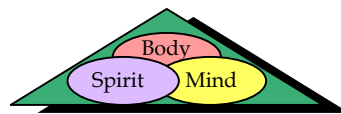


# Death to Diabetes

**How an engineer overcame a diabetic coma,  
4 insulin shots a day, and a 1337 glucose level**



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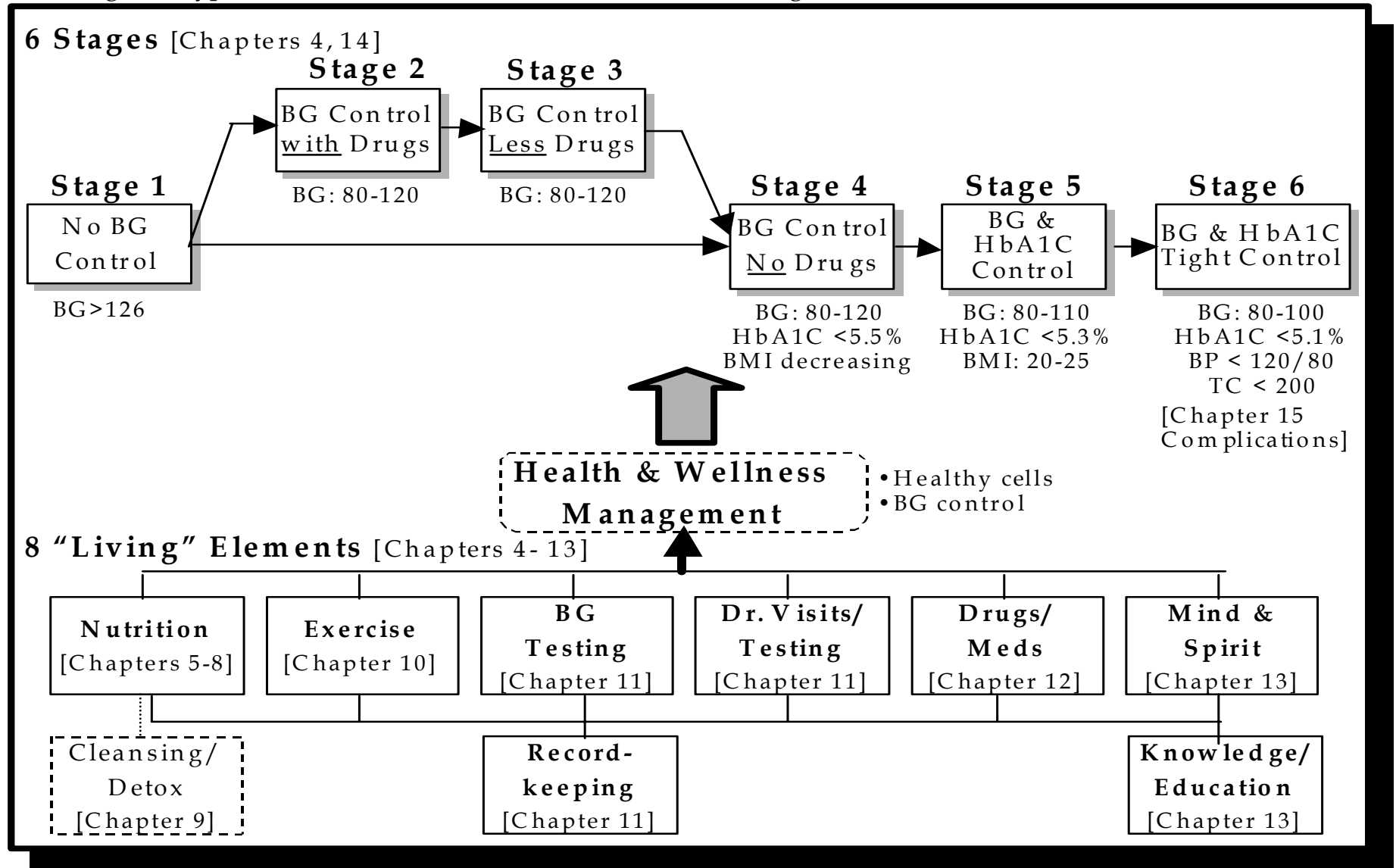
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**“My people perish for lack of knowledge.” Hosea 4:6**

The 6 Stages of Type 2 Diabetes Control & Reversal and the 8 "Living" Elements



## Book Format & Content

The following is a summary of the book, its size, the chapters/sections, and the chapter summaries.

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## Book Table of Contents:

|   |           |
|---|-----------|
| Acknowledgements .....                            | iii       |
| Comments & Feedback.....                          | iv        |
| About the Author .....                            | v         |
| Notice to Readers .....                           | vi        |
| Table of Contents.....                            | vii       |
| <b>Chapter 1. Introduction.....</b>               | <b>1</b>  |
| Background, Facts & Figures.....                  | 1         |
| The Controversy .....                             | 5         |
| Purpose of this Book.....                         | 6         |
| <b>Chapter 2. My Coma &amp; Recovery .....</b>    | <b>8</b>  |
| My Coma .....                                     | 8         |
| My Daughter's Arrival .....                       | 9         |
| Hospital Events.....                              | 10        |
| Out of the Hospital.....                          | 11        |
| My Mother and Sister's Arrival .....              | 12        |
| The Accidents.....                                | 13        |
| Doctor Visits.....                                | 16        |
| Back to Work.....                                 | 18        |
| Support Group & Church Meetings .....             | 19        |
| <b>Chapter 3. Diabetes Overview .....</b>         | <b>22</b> |
| Diabetes History .....                            | 22        |
| Types of Diabetes .....                           | 24        |
| Blood Glucose Management (Normal Operation) ..... | 25        |
| Are You Diabetic? .....                           | 26        |
| Treatment Guidelines .....                        | 30        |
| Impact of Diabetes.....                           | 30        |
| Type 2 Diabetes .....                             | 32        |
| Insulin Resistance.....                           | 33        |
| Why Diabetics Remain in a Diabetic State .....    | 36        |
| Short Term Complications.....                     | 40        |
| Hyperglycemia (High Blood Sugar).....             | 40        |

|  |            |
|--|------------|
| Hypoglycemia (Low Blood Sugar) .....                             | 41         |
| Ketoacidosis .....   | 43         |
| Hyperosmolar Syndrome .....                                      | 43         |
| Long Term Diseases & Complications .....                         | 44         |
| The 7 Most Common Mistakes.....                                  | 45         |
| Myths .....  | 48         |
| <b>Chapter 4. The Diabetes Control &amp; Reversal Model.....</b> | <b>50</b>  |
| The Diabetes Wellness Program .....                              | 50         |
| The 8 “Living” Elements .....                                    | 52         |
| The Diabetes Control & Reversal Model .....                      | 52         |
| <b>Chapter 5. The Major Macronutrients.....</b>                  | <b>55</b>  |
| The 4 Macronutrients.....  | 55         |
| Carbohydrates .....  | 56         |
| Proteins .....   | 57         |
| Fats .....   | 58         |
| Liquids .....  | 60         |
| <b>Chapter 6. The 5 “Live” &amp; 5 “Dead” Foods.....</b>         | <b>62</b>  |
| The 7 Nutrient Factors.....                                      | 62         |
| Healthy/Unhealthy Macronutrients.....                            | 63         |
| The 5 “Dead” Foods.....  | 66         |
| The 5 “Live” Foods.....  | 71         |
| Fiber.....   | 85         |
| Sugar, Salt, Chocolate & Coffee Substitutes.....                 | 86         |
| Food Preparation.....  | 91         |
| Juicing .....  | 94         |
| Food Quality: Organic & Conventional.....                        | 96         |
| Food Phobias.....  | 97         |
| Scams & So-called “Healthy” Foods .....                          | 100        |
| Nutritional Supplements.....                                     | 106        |
| Types of Cravings .....  | 107        |
| <b>Chapter 7. The Super Meal Model.....</b>                      | <b>111</b> |
| The Most Important Key .....                                     | 111        |
| The Super Meal Model .....                                       | 112        |
| Attributes of Super Meals .....                                  | 116        |
| Calorie Planning.....  | 121        |
| Nutritional Profile.....   | 123        |
| Dining Out Guidelines .....                                      | 124        |
| <b>Chapter 8. Nutritional Supplementation.....</b>               | <b>127</b> |
| Nutritional Supplementation Strategies .....                     | 127        |
| Natural vs. Synthetic Vitamins .....                             | 129        |
| Wholefood Supplements vs. Isolated Vitamins.....                 | 132        |
| Selection Criteria for Nutritional Supplements .....             | 133        |
| Supplements that Nourish, Protect & Cleanse .....                | 138        |
| <b>Chapter 9. Cleansing/Detoxification .....</b>                 | <b>145</b> |
| The Need for Cleansing/Detoxification .....                      | 145        |

|  |            |
|--|------------|
| Types of Toxins.....   | 149        |
| Nutrients for Cleansing/Detoxification.....                  | 151        |
| Cleansing/Detoxification Guidelines .....                    | 161        |
| Other Cleansing/Detoxification Methods.....                  | 165        |
| <b>Chapter 10. Exercise .....</b>                            | <b>166</b> |
| The Next Most Important Key .....                            | 166        |
| Types of Exercise & Variables .....                          | 167        |
| Benefits of Exercise.....                                    | 169        |
| Exercise Guidelines .....                                    | 171        |
| Exercise Regimen .....                                       | 174        |
| Motivational Tips for Exercising.....                        | 177        |
| Exercise Excuses/Countermeasures .....                       | 178        |
| Nutritional Tips for Exercise .....                          | 182        |
| <b>Chapter 11. Blood Glucose Testing/Doctor Visits .....</b> | <b>183</b> |
| Blood Glucose Testing.....                                   | 183        |
| Blood Glucose Tests & Normal Ranges .....                    | 184        |
| Hemoglobin A1C Testing .....                                 | 184        |
| Objectives of Blood Glucose Testing .....                    | 187        |
| Blood Glucose Testing Techniques.....                        | 187        |
| Glucose Meters .....   | 189        |
| When to Test .....   | 190        |
| Doctor Appointments & Annual Scheduling.....                 | 194        |
| Blood Glucose Testing Analysis.....                          | 199        |
| Recordkeeping/Analysis .....                                 | 202        |
| Lab Work/Blood Tests .....                                   | 206        |
| Critical Health Parameters & Ranges.....                     | 211        |
| Medical Technology Advancements .....                        | 212        |
| <b>Chapter 12. Drugs/Medications .....</b>                   | <b>214</b> |
| Drugs/Medications.....                                       | 214        |
| Limitations of Drugs/Medications.....                        | 215        |
| Guidelines for Drugs/Medications .....                       | 217        |
| Drug Weaning Process .....                                   | 219        |
| Drugs for Diabetes .....                                     | 220        |
| Drugs for Heart Disease.....                                 | 223        |
| <b>Chapter 13. Mind &amp; Spirit .....</b>                   | <b>227</b> |
| Body, Mind & Spirit.....                                     | 227        |
| Mind & Spirit Practices.....                                 | 231        |
| How to Improve Rest & Relaxation.....                        | 234        |
| How to Improve Sleep.....                                    | 235        |
| Support Systems.....   | 238        |
| Knowledge & Education .....                                  | 240        |
| Nutritional & Exercise Tips for the Mind & Spirit .....      | 241        |
| Inspirational Quotes .....                                   | 245        |

|  |            |
|--|------------|
| <b>Chapter 14. The 6 Stages of Diabetes Control &amp; Reversal .....</b> | <b>247</b> |
| The 6 Stages.....  | 247        |
| Timeline and Expectations.....   | 249        |
| Stage 1 No BG Control.....   | 250        |
| Stage 2 BG Control with Drugs.....                                       | 263        |
| Stage 3 BG Control with Reduced Drugs .....                              | 266        |
| Stage 4 BG Control without Drugs.....                                    | 268        |
| Stage 5 BG & HbA1C Control .....   | 269        |
| Stage 6 BG & HbA1C Tighter Control.....                                  | 270        |
| <b>Chapter 15. Diabetic Complications.....</b>                           | <b>272</b> |
| Diabetic Complications .....   | 272        |
| Kidney Disease (Nephropathy).....  | 273        |
| Eye Disease (Retinopathy) .....  | 275        |
| Nerve Disease (Neuropathy).....  | 277        |
| Brain Damage .....   | 281        |
| Cardiovascular (Heart) Disease .....                                     | 283        |
| High Blood Pressure.....   | 286        |
| Cardiac Risk & Inflammation Factors .....                                | 290        |
| Wellness Protocol for Diabetes & Its Complications (General).....        | 295        |
| Wellness Protocol for Kidney Disease .....                               | 297        |
| Wellness Protocol for Eye Disease.....                                   | 299        |
| Wellness Protocols for Nerve & Brain Diseases .....                      | 302        |
| Wellness Protocol for Cardiovascular Disease .....                       | 306        |
| Wellness Protocol for High Blood Pressure .....                          | 312        |
| Wellness Protocol for High Inflammation.....                             | 317        |
| <b>Chapter 16. Next Steps .....</b>                                      | <b>323</b> |
| Now What? .....  | 323        |
| The Excuses.....   | 324        |
| The 10 Steps to Reverse Type 2 Diabetes.....                             | 329        |
| Epilogue.....  | 330        |
| <b>Chapter 17. Recipes of Super Meals .....</b>                          | <b>335</b> |
| Preparation.....   | 335        |
| Cooking Tips.....  | 336        |
| Recipes .....  | 342        |
| <b>APPENDIX .....</b>  | <b>353</b> |
| Super Meal Model.....  | 353        |
| Alternatives for Favorite Foods.....                                     | 354        |
| References: Websites & Books.....  | 356        |
| Clinical References .....  | 357        |
| Resources.....   | 374        |
| Author's Background & the Book Cover Design .....                        | 375        |
| <b>INDEX .....</b>   | <b>377</b> |
| God's Food for Thought.....  | 384        |

## Figures & Tables

|   |     |
|---|-----|
| Figure 1. Diagnosis & Treatment Guidelines .....            | 30  |
| Figure 2. Impact of Diabetes (Annually).....                | 31  |
| Figure 3. Type 2 Diabetes at the Cellular Level .....       | 35  |
| Figure 4. Metabolic Doom Cycle.....                         | 38  |
| Figure 5. The Diabetes Control & Reversal Model.....        | 54  |
| Figure 6. Super Meal Model .....                            | 114 |
| Figure 7. No. of Calories & Grams in a Super Meal.....      | 117 |
| Figure 8. Nutritional Profile of a Super Meal.....          | 123 |
| Figure 9. Hemoglobin A1C & Blood Glucose Readings .....     | 185 |
| Figure 10. Schedule of Doctor Visits.....                   | 194 |
| Figure 11. Line Graph of Blood Glucose Readings .....       | 200 |
| Figure 12. Bar Graph of Blood Glucose Readings & Meals..... | 201 |
| Figure 13. The Diabetes Control & Reversal Model.....       | 248 |
| Figure 14. Timeline from Stage 1 to Stage 6. ....           | 249 |
| Figure 15. Super Meal Model .....                           | 353 |
| Figure 16. Alternative Healthier Foods.....                 | 355 |

## Chapter Summaries

**Chapter 1. Introduction** explains the purpose of the book and the reasons why the author decided to write the book, despite all the controversy about diabetes and how to control it without drugs. Also, provides a list of facts and figures from various health-related organizations and doctors about diabetes.

**Chapter 2. My Coma & Recovery** explains the events associated with the author's diabetic coma and recovery including how the author's mother, daughter, and sister helped him, the accidents (blessings) that guided him through recovery, and some of his experiences with churches, support groups and other community groups that inspired him to write this book.

**Chapter 3. Diabetes Overview** describes the major types of diabetes, the short-term complications, the long-term complications, and the medical tests used to determine whether a person is diabetic. Also, explains the impact of diabetes as a growing epidemic, the root causes of diabetes, why diabetics remain diabetic and fat, the 7 most common mistakes that diabetics make, and several myths about diabetes.

**Chapter 4. Diabetes Recovery & Reversal Model** defines the five key principles of this wellness program, the eight major elements (factors) that a diabetic must control to manage their diabetes, and the six stages of diabetes recovery and reversal - from being diagnosed to managing, controlling and reversing the disease.

**Chapter 5. Macronutrients & Micronutrients** provides definitions of the major macronutrients (carbohydrates, protein, fat, liquids) and their benefits. Explains the function of carbohydrates beyond providing energy to include support of cell-to-cell communication and the immune system.

**Chapter 6. The 5 "Live" & 5 "Dead" Foods** defines the 7 nutrient factors that determine the health impact of various foods and provides the definitions of a "live" food and a "dead" food. Also, defines the 5 "live" super foods and their benefits to your health; the 5 "dead" processed foods and their impacts to your health; the alkaline and acid-forming foods; the importance of juicing; the types of food cravings and how to fight them; the importance of food preparation; food quality (organic vs. conventional); healthy substitutes for sugar, salt, chocolate and coffee; food phobias such as the fear of fat and cholesterol; and a list of so-called healthy foods and health-related scams.

**Chapter 7. The Super Meal Model** defines a simple picture (model) for eating healthy at each meal. Also, identifies the specific attributes (characteristics) of a super meal, how to design a super meal with or without counting calories, and how to dine out at a restaurant or a fast food place.

**Chapter 8. Nutritional Supplementation** defines the importance of nutritional supplements, the types of nutritional supplements; the criteria for quality *food*-based supplements; and, how to recognize a quality supplement. Also, defines the key nutrients that are required to nourish, protect and cleanse the body; and, the minimum supplementation recommendations for a diabetic. Provides a list of supplements needed to nourish, protect, and cleanse/detox the body.

**Note:** This includes glyconutrients, which provide nourishment and protection for the cells.

**Chapter 9. Cleansing/Detoxification** explains the importance of cleansing and detoxification; the role of the colon, liver, lymph nodes, kidneys and pancreas; how to cleanse and detoxify these organs; and other methods to cleanse/detoxify the body.

**Chapter 10. Exercise** defines the goals of exercise; the types of exercise and their benefits; a sample exercise regimen; exercise guidelines, do's and don'ts; motivation tips for exercising; and, nutritional tips to optimize exercise.

**Chapter 11. Blood Glucose Testing/Doctor Visits** explains the importance of blood glucose testing, when to perform blood glucose testing, and how to analyze the blood glucose test data. Also, provides a list of the major blood and urine tests, the vital few blood tests critical to a diabetic; other medical diagnostic tests; the importance of doctor appointments and exams, how to prepare for doctor appointments, and what to do during doctor appointments (to help you and your doctor).

**Chapter 12. Drugs/Medications** explains the purpose of most drugs and provides a list of drugs for diabetes, heart disease, high blood pressure and high cholesterol. Also, explains why people take drugs; and, defines a drug weaning process.

**Chapter 13. Mind & Spirit** explains the Body, Mind & Spirit philosophy and its connection to food; the power of God and your inner Spirit; and the Body, Mind & Spirit factors that determine one's level of commitment to beat their diabetes. Also, provides a list of practices to improve sleep, obtain support, increase knowledge, and utilize the Mind & Spirit. Also, includes a list of inspirational quotes from famous people like Oprah, Bill Cosby, Christopher Reeve, Muhammad Ali, Dr. Wayne Dyer, and Arthur Ashe.

**Chapter 14. The 6 Stages of Recovery & Reversal** explains how to prepare for the journey from Stage 1 to Stage 6; and, discusses the timeline and expectations for recovery. Also, explains what a diabetic should do specifically in terms of nutrition, exercise, and blood glucose testing as he/she progresses from Stage 1 to Stage 6.

**Chapter 15. Diabetic Complications** explains how to fight the long term diabetic complications of kidney disease, eye disease, nerve disease, heart disease with specific super foods, nutrients, exercise, and spiritual health; and, how to fight other related complications, including high blood pressure, high cholesterol, high homocysteine, high triglycerides, high body mass index (obesity), fatigue, and frequent illnesses. Also, provides a general wellness strategy and protocol for most systemic, degenerative diseases and the primary root causes of most of these diseases. For each of the aforementioned diseases/complications, there is a specific protocol (template) that includes a list of recommended nutritional supplements.

**Chapter 16. Next Steps** defines the next steps that a diabetic needs to take to begin his/her journey to wellness. Also, identifies the major barriers and excuses preventing a person from improving his/her health, and provides a summary of the 10 steps to control/reverse diabetes.

**Chapter 17. Recipes of Super Meals** provides cooking tips for preparing various super foods and meals, and key tips to prevent one from inadvertently sabotaging their health. Also, provides a list of about 15 simple recipes, thanks to the author's mother and daughter.

**APPENDIX** provides a diagram of the Super Meal Model, a table of healthier alternatives for favorite foods; a list of more than 250 clinical studies and references; and a list of resources including books and websites for super foods, utensils, and exercise equipment, and references to nutrition/wellness websites that provide *food*-based vitamins/minerals and other supplements.

## The Diabetes “Super” Wellness Program

The diabetes wellness program described in this book goes beyond the traditional programs -- it is an integrated Body-Mind-Spirit scientific approach to the healing process for people who are fighting a systemic, degenerative disease such as Type 2 diabetes. This program was developed by an ex-diabetic who had a blood glucose level over 1300 and required 4 insulin shots a day before reversing his disease with a blood glucose level of 92.5 and no insulin shots. This program is based upon five (5) key principles:

1. The Body, Mind and Spirit must work in harmony and balance for the entire being to be healthy.
2. Proper nutrition, exercise and spiritual health are the key planks for a healthy being to successfully fight the primary root causes of most diseases: inflammation, oxidation, toxicity, and hormone imbalance.
3. There are 5 super foods (from God) that align with the body’s blueprint to enable it to heal itself.
4. There are 5 “dead” foods (made by man) that trigger many of today’s diseases and prevent the body from healing itself.
5. Each of the major systemic diseases is a condition that is “acquired” primarily due to the “absence of (proper) nutrition”. Therefore, a disease that is “acquired” can be “unacquired” with the “presence of (proper) nutrition”.

This wellness program is not a one-size-fits-all program as every person will respond and benefit differently. This program is based upon Eastern and alternative medicine concepts that focus on removing the root cause of the disease so that the Body can heal itself, instead of Western medicine concepts that focus on suppressing the symptoms with drug therapy and not allowing the Body to heal itself. With this program, your body will begin to heal itself and prevent the complications of diabetes such as kidney failure, heart attack, and amputation. This program works because it addresses the real root causes of this disease, especially insulin resistance and inflammation. This program helps the body to heal its cells and re-teach them how to properly utilize insulin and metabolize food within a matter of weeks. The program accomplishes the following:

- Recognizes that there is more to fighting this disease than just controlling the *symptom* of blood glucose levels. You must address the root causes to repair the “sick” cells that are insulin-resistant and full of toxins and other waste.
- Identifies the key foods, nutrients, minerals, herbs, and other supplements that specifically reduce inflammation, reduce oxidation, increase glucose uptake, reduce sugar levels, and increase the utilization of insulin in the body. This enables the body to repair its cells and control its blood sugar levels consistently without drugs and their side effects.
- Identifies the key foods, nutrients, minerals, herbs, and other supplements that specifically address the long-term complications of nerve disease, kidney disease, eye disease, and heart disease. This enables the prevention of kidney failure, blindness, amputation, heart attack, and stroke.
- Identifies the key foods, nutrients, minerals, herbs, and other supplements that specifically address other health complications including high blood pressure, high cholesterol, high homocysteine, fatigue/low energy, frequent illnesses, and obesity. This helps to increase energy, burn fat, reduce inflammation, strengthen the immune system and other healing mechanisms to prevent other illnesses and heal cuts/bruises much faster.

- Identifies the 5 specific types of “live” super foods that heal the body; and, the 5 specific types of “dead” processed foods that gradually destroy the body over time.
- Identifies the importance of carbohydrates beyond providing energy, e.g. cellular communication and immune system support.
- Identifies the most common mistake that the majority of diabetics make. This one mistake dooms the diabetic to remaining in a diabetic state. Also, there are six other common mistakes made by diabetics.
- Defines a systematic, structured six-stage easy-to-follow process from no blood glucose control to complete control and reversal of the disease, based on medically-endorsed measurements.
- Provides a customizable program that can be tailored to fit your body’s metabolism and lifestyle.
- Eliminates the need for diabetic drugs, which only address the symptoms and increase a diabetic’s chance of dying from a heart attack or a stroke. Also, identifies how to safely get weaned off insulin and other diabetic drugs.
- Explains the importance of nutritional supplementation; and, identifies specific nutritional supplements to close nutritional gaps, including the consumption of glyconutrients.
- Identifies specific nutritional supplements and several methods to effectively detoxify the body by removing acid waste and toxins from the body.
- Identifies the proper combination of exercises that re-programs the body to increase its glucose uptake naturally while reducing the need for insulin injections or oral diabetic medication.
- Identifies the specific foods and nutrients that can help the body to increase its production and utilization of insulin.
- Defines simple wellness methodologies and specific nutrients to lower blood pressure, cholesterol, and homocysteine naturally without the use of drugs and their side effects.
- Provides a list of comprehensive clinical studies and references that substantiate the use of specific nutrients and supplements to improve and reverse the effects of diabetes, heart disease, high blood pressure, obesity, inflammation, and other related ailments.
- Defines how to use your inner Spirit to fuel your drive. Also, defines simple methods to fight and prevent depression and fatigue and begin to really enjoy life. Also, defines simple methods to improve sexual performance and enjoyment - without the need for drugs.
- Defines simple ways to convert your favorite foods into more healthy foods and reduce their negative effect on your health. For example, identifies healthy alternatives for sugar, salt, and chocolate, three foods that drive cravings.
- Defines a flexible wellness strategy that recognizes that one’s specific needs for carbohydrates, proteins, fats and liquids not only vary from person to person but vary from time to time depending upon one’s health state and stage of recovery.
- Defines simple ways to eat healthier without spending more money; and, actually learn how to save money that you’re now throwing away!
- Explains how to properly select a quality vitamin or other nutritional supplement.
- Defines easy ways to build the relationship with your doctor and health care team and how to get more out of them.
- Provides information for diabetics and their families, including how to handle emotional and real life issues, which are usually ignored in most books about diabetes.

## Design Models

There are several engineering and nutritional science-based models that are integral components of this Super Wellness program.

**Body-Mind-Spirit Model:** defines a human being at the macro-level, depicting various inputs and outputs such as nutrition variables, corrective actions, behaviors, spiritual health, etc.

**Cell Biology Model:** defines the physical structure and functional operations at the cellular level.

**Disease Progression Models:** define the 5 stages of various disease/health problems, e.g. diabetes, heart disease, high blood pressure, high cholesterol, etc., includes functional operational models.

**Diagnostic Analysis Model:** can be used to define one's health state and the "gaps" to achieve wellness.

**Failure Modes & Effects Analysis (FMEA) Model:** was used to determine how the human body fails under various conditions; and, helped to define several disease-progression models. Also, used Ishikawa methodologies to identify problem categories and root causes (fishbone charts).

**Super Meal Model:** supports the "healthy cell biology" model and is designed to support optimum health.

**Super Food Model:** defines the 7 key characteristics of superior, healthy food.

**Wellness Protocol Model:** is a "prescription" for wellness, designed to optimize wellness for a human being, identifies the key inputs and outputs to achieve wellness.

**Nutritional Profile Designer:** can be used to define one's diet, based on specific requirements (e.g. favorite foods, lifestyle).

**Nutritional Profile Analyzer:** can identify problems with one's diet.

**Blood Glucose Testing Analysis Model:** is designed to provide corrective actions, based upon current and historical blood testing data.

**Behavior Modification Model:** is designed to support a successful wellness training program that utilizes hands-on exercises and practices to improve retention and learning enough to drive behavioral changes.

**Update:** "Death to Diabetes" is becoming a rallying cry of many diabetics and family members who are suffering unnecessarily with this disease and its horrific complications of blindness, amputations, kidney dialysis, heart attack, and stroke. Many diabetics who were struggling with their diabetes for years were getting their blood glucose under control within weeks! Some of the doctors were so surprised that they invited the author to their diabetic support group meetings to answer questions. Clinics and other medical groups invited the author to give them presentations on his findings. Some doctors are slowly beginning to consider the power of God's food because the author has been able to show them the nutritional science behind these foods. When the diabetic's body is fed these missing nutrients from whole foods, the body is able to defend itself against the disease! This is due to the human body being designed by God with a intelligent code that programs the body's cells to repair and heal -- when they are fed the necessary nutrients from *God's* foods (not *man's* processed foods).

## Quotes about the Book

"I'm currently reading the book for the second time. I think that it is outstanding. What you wrote is not taught in medical school, that's why some physicians may not support it. Don't worry friend, the Public will support you, because you have done a superb job of researching, treating yourself and putting it in writing. Let the book speak for itself and you." Dr. A. White, NIH

"Some of my patients are very excited about your program - because it works! Some of them are reducing their medication and others are coming off their medication." Dr. W. Bayer

"This book is empowering. I plan to keep this book handy in my office." Journal of the National Medical Association (JNMA)

"After reviewing my blood work, my doctor told me that all signs of my diabetes were gone! And, the pain in my foot from the neuropathy is gone (so I don't need the cane anymore!)." D. Carter (diabetic who used the book's super meal program for 4 months to beat his diabetes)

"I couldn't get my blood sugar below 300 with medication. After 3 weeks on your super meal program, it was back to the normal range! My doctor was shocked." E. Gallagher (diabetic from NYC)

"I like that you included a spiritual aspect instead of just talking about the body (physical). Our people underestimate the power of the inner spirit." Rev. J. Cherry, Rochester, NY

"I like your flow charts - diabetics finally have a roadmap that shows them where they are and where they're going." [A diabetes educator]

"Thank you, DeWayne - you've given me and other people hope by sharing your story." A. Peters (diabetic support group member)

"You explain diabetes in a way that makes it easier for people to understand the disease. And, you give us simple steps to follow in order to get better!" [An audience member after my presentation to a group of wellness consultants and diabetics]

## Quotes from the Author's Parents

"Boy, you tell them doctors that there is a science (listen to me now) . . . there is a science that is bigger, much bigger than *medical* science - that science, boy, is called **God's** science, and you tell them doctors that God's science can fix any disease. Besides, God has other plans for you now." Minnie McCulley (the author's mother told him this when the doctors told him that according to science he should be dead)

"God truly does work in mysterious ways: All these years you've been working as an engineer, God was preparing you for this moment -- to help people beat this disease. Son, your book is going to save lives!" Minnie McCulley (the author's mother, just after the book was released)

"You have to be twice as good to be good - don't fight it, figure out how to be that good and do it." Melcan McCulley (the author's father, talking to him when he was preparing to go to junior high school)

## Excerpts from the book (Version 2.0):

### Chapter 1

Diabetes treatment costs more than any other disease (over \$132 billion annually), but diabetes treatment also generates the most revenue for the healthcare industry (over \$210 billion!). Is this a conflict of interest for an industry that is more focused on a “sick” care strategy that creates drug-dependent patients – instead of a “health” care strategy that cures the actual ailment or disease?

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This wellness strategy aligns with the body’s need and ability to heal itself and prevent the diabetes from causing further damage – when that body is fed the proper food and spiritual nutrients. This strategy works because it addresses the real root causes of Type 2 diabetes – insulin resistance, nutritional deficiency, inflammation, oxidation, and toxicity; and, is based upon personal experience and hundreds of clinical studies. As a result, the body relearns how to properly metabolize food and increase glucose uptake, providing a higher level of energy within a matter of weeks.

### Chapter 3

Obesity appears to be a significant factor, particularly considering the fact that more than 90% of Type 2 diabetics are overweight or obese. And, because diabetes appears to run in families, genetic factors may be important in determining susceptibility to diabetes. However, I contend that since many siblings “inherit” the cooking and eating behaviors from their parents and relatives, it is the *environmental, dietary and lifestyle behavioral* factors that are the key drivers of this disease. To support my contention, there are many clinical studies with significant evidence that diet and exercise can effectively control this disease and slow down many of its complications. The controversy and confusion is associated with the attributes of that diet, leaving many diabetics confused and frustrated with fighting this disease.

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What has become apparent through years of medical research is that diabetes is not simply a matter of one or two things having gone wrong. It is a complex condition with a multitude of biochemical, metabolic and hormonal imbalances. Consequently, although the conventional medical approach of using insulin or oral drugs to treat the symptoms of diabetes may be effective in the short term, it is not effective in the long term. An effective approach would be one that reduces the high level of insulin resistance and improves the health of the trillions of sick cells.

### Chapter 5

The primary purposes of carbohydrates are to provide energy, enhance immune function, and support cellular communications. Carbohydrates are converted into energy to allow our cells to function. Carbohydrates also function in the cell-membrane structure, help cells to communicate with each other, and to communicate the information contained within the DNA to tell cells how to do their jobs, and to notify the immune system, preventing it from attacking its own cells.

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*Note:* Eight of the more than 200 carbohydrates are essential for the support of cell communications and disease prevention: mannose, glucose, galactose, xylose, fucose, N-acetylglucosamine, N-acetylgalactosamine, N-acetylneuraminic acid.

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## Chapter 6

There are five major “dead” foods. When consumed in excess with a sedentary lifestyle, these foods turn the body acidic, cause inflammation, and slowly damage or kill the body’s cells and create neurochemical imbalances that trigger unhealthy food cravings. These chemical imbalances, in turn, devastate your health physically, biochemically, hormonally, emotionally and spiritually. Over a period of years, this leads to systemic ailments/ diseases such as high blood pressure, diabetes, heart disease, and cancer. The five “dead” foods include most food products that contain refined sugar, refined flour, trans fats, saturated fat, or other harmful chemicals.

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There are five major “live” super foods. When consumed on a regular basis, these foods create a biochemical and hormonal balance that controls appetite, strengthens the immune system, prevents inflammation, prevents disease, and helps to heal the body physically, biochemically, hormonally, emotionally and spiritually. The five “live” super foods include vegetables and fruits, filtered water, lean protein, monounsaturated/Omega-3 fats, and organic whole grains.

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## Chapter 8

Nutritional supplements have value, but only if you have a sound nutritional/exercise profile and the supplements are derived from food sources that align with nature’s blueprint. Supplements do not work optimally if they are synthetic or are taken in lieu of a sound nutritional and exercise profile. Also, supplements do not work optimally if they are modified such that they no longer resemble their structure in nature (e.g. food). Many people take vitamins and other supplements for the wrong reason - to “cancel out” the negative effects of poor nutrition and a sedentary lifestyle. But, this type of supplementation strategy does not work especially if you are fighting a major disease.

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## Chapter 9

Most people are aware that nutrition, more than any other factor, is the key to successfully managing and controlling diabetes. However, many diabetics are not aware that nutrition is also the key to reversing diabetes. The primary reason for diabetes (and other systemic, degenerative diseases such as heart disease and arthritis) is nutritional imbalance. Nutritional imbalance can be characterized in two ways: (1) **toxic buildup/congestion** - eating too many “dead” foods full of chemical toxins that cannot be processed and eliminated by the body; and, (2) **nutritional deficiency** - eating “dead” foods that lack vitamins, minerals, amino acids, fatty acids, enzymes, fiber and water. Both of these imbalances interfere with the body being able to function properly and successfully defend itself against any disease.

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Most diabetics are either not aware of the right nutritious foods to eat or are not willing to change their eating habits, leading to congestion and nutritional deficiency. This, in turn, progresses to increasing insulin and glucose levels, insulin resistance, weight gain, fatigue, cravings, increasing blood pressure and cholesterol levels, and eventually a serious disease such as diabetes. And, all of this is primarily due to the diet (nutritional profile) of most diabetics being full of common mistakes, some of which are made knowingly, some unknowingly. This chapter will define the proper nutritional profile for diabetics - the Super Meal Model. This model will help diabetics to better control their blood glucose levels and trigger their bodies’ internal healing mechanisms.

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## Chapter 7

As engineers, we design and develop products and solutions, based on an architectural design model that is supported by a set of engineering principles that meets the needs of the customer. As a result, it is easier to design a successful product that will work properly according to those engineering principles and customer needs.

Similarly, I felt that it would be easier to design a healthy meal if I had a set of sound nutritional principles that aligned with the body's needs. And because of my own frustration and ignorance with trying to figure out how to identify the right foods and design meals that would work for me, I felt that a simple model (picture) of what my meal plate should look like every time I ate would be easier to remember than counting calories. And, if that model is based on what my body requires biochemically and hormonally to fight the primary root causes of systemic degenerative diseases (e.g. nutritional deficiency, toxic overload, oxidation, inflammation, and hormonal imbalance), then, the model should work to optimize my health and fight any disease, including diabetes.

Since I was not much of a cook, I decided to design a simplistic model based on the body's physical structure at the cellular level, e.g. water, fat, protein, minerals, etc. And, modify that model, based on information from several clinical studies about nutrition (listed in the Appendix). I initially started with approximately 65% carbohydrates and gradually lowered it to 40 to 45% (based on my *post-meal glucose testing*), while increasing the quality of the protein from land animal to plant and fish; and, increasing the quality of the fat from saturated and trans fats to monounsaturated and polyunsaturated Omega-3 fats. Refer to the following diagram, which depicts the contents of a typical super meal and what a typical meal plate should look like as a starting point.

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**Quality nutritional food supplementation:** includes wholefood vitamins, minerals, super foods, glyconutrients, and some herbs. But, supplementation should only be considered once a sound super meal program is in place.

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Note: Glyconutrients also help to support the immune system.

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The following are some guidelines to help you when dining out.

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Although fast food restaurants are now providing healthier choices, dining out at a fast food restaurant can be very challenging. Use the following guidelines to help reduce the negative impacts to your health.

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## Chapter 8

So, are nutritional supplements really necessary? In today's fast-paced, hectic world, it is very difficult to eat nutritiously all day long every day. So, the short answer is "yes". If you are relatively healthy and you are eating four to six super meals/snacks with primarily organic foods and superfoods every day, you may still need some nutritional supplementation - especially when you get older. On the other hand, if you are ill with a disease like diabetes, this should tell you that you are not consuming and absorbing enough of the proper nutrients. Because your body is very depleted in terms of nutrients, you need to supplement the super foods that you've begun to consume with some super supplements to help accelerate the body's healing process.

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Because it may be difficult to eat four to six super meals consistently each day due to your work life, family, or lifestyle, some type of nutritional supplementation is necessary. In fact, medical institutions, such as the American Medical Association (AMA), agree that nutritional supplement-ation is necessary today.

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Since more than 60% of the U.S. population takes some form of a nutritional supplement and more than 65% have some type of illness, it would suggest that some nutritional supplements are not working. So, if you choose to use nutritional supplements, how can you reap the benefits they offer without risking your health and wasting your money? The following criteria will help you select a quality nutritional supplement that aligns with your health needs and financial constraints: source, content (nutrients, dosage level), physical makeup, packaging, delivery system, cost, documentation, manufacturer, and performance.

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Nutrients from the food and nutritional supplements must meet three objectives in order to be comprehensive enough to prevent and reverse disease in the body:

- Nutrients must **nourish** the body – by providing vitamins, minerals, enzymes, co-factors, water, and oils to feed the cells, tissues, and blood. This nourishment enables the body to repair its sick and defective cells. As the cells get healthy, the amount of insulin resistance is reduced, enabling the cells to increase their glucose uptake and reduce their insulin levels.
- Nutrients must **protect** the body – by providing antioxidants and anti-inflammatories to protect the healthy cells and fight free radical oxidation and inflammation. These nutrients help to strengthen the immune system to fight pathogenic bacteria and other invaders. This is important for diabetics because their bodies are under a tremendous amount of oxidative stress.
- Nutrients must **cleanse/detoxify** the body – by providing herbs, fiber, water and other nutrients to help the body remove waste and toxins, including excess glucose. This, in turn, helps the body to repair its sick and defective cells, and reduce the internal inflammation.

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Glyconutrients: provide nourishment (essential monosaccharides) that support cell-to-cell communications and the immune system.

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Glyconutrients: provide the (8) essential monosaccharides that provide protection by supporting the immune system to search/destroy invading bacteria: glucose, fucose, mannose, galactose, xylose, N-acetylglucosamine, N-acetylgalactosamine and N-acetylneuraminic acid.

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## Chapter 9

Toxicity (poisoning) of the body occurs gradually over a period of years and goes unnoticed, due to the liver, colon, kidneys, and other excretory organs being able to remove most of the toxins. But, eventually, one or more of these excretory organs begins to break down, primarily due to the environment and poor nutrition causing higher-than-normal accumulated levels of these toxins in the body. The major types of toxins are metals, organic chemicals, food additives, internal metabolic waste products, and negative emotions.

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## Chapter 10

Most people are aware that exercise is important, but many of us either do not like to exercise or have the time to exercise. To further compound matters, some people exercise incorrectly and for the wrong reasons. Consequently, people stop exercising after becoming bored, frustrated or discouraged due to the lack of progress in their health, weight loss or other health objective. Actually, exercise may be the closest thing to a “fountain of youth”. By taking yourself from a sedentary state you can, in effect, reduce your biological age by ten to fifteen years. Researchers who have conducted extensive studies on fitness and mortality have concluded “moderate levels of physical fitness and exercise are protective against early mortality.” Exercise imparts vigor and activity to all organs and maintains the healthful integrity of all their functions by improving the tone and quality of muscle tissue and stimulating the processes of digestion, absorption, metabolism, and elimination. Exercise also strengthens the blood vessels, lungs, and heart,

resulting in improved transfer of oxygen to the cells and increased circulation of the vascular and lymph systems.

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### Chapter 11

Because of the major advances of medical science and technology, blood glucose testing is a very important tool for diabetics to track the progress of their blood glucose levels. Blood glucose (BG) testing is the **most powerful diagnostic tool** that a diabetic has to determine the state of their health on a daily basis. Next to nutrition and exercise, it is the most important key to effectively control the disease. And, for Type 2 diabetics, it has the power to *reverse* the disease – once effective nutritional, exercise and spiritual programs have been implemented. Unfortunately, most diabetics either do not test their blood glucose on a frequent-enough basis or do not understand the appropriate corrective actions to take based on their test results. Consequently, most diabetics can never get to a point where they can proactively control their blood glucose level and their diabetes.

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One of the best ways to manage your diabetes is to develop an effective working partnership with your doctor. Your doctor's role in this partnership is to provide medical advice, offer treatment options and recommend resources. Your role is to monitor your symptoms and blood glucose readings, report them accurately and do what you can to manage your disease on a day-to-day basis.

Doctor appointments are very important, but most people come ill-prepared to take full advantage of the time with their doctor. Then, they complain about the doctor not taking enough time with them. Or, they don't ask the doctor any pertinent questions; or, they don't bother to take any notes and forget what the doctor told them. The doctor could spend more time with them, but they must first take full advantage of the time that they have with their doctor. Then, they will be pleasantly surprised how well their doctor responds when they take a more active role in their health.

The following are a set of guidelines to help improve the effectiveness of your appointments and the relationship with your doctor. If you are unable to establish a better partnership with your doctor, let him/her know your concerns. If there is no improvement, consider talking with a doctor in the field of alternative medicine, e.g. a naturopathic doctor.

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### Chapter 12

According to the Center for Disease Control, close to 130 million Americans consume prescription drugs every month – more than any other country. In fact, over the past decade, the total number of prescriptions has increased by about two-thirds, to 3.5 billion a year. Practically every type of expert – doctors, public health officials, medical researchers – believes that Americans are overmedicated. We are willing to accept prescriptions for practically anything and demand them for conditions we think need medicating. If a condition has even the slightest potential to cause discomfort, there is a pill, patch, or prescription for it. And now, even TV commercials get you thinking about symptoms you may not have noticed before and suggest you ask your doctor for particular medications to combat them.

There are many life-saving drugs and medications that are invaluable to the quality of life such as antibiotics to help fight off serious bacterial infections. However, there are many other drugs and medications that, over a long period of time, interfere with the body's healing and immune systems, inhibiting the body from repairing, healing and protecting itself properly. Unfortunately, our dependency on these drugs in combination with bad eating habits and a

sedentary lifestyle sentences the body to a slow, inevitable and sometimes painful death. However, if you are making the necessary lifestyle and nutritional changes, you should be working with your doctor to gradually wean yourself off the drugs.

#### Conflict of Interest?

Pharmaceutical companies have readily admitted that they routinely pay insurance companies to increase the use of their products and to be added to the recommended list of drugs. They admit that they give rewards and kickbacks to both pharmacists and doctors for switching patients from one brand of medication to a rival. And, they admit that they provide all sorts of gifts and gratuities to doctors, ranging from financial aid to educational programs to bags and writing pads, to encourage doctors to prescribe their brand of drugs.

If you are fortunate to have a doctor who has your interest and is not “pushing” drugs onto you, it makes it easier to focus on getting well. Otherwise, the next time your doctor prescribes a medication, considering asking if the doctor receives any financial gifts or benefits from the drug manufacturer. Such questions are uncomfortable, but ethical questions often are -- and they may be more uncomfortable for your doctor than for you.

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## Chapter 13

Man is a trinity that is comprised of the Body (Physical), the Mind (Mental), and the Spirit (Spiritual). The Body, Mind and Spirit work in harmony to make you the best that you can be in this life. If one of these three elements is “sick” or out of balance with the other two, then, your entire being will be sick.

Unfortunately, most of traditional medicine focuses on the Body by addressing and suppressing the symptoms and never fixing the underlying root cause of the unhealthy cells. Traditional medicine tends to overlook the importance of the Mind and the Spirit and its role in healing the Body. Man also tends to focus on the Body by taking drugs to relieve pain or by feeding his food cravings to satisfy hormonal hunger – both of which may be driven by emotions such as depression.

Consequently, there are psychological and psychosocial factors that may exert substantial influence on the biochemical control in diabetic patients. These factors have been shown to increase the risks of poor glycemic control, “brittle diabetes”, and diabetic ketoacidosis. Depression has been identified as one negative influence of glycemic control among pediatric and adolescent patients. And, depression has been observed to affect family members of patients with Type 2 diabetes and influence family dynamics toward the condition.

As with any disease, after several years of fighting the good fight, you can become physically drained because your physical body has continued to weaken despite everything that you’ve done to fight the disease.

Consequently, you also become emotionally and spiritually drained; and, as a result, you “give in” to the fact that the best you can do is to live with the disease – that you’ve done everything possible to fight the disease. This can be very disconcerting and difficult to overcome emotionally. Also, despite the support from your family and friends, you feel very alone and afraid at times. There are horror movies that can scare you, but I can truly tell you that there is nothing, absolutely nothing scarier than knowing that your doctor cannot help you and your time is limited. Only a strong belief in a power that is greater than yourself can give you the

confidence and courage to fight for your life instead of giving in to the inevitable life of kidney failure/dialysis, amputation, and blindness.

Once you accept the fact that we live in a spiritual universe and that we are all spiritual beings, you will find yourself equipped with an instrument through which you can exert influence over your body and your blood glucose control. But, how do you go about tapping into your inner spirit and belief system? The following section will give you some ideas to get started. Anything and everything is possible if you have faith and you take responsibility of your health problems and follow up with the necessary actions; and, resist the negative influences that will discourage you from making yourself a healthier person.

## Chapter 13

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### Inspirational Quotes

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The following are quotes from some well-known people (in alphabetical order) that I found to be very inspirational when I was tutoring high school students and at different times during my recovery. Hopefully, one or more of these quotes hits a special chord within you.

1. "To be a great champion, you must believe you are the best. If you're not, pretend you are." Muhammad Ali
2. "Courage may be the most important of all virtues, because without it one cannot practice any other virtue with consistency." Maya Angelou
3. "Someone once told me that God figured that I was a pretty good juggler. I could keep a lot of balls in the air at one time. So He said, Let's see if you can juggle another one." Arthur Ashe
4. "I don't know the key to success, but the key to failure is trying to please everybody." Bill Cosby
5. "You can't solve a problem with the same mind that created the problem. You must change the way you think." Dr. Wayne Dyer, author of *The Power of Intentions*
6. "He's the best physician who knows the worthlessness of most medicines." Benjamin Franklin
7. "I always tell my kids if you lay down, people will step over you. But if you keep scrambling, if you keep going, someone will always, always give you a hand. Always. But you gotta keep dancing, you gotta keep your feet moving." Morgan Freeman
8. "You must be the change you wish to see in the world." Ghandi
9. "When wealth is lost, nothing is lost; when health is lost, something is lost; when character is lost, all is lost." Billy Graham
10. "Let your food be your medicine, and let your medicine be your food." Hippocrates, the Father of Medicine
11. "When you face a crisis, you know who your true friends are." Earvin (Magic) Johnson
12. "My father and mother had two simple rules about truth and living a long life: Rule Number 1: Don't ever lie to me. Rule Number 2: Don't ever forget Rule Number 1." DeWayne McCulley
13. "You have to be twice as good to be good - don't fight it, figure out how to be that good and do it." Melcan McCulley (my father)
14. "Boy, you tell them doctors that there is a science (listen to me now), tell them there is a science that is bigger than medical science - that science, it's called *God's* science, and *God's* science can fix any disease." Minnie McCulley (my mother)

15. "The inferior physician treats the disease once it occurs. The mediocre physician prevents the disease from coming back. The superior physician *prevents* the disease from ever occurring." Old Chinese Proverb
16. "Know ye not that your body is the temple of the Holy Ghost . . . therefore glorify God in your body, and in your spirit, which are God's." Apostle Paul (1 Corinthians 6:19-20)
17. "There are no secrets to success. It is the result of preparation, hard work, and learning from failure." Colin Powell
18. "He causeth the grass to grow for cattle, and herbs for the use of man." Psalms 104:14
19. "A hero is an ordinary individual who finds the strength to persevere and endure in spite of overwhelming obstacles." Christopher Reeve
20. "The greatest discovery of any generation is that human beings can alter their lives by altering the attitudes of their minds." Albert Schweitzer
21. "The road to success is through commitment." Will Smith
22. "Cancer can take away all my physical abilities, it cannot touch my mind; it cannot touch my heart, and it cannot touch my soul. And those three things will carry on forever." Jim Valvano
23. "A sure way for one to lift himself up is by helping to lift someone else." Booker T. Washington
24. "What I've learned from God personally is that as soon as you get the lesson, it's over . . . that's what Grace is." Oprah Winfrey
25. "I don't believe in failure. It is not a failure if you learned during the process." Oprah Winfrey
26. "Ya gots to work with what you gots to work with." Stevie Wonder
27. "Do not let what you cannot do interfere with what you can do." John Wooden

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## Chapter 14

Planning will be the ultimate key to the success or failure of your journey. If you fail to plan, then you are planning to fail. It is also imperative that you get rid of the so-called "diet mentality" – this program is not a diet. Despite all the TV infomercials, books and marketing gimmicks, diets just don't work. The low-fat diets, the high carb diets, the high protein diets, and low cholesterol diets all failed and left us heavier, fatter and sicker people. Diets are too focused on restriction, deprivation, negativity, "falling off the wagon", and special foods. With this program you cannot "fall off the wagon" because you will include the foods and events that would cause you to fall off the wagon in the first place!

But you must stop eating the foods that are killing you just because they taste good. Would you consume arsenic because it tastes good? Identify your weaknesses (e.g. cravings for rice, bread, sweets) and develop a strategy to include them as part of your overall plan. If you ignore them they will only come back to hurt you in the future.

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**Diabetes is your enemy.** During the first stage, it is very important to increase your knowledge about your enemy, diabetes. Otherwise, without that knowledge, your enemy will defeat you. In order to defeat your enemy, you must develop a "war mentality" and learn everything you can about your enemy. Try to obtain as much information as possible from the web, the library and your doctor. Also, buy a book about natural healing, health and nutrition. Attend local health fairs and take a class about heart disease, stroke or diabetes. Knowledge will empower you.

During the first stage, it is also very important to increase your knowledge about food and drugs. It is very important to learn how to read food labels and know what to look for when buying any food. Some of the key ingredients to be wary of include: partially hydrogenated oil, high fructose corn syrup, refined sugar, artificial sweeteners, processed flour, enriched flour, low fiber. Be wary of such words as low fat, low cholesterol, low carb, no sugar, no fat, fortified, enriched, artificial, or any word that you don't understand.

Knowledge about diabetes will set you free and empower you to make the changes to improve your health. Ignorance of this disease will create fear and make you uncertain of what to do and will sentence you to a state of poor health. You must also increase your knowledge about nutrition, vitamins and specific wholefood and superfood nutrients associated with cardiovascular health, diabetes and blood glucose control.

### Chapter 3

As you can see from the diagram, diabetes is primarily being driven by a large population of overweight/obese people who have a profile of poor nutrition, a sedentary lifestyle, and a high dependency on drugs.

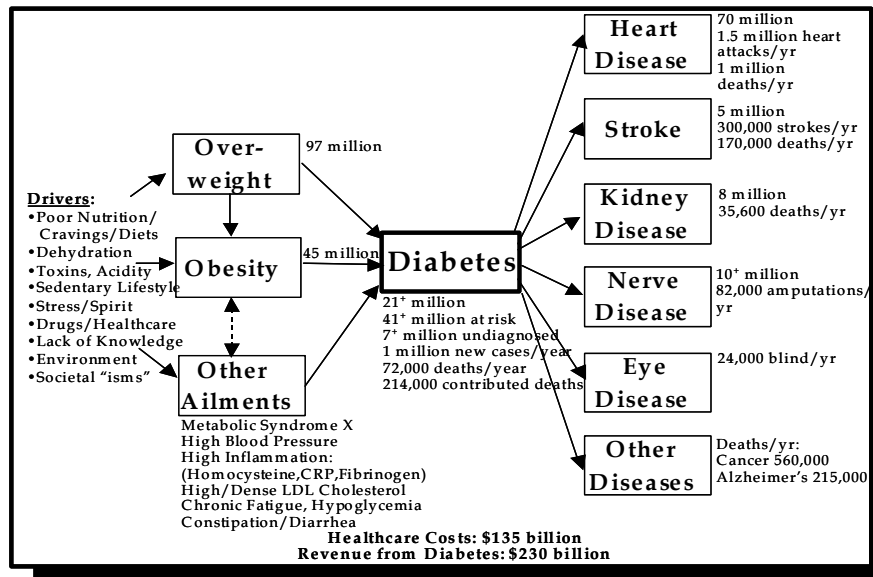


Figure 1. Impact of Diabetes (Annually)

As depicted in the following diagram, this is how many people become fat and more than 90% of Type 2 diabetics remain fat while developing other complications.

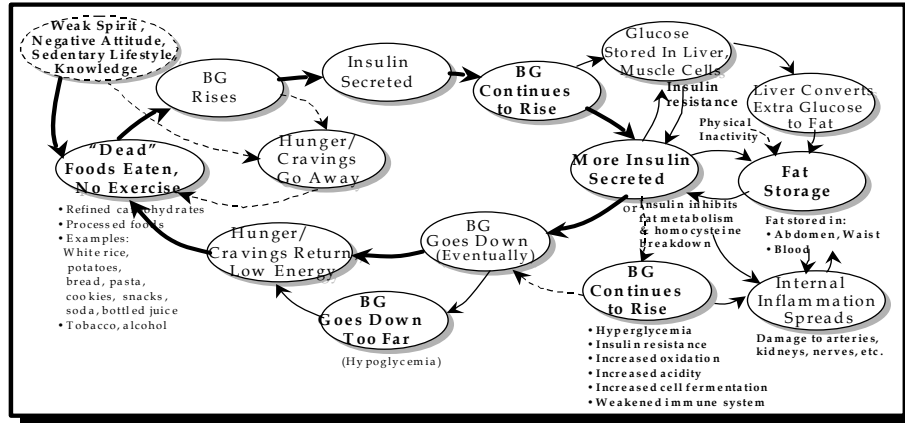


Figure 2. Metabolic Doom Cycle

### Chapter 7

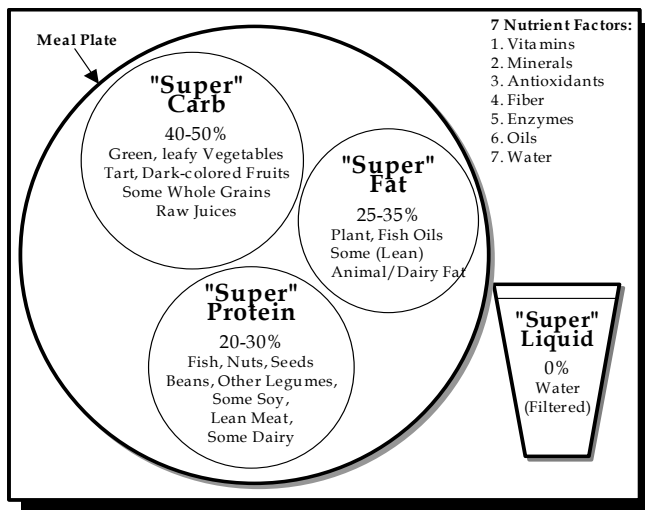


Figure 3. Super Meal Model

Since this Super Meal Model is not a one-size-fits-all model, these percentages will vary from person to person and should only be used as a guideline. These percentages will vary as you progress through your recovery and will also vary depending upon your activity level, stress level, and average post-meal blood glucose level, which is an indication of your body's level of insulin resistance.

### Chapter 11

So, how can a graph help you? The following line graph (Figure 11) is a subset of my blood glucose readings over a 7-day period during my recovery. This diagram shows my morning, midday and evening before-meal readings from Monday to Sunday. It shows how my readings were very inconsistent, up and down throughout each day during the entire week. But, I didn't really understand why I was so inconsistent. According to everything I had read about diabetes, if you are taking insulin and your blood glucose readings remain high it may be necessary to increase the insulin dosage to help lower and stabilize the readings.

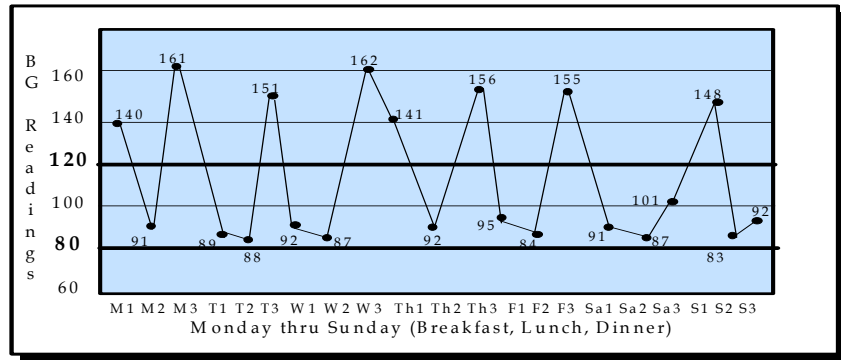


Figure 11. Line Graph of Blood Glucose Readings

However, as an engineer I knew that how data is sorted and categorized is very important to interpreting the data properly. So, I decided to sort the data and group the readings into 3 categories: Morning, Midday and Evening. Eureka! As you can see from the following bar graph, the Midday readings were the most consistent – in fact, every Midday reading was within the normal range. The Evening readings were the most inconsistent – in fact, every reading was outside the normal range. The Morning readings were the most puzzling – some readings were within the normal range and others were outside the range.

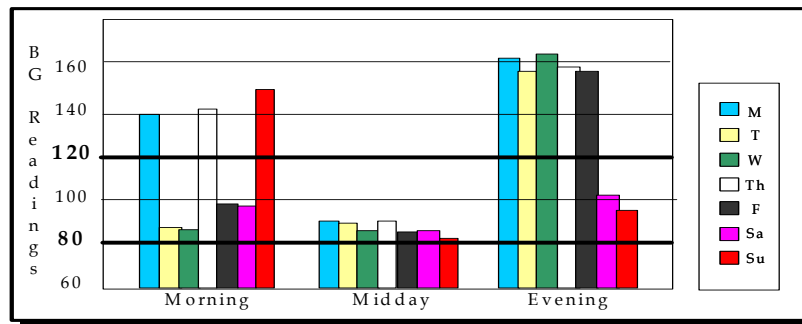


Figure 12. Bar Graph of Blood Glucose Readings & Meals

So, what did I conclude from this data? After reviewing my daily food log, I determined that I needed to do a better job with my meals and snacks during the middle of the day because that was driving my high glucose readings in the evening (before dinner). Also, I determined that my evening snack was too glycemic, driving my glucose readings higher the next morning. So, I changed my snack by reducing the carbohydrates and adding some quality fat (with a handful of walnuts/almonds) and a glass of filtered water. Within two weeks, I had my morning and evening readings under control. My morning average went from 114 to 102 and my evening average went from 140 to 105 within 2 weeks.

## *God's Food for Thought*

When a car manufacturer makes an automobile, they put it through hundreds of tests. Then, they define a set of maintenance and repair procedures that explain how the car should be serviced and maintained to run at peak performance. These procedures are published in a book called the Automobile Owners Manual. This manual will tell you what oil and gasoline to use, and give you all the information needed to make your car run at peak performance.

God has given us an Owners Manual called the **Bible**. The Bible explains how to keep the body healthy and operating at peak performance. But God's Manual has been neglected, and our hospitals are full. Today we have more disease than ever because we choose to eat man's processed foods and chemicals instead of God's nutrient-rich foods.

**First Corinthians 10:31:** "Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God." Give glory by eating and drinking right. **First Corinthians 6:19-20** says why: "What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's."

God wants to dwell in you, but He cannot dwell in a defiled body - it's not our body, it's God's to use for His glory. God then gets very explicit in this area. **First Corinthians 3:16-17:** "Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are." God says if we willfully defile the body, He will destroy us!

We should desire to honor God by the way we treat our bodies. Why? Because God says that we're that important. And because our health matters to the one who made us and loves us. As a result, we should eat healthy because we're worth it and because we're called to something noble and great! If family or finances is not a strong-enough motivation, then, what God requires should be a strong-enough motivation that should stick with us in the long run.

What you believe is the very foundation of who you are. If you believe that you will be poor because you were born into poverty, then you are - not you will be; you are. We only have today; actually, we only have right now, the very moment we're in. This moment determines the next moment, determines the next moment and so on. What do you believe, right now? If you believe in the ways of the world and live your life according to those conditions, you are a victim. If you believe the Word of God you are His heir, a victor, and have dominion over all the earth. You walk by faith, not by sight. A victor never thinks of defeat, but lives each moment with a Kingdom mentality of faith.

**Therefore, become a victor of wellness, not a victim of disease and drugs.**

"And God said 'See I have given you every herb bearing seed which is on the face of the earth, and every tree whose fruit yields seed: to you it shall be for food. Also to every beast of the earth, to every bird of the air, and to everything that creeps on the earth, in which there is life, I have given every green herb for food.' And it was so." **Genesis 1:29-30**

"He causeth the grass to grow for cattle, and herbs for the use of man." **Psalms 104:14**

"And the fruit thereof shall be for meat, and the leaf thereof for medicine." **Ezekiel 47:12**

"My people perish through lack of knowledge." **Hosea 4:6**

## About the Author

In March 2002, DeWayne went into a diabetic coma with a blood glucose level of 1337 – more than twelve hundred points above normal. Despite a set of complications that included hyperglycemia, dehydration, two blood clots, pneumonia and four insulin shots a day, DeWayne was able to use his engineering and biochemistry background to methodically and completely wean himself off the insulin and other drugs to lower his average glucose level to 92.5 mg/dl and his hemoglobin A1C to 4.4%, reversing his Type 2 diabetes – all in less than 4 months. He credits his recovery to God, the doctors and nurses, his mother, his daughter, his engineering background, and a set of serendipitous events that helped him through his recovery.

DeWayne believes he was very fortunate to have obtained a full college scholarship, an invaluable college education (B.S., E.E., Pennsylvania State University), and a good job as an engineer (first with Hughes Aircraft, then, with Xerox Corp.). Because he believes it is very important to give back to the community, DeWayne volunteered as a math tutor for one of the local high schools in the 1980s and 1990s. Today, DeWayne volunteers as a community health advocate at various health fairs and other community events to discuss natural wellness solutions for diabetes, high blood pressure, obesity, and heart disease. DeWayne has been invited to speak to various medical forums, some of which now support his book. Recently, DeWayne has been featured in newspapers and radio shows in several cities/states including Atlanta, Michigan, Mississippi, South Carolina, Avon NY (WYSL 1040AM), and Rochester NY (WROC -TV8, D&C newspaper).

As an engineer, DeWayne was trained to research, analyze, test, draw logical conclusions, and write technical reports based on complex engineering and machine data. Ironically, DeWayne was able to use that same training to research, analyze, test and draw logical conclusions from the hundreds of clinical studies to help him write this book. In addition, the encouragement that DeWayne received from his mother, his daughter, and various people (from work, the local churches, the wellness industry, and the two diabetic support groups he was facilitating), also helped him to write this book. DeWayne's hope is that this book will inspire you and others the way he was inspired – by people he would never have met if it weren't for his experience with diabetes.

*Author Sidebar:* I do not consider my diabetes wellness strategy to be an official “cure” for Type 2 diabetes, despite all of the evidence. As an engineer, I do not believe in anecdotal data – I believe in the data and testing from independent, qualified test labs and similar resources. A series of double-blind, placebo-controlled clinical studies need to be performed to properly validate (or discredit) my diabetes wellness program. Hopefully, there is a company that would be interested in pursuing this endeavor for the betterment of our country and the world.

**Update:** Because of the feedback from his workshops, the author is planning to develop an audio CD for diabetics with vision problems and for people who don't want to read 400 pages. He is also working on a training program DVD and a diabetes handbook.

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