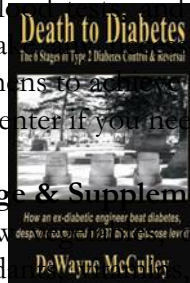

Wellness Protocol for Diabetes & Its Complications (General)

Use the following set of procedures as a guideline to control, prevent, or reverse your diabetes and its other health-related issues.

Education, Doctor Visits & Planning

1. Educate yourself about diabetes and its complications especially since it requires less effort to prevent the complications than to treat them.
2. Maintain a tight blood glucose level of 80 to 100 mg/dl and a blood pressure level of less than 120/80 mm Hg to prevent problems with the kidneys, eyes, nerves and heart.
3. Visit your doctor and healthcare team on a periodic basis to obtain up-to-date test results for your kidneys, eyes, nerves, and heart.
4. Develop an overall “get well” plan and a set of health goals, based on your physical exam, blood test results, and your doctor’s diagnosis. Track your progress and make necessary changes to your nutrition, exercise, and test regimens to achieve your health goals.
5. Contact our wellness center if you need help with your planning.



Nutrition: Food, Beverage & Supplements

1. Eat bright-colored raw fruits and vegetables, dark fruits, legumes and super foods for the antioxidants, vitamins, minerals and fiber to control your glucose and nourish/protect the kidneys, eyes, nerves and heart.
2. Eat avocado and fish such as wild salmon, sardines and tuna at least three times a week to obtain the Omega-3 oils that will reduce inflammation. The Omega-3 oils lubricate the blood vessel walls; provide anti-inflammatory properties to the kidneys, eyes, nerves, and heart; and, help the body absorb the fat-soluble nutrients (e.g. beta carotene, chlorophyll, lutein) in the vegetables. Use borage oil and extra virgin olive oil, which contains oleic acid to increase the absorption of the Omega-3s and keep your cells supple.
3. Drink raw vegetable juices 2-3 times daily to provide the necessary carotenoids and Vitamin C to protect the kidneys, eyes, nerves, and heart. For example, juice 6 carrots, 2 handfuls of spinach, a handful of parsley, 1 tablespoon of freshly ground flaxseed, two endive leaves, 8 ounces wheat/barley grass and 12 ounces of filtered water.

4. Take a daily *food*-based multivitamin/mineral supplement(s) that provides the following nutrients to control your blood glucose and nourish/ protect your kidneys, eyes, nerves, and heart:

400-750 mg Alpha Lipoic Acid	1200 mg liquid L-Carnitine
300-500 mg CoQ10	400-600 mg L-Carnosine
400 mcg Chromium 2 times daily	600 mg N-Acetyl Cysteine
200-300 mg Borage Oil (GLA)	1750 mg Omega-3 Fish Oil
2-4 tbsp. Flaxseed	500-750 mg Vitamin C
100 mg Gymnema Sylvestre 3 times	400-500 IU Vitamin E
5. Depending on your health needs, add one or more of the following nutrition-rich foods to close your nutritional gap: aloe vera, pulse food, royal jelly, grasses, plankton, chlorella, spirulina, kelp.

Nutrition: Cleansing & Detoxification

1. Perform periodic cleansing and detoxification of the colon, kidneys, liver and gall bladder to remove excess glucose, toxins, and waste.
2. To help the body to perform cleansing and detoxification, drink filtered water and eat fiber-rich foods, including bright-colored vegetables, fruits, organic whole grains and super foods such as sea plankton, grasses, chlorella, spirulina, pulse foods, and royal jelly.
3. Work with your doctor to get as many prescription drugs as possible to reduce the burden on your body.

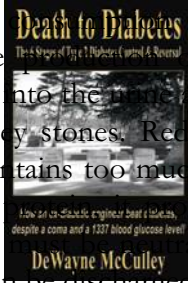


Exercise, Mind & Spirit

1. Implement a consistent exercise program of aerobics and weight-resistance training to lower blood glucose level, improve motor skills, remove toxins from the body, and reduce stress.
2. Address any negative emotional issues (e.g. anger, resentment, jealousy, envy), which create hormonal imbalances such as high cortisol levels, putting a strain on the cardiovascular and immune systems. Forgive others, but don't forget to forgive yourself.
3. Perform mental exercises or learn a new hobby or skill to increase brain activity, e.g. scrabble, crossword puzzle, pottery class.
4. Learn how to relax and use your spiritual health to improve the health of your body and mind.
5. Get 6-8 hours of quality sleep and 30 minutes of sunlight daily (or 2 tbsp. cod liver oil or 1000 IU Vitamin D).

Wellness Protocol for Kidney Disease

Utilize the following specific steps as a guideline to help slow down or prevent kidney disease.

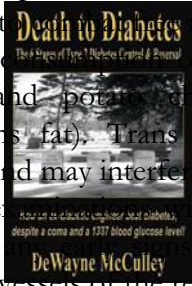
1. Visit your doctor on a periodic basis to ensure your kidneys are functioning properly and no protein is leaking into your urine. If protein has started to leak into your kidneys, discuss alternatives with your doctor and begin implementing the following steps.
2. Eat alkaline-forming foods such as lemons, limes, cranberry; cabbage, cauliflower, grasses, kohlrabi, spinach, summer squash, kale, mustard greens, turnip greens; and raw juices (cucumber; parsley, dandelion, spinach, carrots) to nourish the kidneys and reduce inflammation. Drink 5 to 7 cups of filtered water each day to help cleanse the kidneys and bladder and address any cell dehydration issues.
3. Reduce/eliminate the consumption of the “dead” refined carbohydrates to lower the demand for insulin, which causes extra calcium to be excreted into the urine and become a binding agent for the formation of kidney stones. Reduce/eliminate consumption of animal meat, which contains too much uric acid such that when the body metabolizes the acids. And, these acids are neutralized by ammonia and alkaline minerals before they can be discharged safely by the kidneys.
 
4. Reduce/eliminate the drinking of beverages such as soda, coffee, and beer because they contain dehydrating agents such as sugar, caffeine, and alcohol. Your body becomes more starved for water as you drink more of these beverages. This forces the body to draw water from your cells to cleanse the toxins found in these beverages. This puts a strain on your kidneys and may raise your blood pressure.
5. Reduce/eliminate the consumption of tobacco, over-the-counter drugs, and, if possible, prescription drugs. All drugs have to be detoxified by the kidneys, especially the nonsteroidal anti-inflammatory drugs (NSAIDs) and other painkillers, which have been shown to cause kidney failure and death.

6. Take a *food*-based nutritional supplement that provides two or more of the following nutrients to complement your super meal program, close any nutritional gaps and support your kidney health.
- Apple cider vinegar, apple juice (organic): contain mallic acid, which dissolves calcium stones in your kidneys.
 - Blueberries: contain ellagic acid and tannins that help prevent urinary tract infections.
 - Cranberry extract: contains flavonoids that provide antioxidant protection and cleansing nutrients to the kidneys. Cranberry extract inhibits microorganisms from adhering to the mucosal cells lining the urinary tract and bladder, making it a less hospitable environment for the proliferation of E. coli and other infection-causing bacteria. Avoid bottled cranberry juice because it contains too much sugar.
 - Ginger: encourages the elimination of toxins (as a diuretic) through increased kidney filtration and acts as a diaphoretic through the skin.
 - Juniper berries: contain a volatile oil called terpinen-4, that acts as a kidney irritant to stimulate increased kidney filtration and urine output, and for relief from symptoms of gout and kidney stones. Caution: Pregnant women and people suffering from kidney ailments are cautioned to avoid juniper berries.
 - Parsley: contains flavonoids (luteolin, myristicin) that stimulate urination and provide relief when urination is painful and incomplete due to an enlarged prostate. It provides diuretic effect to address stones or gravel in the urinary tracts, and is effective for upset stomachs by stimulating digestive enzymes.
 - Uva ursi: contains a glycoside called arbutin that is responsible for its diuretic action, and is used to treat chronic inflammation of the bladder or kidneys, bladder infections, kidney stones, or incontinence. It helps to dissolve calculi in the kidneys, and may help to control the sugar levels in diabetics.
 - Water (filtered), raw juices: dilute the toxins in your urine stored in your bladder, and increase urine flow to reduce the exposure time of the toxins in your bladder, preventing bladder infections.

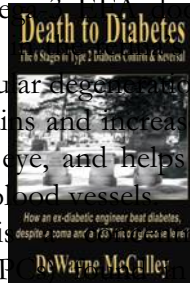


Wellness Protocol for Eye Disease

Utilize the following specific steps as a guideline to help slow down, reverse or prevent eye disease.

1. Eat lutein-rich and antioxidant-rich green, leafy vegetables and bright-colored vegetables, and dark-colored fruits such as spinach, broccoli, kale, collard greens, carrots, zucchini, blueberries and egg yolks, which also contain zeaxanthin. These carotenoids and antioxidants nourish and protect the eye tissues from oxidation and degeneration. Blueberries contain anthocyanins, which are the bioflavonoids responsible for the deep purple-blue color. Other sources of anthocyanins include red grapes, cherries, pomegranates, and red cabbage. Red vegetables and fruits (e.g. tomatoes, red peppers) contain lycopene, another carotenoid that provides antioxidant protection to the eye.  radicals in the eye.
2. Reduce/eliminate the consumption of the “dead” processed foods such as margarine and potato chips, which contain partially hydrogenated oil (trans fat). Trans fat appears to contribute to macular degeneration and may interfere with the Omega-3 fats.
3. Schedule regular eye exams with an ophthalmologist at least once a year to detect early signs of eye disease, such as small problems in the blood vessels of the retina.
4. Wear sunglasses that filter UVA, UVB and blue light to reduce the oxidative damage to the retina.
5. Take a *food*-based nutritional supplement that provides two or more of the following nutrients to complement your super meal program, close any nutritional gaps and support your eye health.
 - Acetyl-L-Carnitine (ALC): is one of the nutrients that can fuel the mitochondria in cells, including the photoreceptor cells in the retina. ALC may be able to cross the brain-retinal barrier to assist in cellular energy production in the retinal lining.
 - Astaxanthin: is the carotenoid responsible for the pink color of salmon and crustacean shells. Testing has shown its ability to cross the brain-retinal barrier to reduce oxidation in the eye tissues.

- **Bilberry:** contains anthocyanocides, which speed up the regeneration of rhodopsin (a purple pigment in the rods) to help the retina to improve adaptation to light and dark, improving night vision. Bilberry and other dark berries nourish the small capillaries that feed the retina to help treat diabetic retinopathy, macular degeneration, glaucoma, and cataracts.
- **Eyebright:** enhances circulation of blood vessels in the eyes to optimize the delivery of nutrients to every part of the eye including the eyelids. It is especially useful for eyestrain, eye inflammations, conjunctivitis, and other eye infections. Eyebright has anti-inflammatory, astringent properties that draw out secretions and discharges; and, can greatly relieve runny, sore, itchy eyes due to colds or allergies.
- **Fish oil:** from wild salmon, sardines, other cold-water fish, and krill contains the Omega-3 FFA, eicosahexaenoic acid (DHA), which is the fat found in photoreceptor cells; and, is protective against macular degeneration.
- **Ginkgo biloba:** maintains and increases the flow of blood to the tiny capillaries of the eye, and helps maintain the elasticity and flexibility of the eye's blood vessels.
- **Grapeseed extract:** is a combination of the oligomeric proanthocyanidins (OPCs) found in grape seeds and skins. It provides nutrient support to strengthen the walls of small capillaries to prevent capillary leakage in the eyes, legs and skin reducing fluid retention. It also provides antioxidant protection to safeguard the integrity of the retina and cornea of the eye.
Note: Grapeseed extract works synergistically with resveratrol.
- **L-carnosine:** is a di-peptide (composed of the amino acids alanine and histidine) that is found in relatively high concentrations in several body tissues, most notably in skeletal muscle, heart muscle, nerve tissue and brain. Carnosine concentrates in the lens of the eye to slow down or prevent glycation and cataracts. A form of l-carnosine, in the form of eye drops, may prevent cataracts, according to recent research by Russian scientists.



- Lutein, Zeaxanthin: are the colorful pigments in green, leafy and bright-colored vegetables and give the yellow color to corn and egg yolks. These carotenoids can be found in the macula, a tiny yellow dot in the center of the retina that lets you see fine details and helps you distinguish people's faces. They are the only two carotenoids present in the lens of the eye that help maintain proper lens density and play a role against free radical stress in the cortex of the lens. They act as "sunglasses" by absorbing the harmful UVA, UVB and blue light, helping to maintain the photoreceptors and lining of the retina. Recent research shows that zeaxanthin is the more powerful antioxidant that protects the macula from the free radical oxidative damage caused by sunlight. Food sources: spinach, broccoli, greens, zucchini, eggs.
- N-Acetyl Cysteine (NAC): helps to neutralize toxins by increasing glutathione, the primary antioxidant of the eye's lens that protects it against oxidative damage. NAC helps the lens to register images clearly, and may help prevent retinopathy.
- Pine bark extract contains procyanogenol and is similar in composition to grape seed extract as it provides a similar benefit in strengthening blood vessels.
- Quercetin: is a plant flavonoid (found in onions) that helps to maintain lens transparency by helping out unwanted deposits of calcium and sodium. It also provides protection against cataracts in diabetics by blocking an enzyme inhibiting the accumulation of sorbitol, a type of blood sugar. Ultraviolet (UV) rays, particularly the burning UVB rays, damage proteins in the lens of the eye, causing them to clump together in a whitish cloud.
- Resveratrol: is a polyphenol found in the skins of red grapes that acts as an antioxidant to protect the eyes from oxidative damage.
- Selenium: acts as an antioxidant that helps to flush out toxic heavy metals from the eye tissues. Food sources: fish, grains, eggs, garlic, chicken.
- Zinc: supports the immune system; and, provides oxidative protection of the retina, which has a high concentration of zinc, more than any other organ. Food sources: meat, legumes, nuts.

