



# Quotes, Book Reviews & Testimonials



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"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 member of one of the diabetic support groups]

"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]

# Book Reviews

## **Reviewer: Eileen G.:**

This book is a MUST read for anyone with Type 2 Diabetes. After trying the program for just 3 days, my BS levels dropped 150 points and are still going down. I am hopeful that I will have a full reversal and will someday be medication free. This is a simple program to follow, that will change your life completely. Your body will be fed the foods it needs to heal itself and you will no longer crave the "dead" foods that Mr. McCulley speaks of in his book. I can't thank Mr. McCulley enough for writing this book and sharing his own near death experience with diabetes. The plan he devised REALLY works! It's just amazing to see my BS levels dropping daily. When diagnosed in Oct 2005, my BS was 460 and with meds and the doctors direction, I couldn't get it below 300 on most days. I took it this morning, after being on Mr. McCulley's program now for 10 days and my BS level was 122. I think that's pretty incredible. I feel as if I have control over my sugar for the first time since being diagnosed and I owe it all to Mr. McCulley. THANK YOU, THANK YOU, THANK YOU!!!

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## **Reviewer: CJ**

I picked this book for my mother. There were key points made in this book that I didn't find in other books about diabetes. Plus the cover was dramatic. It was a hit. She loved it and referred back to it whenever I put something in my mouth. I was just skimming through and ended up reading the entire book. I found the book enjoyable to read. People kept seeing me with the book and thought I had diabetes. I told them I didn't but the book went deeper than just diabetes. It hit on high blood pressure, high cholesterol, and losing weight.

The author not only explains factors about diabetes, he break it down so that anyone can understand. I do not have diabetes but it runs in my family. I am trying to do some "prevention" tactics now. There are recipes given that are so easy and fast to make. I would recommend this book for people with diabetes and without. It has helped me to understand my system and why I should and shouldn't eat certain foods.

Following the advice of the book, I lost weight and I am still losing weight. Before, I couldn't loose a pound and keep it off. It's like the book was written just for me and I don't have diabetes! This book is well worth \$ I spent. Both my mother and myself love it!

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## **Reviewer: P. Priest:**

This book is changing my life, and I don't have Type II Diabetes! Notice on the cover that it also has tombstones for Obesity and High Blood Pressure. If I could read the other tombstones they would probably have other diseases engraved on them. I am Insulin Resistant and overweight which I learned from this book is a precursor to Diabetes Type II. I have tried everything for years (various food programs and various forms of exercise) and have not been able to lose weight.

Until now. This book is written from DeWayne McCulley's personal experience at beating Type II Diabetes and I can tell from this book he has done a great deal of research. I've read many health books, but this is the first health book that I've read that takes me one or more steps beyond the others to explain why I should do something or why something happens the way it does. For example, my personal trainer said I should warm up for 5 minutes, weight train, do cardio for at least 20 minutes (with 5 minutes warming up and 5 minutes cooling down), and then perform a series of stretches. It worked for me for a while, but then I got smart and thought if I do cardio first, I should lose weight faster, but in fact I gained more weight - and DeWayne McCulley explains why this happens and why we need to exercise in a certain order - and the proper super foods we need to consume and when to consume them!

I use this book like I use an encyclopedia; I pick it up and start reading in any chapter and I'm not able to put it down until I finish the chapter! I have learned a great deal, have implemented the author's suggestions, and I know I will learn a great deal more as I continue to read this book.

This book is not theory, it's real. DeWayne McCulley's personal story is so inspiring -- there is hope for diabetics. It walks you through each step (stage) in easy-to-follow steps. If you want to

understand the science, it's in there. If you just want to get better, you can just follow the steps. If you want to do your own research, it gives you medical references. And, I've never read a health book that provided inspirational quotes from people like Oprah, Muhammad Ali, and Arthur Ashe. This book does not ignore the power of the human spirit; and, it gives you ideas how to use that spirit to get well! It even warns you about some of the health scams and healthy foods that are not healthy -- and it explains why. And, there is so much more.

It explains in simple terms why people are diabetic and what they can do to change that in a short period of time. It explains why most vitamin supplements don't work and how to figure out if your supplements are any good. You can become your own expert by reading this book.

I went to DeWayne McCulley's website ([...]) -- you can look at his actual medical records (on the About Author page). And, you can look inside the book on the Book Highlights page, where DeWayne has given us various pages from Chapters 1, 2, 3, 7, 8, 9, 11, 13, the Appendix, and the Index which adds up to 62 pages of his book!

This book is a must have for everyone who reads English!

Here's a small glimpse of what you'll find in this book and on DeWayne's website:

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Chapter 4: The Diabetes Control & Reversal Model

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# Emails

----- Original Message -----

Subject: Thank you

From: " [REDACTED] <[REDACTED]@[REDACTED].com>

Date: Tue, June 06, 2006 1:50 pm

To: <dewayne@deathtodiatetes.com>

I really want to thank you for having your book on line and allowing people to access excerpts from it. It has been an awesom help to me! A few weeks ago I ended up in emergency due to dehydration, etc. from not taking care of my diabetes- my fault - I was living and eating as if I didn't have it! It was a reality check!! My blood sugars weren't readable - so I'm not sure how high it was - To make a long story short - my sister had heard about your book and mentioned to me about eating green vegetables. I started eating broccoli 2 and 3 times a day and my glucose rapidly came down.

This prompted me to do more research and look up your book and all I can say is thank you so much for your help! I believe I am on track - I haven't had to take insulin (although my doctor wanted me to) because I just felt that insulin did not help and like yourself I am scared of the needles and amputations. I am now eating vegetables and fruit (strawberries and lots of them!) and will be purchasing your book this weekend - you're right medications alone cost more than the book!

You're a blessing,

Ruth

----- Original Message -----

Subject: RE: In Search of Fatherhood - Spring 2006 Issue

From: " [REDACTED] <[REDACTED]@thlink.net>

Date: Wed, May 17, 2006 8:38 pm

To: "DeWayne@DeathToDiabetes.com" <DeWayne@DeathToDiabetes.com>

Hellooo DeWayne!

How are you? How's your family? Thanks for the compliment: I'm glad you are pleased. Thank you so much for contacting me. You are changing lives for the better. As for your wishing you lived in Philly: Remember that old adage? -- Be careful what you wish for??!!!! Just kidding. Philly is an interesting place to live and work -- there are a lot of historical museums -- several art museums -- restaurants -- jazz clubs.

I hope our paths cross in the future, too! You are phenomenal! What you are doing is phenomenal! Please keep in touch.

Best regards,

Diane

-----Original Message-----

From: Sue Irvine [mailto:SueIrvine@adnetdirect.net] <[REDACTED]>

Sent: Tuesday, May 16, 2006 1:31 PM

To: McCulley, DeWayne

Subject: Re: Follow-up [Sue Irvine, Adnet newspaper]

My husband and sister in law (had 2 sons) remember her fondly and bought all their suits through her. Said she is a super sweet lady and really knew her stuff. I'll have to tell them. And this world keeps getting smaller!

Sue

-----Original Message-----

From: Sue Irvine [mailto:SueIrvine@adnetdirect.net] <[REDACTED]>

Sent: Tuesday, May 16, 2006 9:47 AM

To: McCulley, DeWayne

Subject: Re: Follow-up [Sue Irvine, Adnet newspaper]

DeWayne:

I was in PA for Mother's day visiting my husband's family over the weekend.

Is your mother's name "Millie" and did she work in the men's dept at JC Penny selling suits???? I had your book with me and one thing lead to another.....You know how it goes. Just curious...

Sue

----- Original Message -----

Subject: Re: Other doctors?

From: [REDACTED]

Date: Fri, March 17, 2006 7:34 pm

To: <DeWayne@deathtodiatetes.com>

Call me as I would like to have you on the radio show again. By the way, nice article in the newspaper.

Dr. DiPrima

----- Original Message -----

Subject: Re: Diabetes news story

From: "M. G. [REDACTED]" <[REDACTED]>

Date: Tue, March 14, 2006 6:37 am

To: <DeWayne@DeathToDiabetes.com>

hi DeWayne.. thanks for the email. Unfortunately Dr B. has no email.. he's kind of technologically challenged. But ... he was happy to receive your message and told me that he is very interested in speaking to you,, so i would expect a call from him soon. I am going to get your book for my friend Bonnie who has many complications from her diabetes. I am also going to bring it to the attention of my friend Stephanie who works with a company that deals with diabetics. She and I are in the beginning stages of putting together some sort of education programs for the community. My experience was through Blue Cross and Blue Shield where I worked for 26 years... with 12 of the years being in the case management department. I had hoped to open a homebased business when I retired but it didn't work out at the time. I took an early retirement at age 55 with the intention of doing "stuff" from home and keeping a better on eye on my husband who was ill. He passed away on the day I retired and I am just now getting myself back on track with my business plan. Robert was a diabetic who had cardiac problems as well and was on home dialysis at the time he died at age 65. Feel free to give me a call ... my work number is 352 1223 and at home it is 227 7152. I'll remind Dr B. to give you a call... he is interested

----- Original Message -----

Subject: RE: Diabetes Presentation & Book Signing: Feb. 25, Church of the Living God

From: "Nancy McDade" <nmcdade@monroebooks.org>

Date: Wed, March 15, 2006 9:50 am

To: <DeWayne@DeathToDiabetes.com>

DeWayne,

Sorry for my late response; I received this after you had spoken. Please keep me on your list and let me know whenever you are speaking. I am forever singing your praises and have many who I would like to hear you speak whether they have diabetes or not. Your nutritional knowledge is beyond what I have heard anyplace or from anyone else. With all that said, I look forward to hearing from you whenever you have a speaking engagement open.

Thank you,

Nancy McDade

Nikken Wellness Consultant

alternative email address: nancymcdade@yahoo.com

-----Original Message-----

From: [REDACTED]

Sent: Tuesday, March 07, 2006 8:09 AM

To: McCulley, DeWayne

Subject: RE: Lunch

DeWayne,

Right On!!! Great article.

Ed

-----Original Message-----

From: [REDACTED]  
Sent: Sunday, March 05, 2006 6:17 PM  
To: McCulley, DeWayne  
Subject: RE: D&C newspaper article

DeWayne,  
Great article!!

<HQP>

-----Original Message-----

From: A [REDACTED] [mailto: [REDACTED]@ [REDACTED].com]  
Sent: Thursday, March 02, 2006 5:36 PM  
To: McCulley, DeWayne  
Subject: Re: Death to Diabetes book

Dear brother McCulley:

Yes, I'm currently reading it for the second time. More thoroughly than the first time. I think that it is outstanding. don't worry about what the public thinks, you have a winner ! I'm going on a three week vacation with my wife, but as soon as I return, I will post your book on my web site. I would like your permission to use some of your recommendations in some workshops that I will be conducting in the near future.

What you wrote is NOT taught in Medical School, that's why some physicians don't support it. Don't worry friend, the Public will support you, because you have done a super job of researching, treating yourself and putting it in writing. Let the book speak for itself and you. I will help market your your super Book.

Congratulations friend, you've done it !

sincerely, Dr. White.

----- Original Message -----

Subject: Saturday's Presentation.  
From: "Bev & Bob Garritano" [mailto: [REDACTED]@rochester.rr.com]  
Date: Sat, February 25, 2006 6:32 pm  
To: <DeWayne@DeathToDiabetes.com>

Dear DeWayne,

THAT WAS ONE GREAT PRESENTATION. PTL!! Your mama sure would be proud of YOU! My husband, daughter, myself and other couple we brought along came out of that lecture so inspired. You and God make a win win team. Amen! Keep up the fabulous work. My husband, for the first time, is fired up to try to defeat this horrible affliction. We all were so happy we came today and will continue to keep you in prayer. Thank you, the pastor, helpers, and for the refreshments. AND, last but not least, for the WORD OF GOD. Blessings, Bev & Bob Garritano

----- Original Message -----

Subject: praise  
From: "D. Ducharme" [mailto: [REDACTED]@rochester.rr.com]  
Date: Sun, February 26, 2006 10:26 pm  
To: "dwayne McCulley" <DeWayne@deathtodiatetes.com>

Dear DeWayne,

It was great to hear your presentation and meet you. You did great! Your Mother would be proud!

We do look forward to seeing you to share Usana with you. Usana means "True Health"

We hope your busy schedule will allow time to get together. We have the book "Death by Prescription" by Ray Strand and other info to share.

Our new phone number is 347 - 4080

Don and Ginny Ducharme  
1098 Channing Wood Drive  
Webster, NY 14580

----- Original Message -----

Subject: A message from Louise "Tee" Peebles

From: [REDACTED]

Date: Sun, February 26, 2006 1:05 pm

To: <DeWayne@deathtodiatetes.com>

Dewayne,

I really appreciate the church hosting your workshop yesterday. But most of all I appreciate what you are giving to the community. Thank you. I am inspired and motivated.

I would like to give you some feedback from my perspective. If you are interested, please write back ASAP. I will be leaving town Tues. and will not be back for a few weeks.

----- Original Message -----

Subject: D & C Article

From: Beverly Gaines <bgaines@rocnester.ny.com>

Date: Thu, February 16, 2006 12:28 am

To: <dewayne@deathtodiatetes.com>

Hi DeWayne

Congratulations on the article. I did talk to Chris last week for about an hour. I told her that I agreed with the fact that you were willing to not just listen to what the doctor was saying but you also did a great deal of research on your own about diabetes and that you were not afraid to question the recommended treatment for diabetes. I told her that I was happy that you were the first African American person that I had met in all my years at the American Diabetes Association who was willing to share and be a cheerleader for others who had diabetes.

You have also reached more people, than the ADA has done since I left. Congratulations!!! I owe you lunch.

Bev

----- Original Message -----

Subject: Wonderfull

From: "Kelvin Adams" <kelzar@hotmail.com>

Date: Thu, February 02, 2006 7:02 pm

To: DeWayne@DeathToDiabetes.com

Hello DeWayne

Thanks for all the good advice and your support, I will not let it go to waste. I agree so much about what you said, "it is more important that you get yourself healthy first -- then, you become a beacon of hope and

light for others" and found it really hit home because of something I wrote myself last May. I had been reading a self help book on how to create a vision of the future, what my ideal future would look like, my vision statement starts with, "In the future I see myself as a strong healthy guiding lamp for those around me." The statment goes on to confirm that that the fuel for this lamp comes through God.

I have already started to focus on eliminating some of the "dead" foods from my diet and will continue to do so well I work towards all of them. Over the last year I have been trying to focus on 5 - 6 smaller meals a day, do you agree? On work days I start the day with an orange and then 2 hrs later a big bowl of old fashion oatmeal with apples, cinnamon and a little 2% milk. I often have a hard boiled egg for a little protien also. Basically I try to start my day with carbs and work into protien as the day goes on. This is the results from info I gained a few years back from a book "Eating Alive". My biggest vice is coffee and eating in restraunts which is becoming harder to do as I begin to gain more knowledge and the desire to listen to that knowledge. I will be giving the Super Breakfast a go starting tommorrow, hopefully there is some freash spinach in the market. :)

Having missed alot of work the last few years has also left my finances in pretty ruff shape so the offer of sending you a money order may end up being my best course of getting a copy of your book. How much will the shipping and handling be in addition to the book? From past business experiance I have learned that shipping several things is often not much more than shipping one. That being the case I was wondering what cost I would be looking at to get a dozen copys of your book. I know two people off the top of my head that would be interested in owning a copy and I would like to get a copy for my oldest daughter and also my oldest son. They are in there early 20's living else where and I can see that they are on a very slippery slope as far as health goes. I also have a close friend that owns a couple of health food stores that I would like to share the book with. I figure the other half dozen will be good for those that will be looking for solid fertilizer as this beacon begins to shine and plants a few seeds. :)

Well once again I say Thanks DeWayne, there is no doubt that I have been blessed by getting to talk with you. Looking forward towards this lamp no longer flicking on and off but shining solid and bright.

Yours in Body, Mind & Spirit  
Kelvin :)

P.S. The solid fertilizer was ment as a positive form not negative. :)

----- Original Message -----

Subject: Thanks

From: [REDACTED]

Date: Sat, January 28, 2006 5:59 pm

To: Engineer@DeathtoDiabetes.com

I just wanted to say thanks, I have been struggling with this desease for along time. My training for work is a industrial mechanic so I have been gifted with strong analitcal skills also. I have also very stong spiritual beliefs so I truly believe that our maker gave our bodys the tools to heal if we give it the right fuel to work with. Last year I was able to discover alot of the info that you are saying works. It has been a very up and down year last year. I started off the year making a lot of intresting discoveries towards my health yet around the middle of June I came down with shingles leaving me very lost and almost ready to say enough to every thing. Once I was able to wean myself off the pain killers and return to work in Oct I began to once again focus on my health. I have come to the

conclusion that our spiritual health is were it all needs to start. We need to build on the solid foundation of life. To make a long story short I just want to say THANKS for giving me hope. I truly believe that I am blessed by you taking the time to share. It makes all the difference having some one in the trenches telling others to move forward.

Yours in the Lord and in the drive for better health not only for ourselves but all we may come to know,

Kelvin J Adams

----- Original Message -----

Subject: We must keep in touch

From: "Rita Gaither" <rgaither@rcsdk12.org>

Date: Sat, January 28, 2006 8:33 pm

To: <Engineer@DeathToDiabetes.com>

Dear Mr. McCulley:

I was delighted to be a part of your presentation and purchase your book. I will begin reading it tonight!!!! It would be great to schedule some time to talk about how we can collaborate. It is clear ,we are moving in similar direction regarding health and wellness. As you know, I am the president of PEARL Ministries a non-profit organization devoted to eliminating stress and anxiety. I also work for the Rochester City School District. I am responsible for attendance. I deal with students that have attendance concerns. I work with the parent groups. I know that there is collaboration that we can do.

Please come by on Thursday. My sponsors from Nikken with be here. Let me know when we can set aside some time to brainstorm and talk. Linda Wallace from Xerox would like to be included in this venture. I would like to so very..... soon.

Please keep in touch

Bless you

Rita C. Gaither

additional Rita.Gaither@rcsdk12.org

370-9653 cell

747-1902 cell

381-0242 home

----- Original Message -----

Subject: Article

From: Rob Roberts <rob@universityresources.com>

Date: Mon, January 23, 2006 9:18 am

To: Engineer@deathtodiatetes.com

DeWayne:

Thank you for taking the time to answer my questions in my last e-mail. I think you did an excellent job on your book and it needs to be offered on our website. My wife thanked God one day for allowing me to have diabetes. We relate to how you have delt with the disease and how you want to help diabetics. We can help each other help others but it is still up to each diabetic to take responsibility for their disease. I believe God made the body to heal itself. I do not want our customers to depend solely on the helpful effects of Combetic as they do with drugs. Combetic can be used as a natural tool for helping to control blood sugar. You have a very powerful testimony that needs to be shared. Would it be alright to write an article about entering your article story on our site to PR Webb? This would drive some diabetics to your link to order your book.

As you can see, we need information about nutrition. (We just touch on it) Could you please write an article as long as you like outlining your testimony and

importance of the topics of your book with your book offer? We will place a link on this list, DeWayne McCulley Article of How an Ex-Diabetic Beat Diabetes, Despite a Blood Glucose Level Over 1,300!

Thank You for All  
The Good Work You Do,

Be Blessed,  
Rob

THIRD DAY RESOURCES

<http://www.thirddayresources.com>

----- Original Message -----

Subject: RE: Questions

From: M [redacted] m>

Date: Fri, January 20, 2006 2:35 am

To: DeWayne@DeathToDiabetes.com

THANK YOU!!!!!!! What a nice surprise and warm hearted email.

All I do is read, read and more reading. Confused, confused and more confused. I would love to talk to you. I have inserted answers to your questions below in caps (I am not yelling - just can't figure out how to do this in the correct email style)

-----Original Message-----

From: [redacted] [redacted]om]

Sent: Thursday, November 20, 2003 2:01 PM

To: Dewayne.McCulley@usa.xerox.com

Subject: Re: Greetings (Diabetes and other health info)

Hi Dewayne,

I'm so grateful for the information you sent us re diabetes. I have already passed it on to my brother in Tulsa, OK and my friend here in Sun City. We were both so glad to hear how well you are doing. Y'all come see us some time!

Marge

-----Original Message-----

From: M [redacted] [redacted]t]

Sent: Tuesday, September 21, 2004 8:53 PM

To: McCulley, DeWayne

Subject: Re: popcorn; tingling, urination

You are incredible

Thanks

Mike

-----Original Message-----

From: P [redacted] [redacted]t]

Sent: Monday, October 18, 2004 9:40 PM

To: McCulley, DeWayne

Subject: good news

Dear Dewayne,

Mike and I are pleased to bring you the encouraging report after Mike's last blood work. The doctor said he considers Mike's diabetes in remission!

A few numbers -total cholesterol-165, HDL chol.-36, LDL-120  
Chol/HDL-4.6, glycohemoglobin- 5.9

Trust this finds you well and making good progress on your book. Again we thank God for bringing you into our lives to share your success and point us in the right direction. Bless you!

Pattie

PS. Have you had a chance to watch the video? I am curious what you think of it as an educational tool?

----- Original Message -----

Subject: Thanks for your talk!

From: "Stephanie Siegrist, MD" <ssiegrist@choiceconline.com>

Date: Wed, April 07, 2004 7:52 pm

To: dewayne@deathtodiatetes.com

DeWayne-Amazing! I attended your talk at the Nikken meeting last Saturday as a guest. Your presentation was awesome-absolutely right on target scientifically, and a real wake-up call! Accurate, humorous, personal, with a little ethnicity tossed in for good measure. I appreciate that you've taken this on as your mission, educating those at such high risk. Your heart is in the right place.

I'm an orthopedic surgeon, in private practice in Rochester. I attended the meeting as a guest of one of my patients, Bob Meadows. I've been raving to anyone within earshot about your message and delivery.

I'd like to bring my parents to your session at St. Mary's Hospital. I'd like all my patients to hear it. Do you deliver the same talk? Does it vary week to week? You need an infomercial, man!

Thanks-Stephanie Siegrist, MD

----- Original Message -----

Subject: Saturday

From: "Donna Ries" <dlr24@rochester.rr.com>

Date: Sun, April 04, 2004 5:43 pm

To: DeWayne@DeathToDiabetes.com

DeWayne,

Thank you so much for a very informative and well-presented program on issues with Diabetes! You mentioned that you offer a presentation at various churches. Are there any being offered in the Webster-Penfield-Irondequoit area?

Donna Ries

-----Original Message-----

From: "Carol Susan Imailto@ronitroye@msn.com"

Sent: Tuesday, May 25, 2004 2:50 PM

To: Dewayne.McCulley@usa.xerox.com

Subject: RE: Sarcoidosis

----- Original Message -----

Subject: hello from Rome.....

From: "Debbie" <debbie4@verizon.net>

Date: Fri, November 14, 2003 8:25 pm

To: DeWayne@DeathToDiabetes.com

Hi,

just read you email fast cause my son and husband have built a beautiful fire in the living room for me to chill out the rest of the day.

i will print out and read the nine pages from your book in front of the fire.

I really enjoyed our talk on the phone and when it was done i felt like i had been touched by an angel.

we will talk soon.

in the meantime take care,

sincerely,  
debbie evans

-----Original Message-----

From: Carol [mailto:carol@death-to-diabetes.com]  
Sent: Tuesday, May 25, 2004 2:50 PM  
To: DeWayne@DeathToDiabetes.com  
Subject: RE: Sarcoidosis

Dwayne,

Thank you, thank you, thank you...for all your research in such a short period of time. Yes, this is a tricky one to address. Honestly, when I was first diagnosed, it was back in 1998. An asthma attack arose after not having an attack for your many years. I want to the Dr.'s they X-rayed the chest/lung area and voila, they discovered abnormal sized lungs (glands). I believe all things happen for a reason.

Truly, thank God, I have not had any problems with shortness of breath or respiratory concerns. I do exercise (jog) 3 - 4x per week. My PC and/or respiratory Dr. were seeing me every six months. However, the respiratory Dr. told me that as long as I am feeling good and there is no change, and I don't feel the need to see him as frequently, that he would leave it up to me with reference to scheduling.

The only reason that I have been taken Playqenill (1st) and methotrexate (2nd) is because of the fibrous tissue around the nostril and puffyness in the corners of the eyes. As bad it may sound, when you start seeing things on your face that have not been there before, you (I) get a little concerned as well as self-conscious.

I left a message on your voicemail, would you like me respond to your questions via e-mail or would you like to have a phone conversation. I'll be in this evening after 9:00 p.m. or tomorrow after 6:00 p.m.

Thanks again, Carol

-----Original Message-----

From: Patie McHugh [mailto:patiemc@snet.net]  
Sent: Friday, July 16, 2004 9:44 AM  
To: DeWayne@DeathToDiabetes.com  
Subject: thank you!

Dear Dewayne,

Thank you for the timely information on diabetes. My husband, Mike, and I are so appreciative for the phone time you gave, as well, answering my many questions. Alas, the questions keep coming and I eagerly await the publication of your book!

Mike stopped drinking coffee on Sunday and he was pretty miserable for the following 2 days. Habits die hard. We, also, implemented the super meal concept. He's dropped a couple pounds as a result and is down to 198. (he was 225lbs in Jan) We started testing Mike's blood glucose yesterday. I can already see this is an invaluable tool. Interestingly, last night he ate a late dinner after exercise and his glucose was 111 before bed.

Today it shot up to 140 after a snack of raw cashews and an apple but was down to 126 after dinner.

I understand we want those numbers under 120. How troublesome are today's

higher numbers I wonder?

The dietary plan you've outlined seems similar to Atkins. Now that you're cured, can you break from the strict plan on occasion? If so, how often? Is a little vinegar permissible with the olive oil for a homemade salad dressing? Again, thank you for your kind assistance.

Gratefully,

Pattie

-----Original Message-----

From: Sue Staropoli [mailto:suestaropoli1@rochester.rr.com]  
Sent: Friday, April 22, 2005 9:14 AM  
To: DeWayne@DeathToDiabetes.com  
Subject: RE: Multiple sclerosis info

Thanks so much, DeWayne, for compiling and sending me the extensive information about dealing with MS. I forwarded it to my son and hope he'll take it into consideration as he's moving forward.

I hope you don't mind but I also forwarded it to a friend of mine (Tim McGowan) who coordinates the educational programming at the MS Society - Thought he ought to learn more from you too!

Let's stay in touch!  
Enjoy the weekend!  
Sue

-----Original Message-----

From: Sue Staropoli [mailto:suestaropoli1@rochester.rr.com]  
Sent: Sunday, May 16, 2004 1:55 AM  
To: DeWayne@DeathToDiabetes.com  
Subject: Re: \*\*Health seminar May 15 (Saturday)\*\*

Hi DeWayne - Hope your event went well - sorry I couldn't make it. But I continue to direct people to you as a resource - so keep up your important work!  
I hope to stay connected with you.....

Enjoy each day!  
Sue Staropoli - 392-3778

----- Original Message -----

Subject: Citywide%20Crusade  
From: "Kathy M..." [mailto:kathy.m...@...]  
Date: Mon, April 05, 2004 2:01 pm  
To: LiveWell\_24\_7@yahoo.com  
Cc: DeWayne@DeathToDiabetes.com

Juanita - Naturally it was great talking with you Sat and visiting Rochester. I got a lot of mileage out of our conversation and was just blown away by Dr. Carsillo and DeWayne McCulley generous presentations.

Much blessings, light and love.

Tia

----- Original Message -----

Subject: Diabetic info  
From: "ire..." [mailto:ire...@...]  
Date: Sat, September 13, 2003 8:59 am  
To: dewayne@dewaynem.com

Hello Dewayne, I am an Integris distributor and on the conference call. I heard you talk of research you've done on alternatives for diabetics. I would be very interested in the info if you would send it to me.

If it is attachable, that would be great. Otherwise, my name and address is: Joanne Frazel, PMB 215, 201 E Lyndale Ave, Helena, MT 59601.

Thank you so much for the information and your time.

In Health, Joanne

"Live like there is no tomorrow,  
love like you've never been , and  
dance like nobody's watching...."

-----Original Message-----

From: Ja [redacted]  
Sent: Tuesday, May 25, 2004 10:28 AM  
To: DeWayne@DeathToDiabetes.com  
Subject: Thank You

Dewayne, I'm just getting around to saying thank you for the wealth of information, I got from you, now the execution is up to me. :) I've been talking about you nonstop to some of my friends and they would love to hear one of your talks. Do you have anymore planned or would you be willing to set up one if I could get some people to come?

I would love for them to hear your story and some of the things you do now. This would be a very inquisitive crowd, if we could get the timing right. Can you let me know your availability. A Saturday late evening seemed to work well and I would get a place. We have a potential location in Bulls Head Plaza that we can use or if not my home is an option.

Let me know and thanks again. I will be out of town beginning tomorrow through Memorial Day, but I hope I will be able to check email between now and then.

Jacque  
377-0783

-----Original Message-----

From: M [redacted]  
Sent: Monday, August 02, 2004 7:35 AM  
To: McCulley, DeWayne  
Subject: Info

Good morning DeWayne,

It was nice meeting you at Helen's picnic on Friday. I had fun. I was wondering if I could bother you for some information about the nutrition that you were talking about on Friday. Could you please define the high protein, high fat, and the other two things that you mentioned. Could you give me alternatives on what to substitute for certain things that I would like to cook (i.e. cookies, cakes, pancakes - these some of the favorites in my house).

I'm not a real fish eater but I do it tuna and salmon from a can. I'd like to be able to cook salmon for my husband and father-in-law - just don't know how to do it or how to pick the right fish. You mentioned that omega-3 eggs are good to eat because these chickens haven't been on hormones and that the black Styrofoam is the one that depicts the same. Could you give me other hints?

Thanks for your time,  
France

-----Original Message-----

From: carole austin [mailto:carole.austin@rochman.com]  
Sent: Wednesday, July 31, 2002 2:22 PM  
To: DeWayne@DeathToDiabetes.com  
Subject:

Hi D,

Cynthia just shared with me your email thanking the hospital staff. Tears came to my eyes as I once again praised God for sparing your life. Not only that, but giving the knowledge and resolve to push further and re-educate yourself (and us), while continuing to restore you health and body. I am so proud of you. I also want to thank you for showing me a better way to take care of my self. I just went to the doctor today, and my blood pressure was down to 153/100. Not the best, but certainly down from 250/190 a few months ago. I have only lost 16 lbs so far, but you would be hard pressed to give me a pepsi over water any day.

Continue whatever path you are on, because you are doing a wonderful job. I don't understand all of the jargon, but I do know it means you are continuing to get better and better. I still pray that God will be with you.

Stay well...stay blessed

Carole

----- Original Message -----

Subject: Re: Book signing & diabetes presentation

From: "Louise Joyce" <deijoyce@earthlink.net>

Date: Sat, January 21, 2006 9:39 pm

To: <DeWayne@DeathToDiabetes.com>

DeWayne,

Congratulations! I am so proud to know you and see what you have done for others. Bless you,

Louise