness and headaches are common. The skin is dry and often itchy. The digestion is often upset, due to the unusually abnormal increased appetite. The eyesight may be impaired or weak. The urine is generally very pale and plentiful. Sugar is present in the urine in more or less quantities.

Today diabetes is said to be one of the top killers in the world. It is supposedly one of the incurable diseases, but it can be definitely cleared if one approaches it properly. Diabetes stems from a disorder in the pancreas, so you shouldn't just treat it by giving insulin, which is working on the effect; you should instead go to the cause of the disease. Pancreatic malfunction can manifest in one of two ways: diabetes, which is high blood sugar, or hypoglycemia, which is low blood sugar. Though they are completely different, they both stem from the same cause, a malfunction of the pancreas, which is what we have to treat.

Suggested Dietary Changes:

- Eat steamed vegetables for breakfast
- Several small meals throughout the day – don't go more than 3 hours without eating
- High fiber diet (vegetables, nuts, seeds, whole grains) – consume vegetable protein or lean animal protein – protein drinks
- Avoid sugar, white flour, cow's milk, alcohol, caffeine
- 80% raw foods – stimulate pancreas

**These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.*