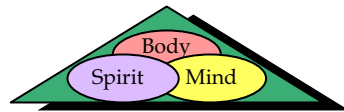


Chapter 1. Introduction



Background, Facts & Figures

I discovered firsthand that your perspective on life truly changes once you face Death and survive a life-threatening coma and a disease such as diabetes. Because I consider this is a true blessing to have fully recovered from a near-death experience and from a disease that has no documented medical cure, I feel a responsibility to share that experience. Ironically, what I learned over the years in terms of design, planning, testing, data analysis, and implementation helped me to successfully fight this disease and write this book. It couldn't have been otherwise. I realize that my recovery from diabetes may be an anomaly due to my engineering background and a series of “accidents” that helped me through my recovery. But, since I am not completely certain that this was an anomaly, I hope that by sharing this information, that this will help similar health problems will be inspired to improve their health of a loved one. If this information helps someone, then, I will know that this was all worth it.

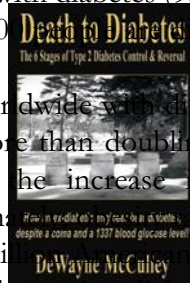


There are many good books written about diabetes, but I was unable to find a book that provided a systematic and organized approach with specific wellness protocols for fighting the root causes of this insidious disease. As a result, I was frustrated and confused concerning what to do when I couldn't get clear answers as to the right foods to eat/not eat and why my blood glucose level was so high. And, when the dietitian couldn't explain how the foods in her diet plan would help my diabetes, I became very concerned. Then, after my unexpected recovery, I was surprised by the number of people who had questions about how I recovered.

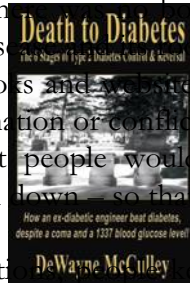
That's when my mother, my daughter and a few other people at work suggested that I write a book. But, I thought they were just being kind. Besides, I didn't really want to invest the kind of time it would require to write a book. After I gave several presentations to churches, wellness consultant forums and community groups, some of the audience participants asked if I had a book or was planning to write a book. With a strong push from my daughter, my mother and several other people, I finally relented to at least analyze the market need for a new book about diabetes.

The following is a summary of the key points from my market needs analysis that, in some cases, surprised me, and finally convinced me to write this book.

- There are more than 21 million people in the United States and 170 million people worldwide with diabetes (95% Type 2).
- Every hour more than 2,000 people are diagnosed as a diabetic in the United States.
- The number of people worldwide with diabetes is expected to rise to 366 million by 2030 – more than doubling in just 25 years. What is more disturbing is that the increase is based on obesity rates remaining stable. Unfortunately, obesity rates continue to rise.
- There are more than 41 million people with Metabolic Syndrome X, a strong pre-cursor to becoming diabetic. Metabolic Syndrome X is characterized by a combination of indicators including obesity, high insulin levels, internal inflammation, high blood pressure, high cholesterol, and fatigue.
- There are millions of non-diabetic people who struggle with similar health issues that diabetics struggle with, including high blood pressure, high cholesterol, fatigue, obesity, kidney problems, and cardiovascular problems. Consequently, non-diabetics have some of the same needs for health-related and nutrition-related information.
- Many of the diabetics I met had tried to change their eating and exercise habits, but with little success due to misinformation about nutrition, exercise and blood glucose testing.
- The majority of the diabetics I met had resigned themselves to taking some type of drug to control their diabetes.



- There were some diabetics who believed that they were doing well by taking drugs to control their blood sugar. They were either unaware or didn't care about the long term effects of the drugs.
- There were some diabetics who were comfortable living *with* the disease instead of determining how to live *without* the disease – because they were unaware of better options to fight the disease.
- I found that most diabetics were doing something wrong in at least 6 of the 8 areas associated with diabetes management and blood glucose control, namely: nutrition, exercise, blood glucose testing, drug therapy, education, doctor visits, spiritual health, and record-keeping. And, in many cases, the diabetic or the healthcare person didn't know they were doing anything wrong in those areas!
- I was not able to find a book that addressed how to control and reverse diabetes in measurable terms that the average person could track on their own. The book that could answer my basic questions about the disease and its causes. During my recovery I referred to several books and websites, many of which were out-of-date, had vague information or conflicted with each other.
- My daughter felt that people would learn a lot more if what I presented were written down, so that people would not have to take so many notes.
- After several presentations I was contacted by a publisher who inquired if I had written a book. They felt that I had a powerful message that needed to be shared on a larger platform.
- My mother kept meeting people who would ask her how she lost weight, lowered her cholesterol and remained so active at her age.
- The blood glucose levels of most diabetics returned to normal when they implemented some of my nutritional principles. Non-diabetics also experienced positive results.
- Although people are living longer, they are not necessarily living healthier. More people are relying on drugs, ending up in hospitals; living in pain; and, dying of diseases due to the lack of knowledge and poor lifestyle choices.
- Many people do not have a personal computer and access to the health-related information on the Internet. They need a hardcopy book that provides that information.



Facts & Figures

The following are additional facts and figures that further convinced me to write this book.

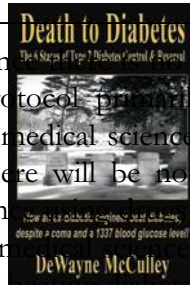
- Diabetes continues to grow at epidemic levels as it affects more children and kills more people each year than AIDS and breast cancer combined. The average life span of a diabetic is shortened by 13.5 years and costs more than \$250,000 per family over 20 years.
- Average annual medical costs for a diabetic is \$13,243 versus \$2,560 for a non-diabetic, a difference of more than \$10,000 a year.
- More than 50 million Americans with high blood pressure and 150 million being overweight/obese provide a strong feeder base for cardiovascular disease, cancer, diabetes, and arthritis.
- “Diabetes is the fifth-deadliest disease in the United States, and it has no cure. The total annual economic cost of diabetes in 2002 was estimated to be \$132 billion, or 10 percent of every 10 health care dollars spent in the United States.” American Diabetes Association
- At least 13% of African-Americans have diabetes and African-Americans are twice as likely to develop the disease. This is due to African-Americans being more likely to have one or more of the following risk factors: high blood pressure, overweight/obesity, high cholesterol, poor nutrition, and sedentary lifestyle, and economic/environmental impacts due to these factors.
- “Diabetes is the leading cause of new cases of blindness in people ages 20-74. Each year, from 12,000 to 24,000 people lose their sight because of diabetes.” American Diabetes Association
- More than 4 out of every 5 diabetics will develop one or more of the following complications: kidney disease (nephropathy), eye disease (retinopathy), nerve disease (neuropathy), or heart disease (cardiovascular disease).
- Two out of every 3 diabetics will die of a heart attack or stroke.
- According to a study by the Yale University School of Medicine, more than one fifth of the patients with Type 2 diabetes have decreased blood flow to the heart, but no symptoms to suggest there is a problem. Known as myocardial ischemia, this condition occurs when the heart does not receive enough blood to meet its metabolic needs, usually due to plaque build-up in the coronary arteries.



- “Heart disease strikes people with diabetes, twice as often as people without diabetes.” American Heart Association
- “Heart disease, *not* breast cancer, is the number killer of women in the United States.” American Heart Association
- 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 annually!). 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?
- “Doctors must shift their focus from treating disease alone to tailoring treatments to individual patient needs.” American Journal of Medicine Feb 2004

The Controversy

According to medical science, there is no cure for Type 2 diabetes. Since the medical treatment protocol primarily focuses on suppressing the symptoms of the disease, medical science is right – there is no cure for Type 2 diabetes. And, there will be no cure as long as the public is satisfied with medical science and surgery as their answers to this disease. According to me, I should be dead or on insulin. So how do you explain me being diabetes? Luck? God? Coincidence?



When several diabetics told me they had lowered their sugar level, increased their energy, lost weight, and (some) had reduced their medication, I was surprised to say the least. And, when my mother told me she was able to reduce her cholesterol and blood pressure by making some nutritional changes, I began to wonder that maybe it was not luck. So, I conducted research into nutritional science, biochemistry, and findings from clinical and epidemiological studies. In the meantime, my daughter and several people at work asked me to document what I had done so that they could share the information with family members and friends. Then, when other people including my doctor asked me what I had done to wean myself off insulin, lose weight and lower my blood glucose, I began to think that maybe I should share this with other people, especially diabetics. And, so, the journey began . . .

Purpose of this Book

The primary purpose of this book is to provide wellness information so that diabetics and other people are aware of other options to fight diabetes and prevent the unnecessary suffering, drugs and surgeries. As God said: **“My people perish for lack of knowledge.” Hosea 4:6.**

This book provides the knowledge (procedures and protocols) that will prevent people from perishing due to the lack of knowledge about diabetes. Based upon the etiology of Type 2 diabetes and the analysis of its pathogenesis, this book identifies the root causes of Type 2 diabetes and provides medical-endorsed measurements/tests that track the progress of a diabetic’s recovery. However, this book is *not* a medical book and is not meant to replace the personal advice and support you receive from your physician and other healthcare professionals. In fact, the book is designed specifically as a reference guide while working with your doctor, dietitian, health coach and other healthcare professionals to improve your health.

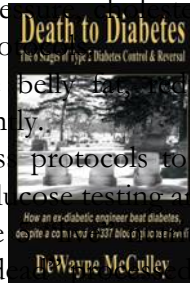


This book defines a diabetes wellness program, which is an integrated Body-Mind-Spirit approach to the healing process for people who are fighting a systemic, degenerative disease such as Type 2 diabetes. This wellness program enables you to become the author of wellness, instead of a *victim* of drugs and disease, based upon the following five principles.

1. The Body, Mind and Spirit must work in harmony and balance for the entire being to be healthy.
2. Proper nutrition, (no drugs), exercise, education and spiritual health are the key planks to successfully fight the primary root causes of most systemic, degenerative diseases (including diabetes).
3. There are 5 “live” nutrient-rich foods (from God) that align with the body’s blueprint and internal healing mechanisms.
4. There are 5 “dead” nutrient-poor foods (made by man) that trigger many of today’s diseases and prevent the body from using its internal healing mechanisms.
5. Because a disease (such as diabetes) is a condition that is “acquired” primarily due to the *absence* of proper nutrition, then a disease (such as diabetes) can be “unacquired” with the *presence* of proper nutrition.

This wellness program 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 program works because it addresses the *real root causes* of Type 2 diabetes – insulin resistance, inflammation, nutritional deficiency, 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. This diabetes wellness program is designed to help you:

- Increase glucose uptake, reduce blood glucose levels, and increase the utilization of insulin in the body by consuming specific foods, juices, nutrients, herbs, and food-based supplements.
- Prevent, control or reverse the long-term complications of nerve, kidney, eye, and heart diseases; and other complications including obesity, high blood pressure, cholesterol control, and homocysteine – based on specific wellness protocols.
- Learn how to reduce belly fat, reduce body fat and lose weight properly and permanently.
- Customize the wellness protocols to fit your specific health needs, based on your blood glucose testing and other medical tests.
- Design meals with the most nutritious foods that heal the body; while avoiding the 5 “d” foods that harm the body.
- Avoid the 7 most common mistakes that many diabetics make.
- Progress from no blood glucose control to complete control and reversal of diabetes by using a well-structured six-stage process.
- Learn how to properly handle stress and conquer your inner demons.



Author Sidebar: I do not consider my diabetes wellness program 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 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.