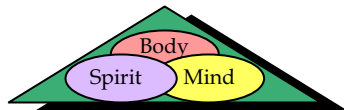


Chapter 4. The Diabetes Control & Reversal Model



The Diabetes Wellness Program

This diabetes wellness program is an integrated body, mind and spirit strategy that enables the diabetic to turn on the body's internal healing mechanism by *avoiding* the processed foods such as white rice, potatoes, bread, pasta, cereals, snack foods, and sweets while eating more of the nutritious foods such as vegetables, fish, plant oils, beans, and nuts. These nutritious foods lead to a cleansing, detoxification and repair of trillions of defective cells, reduce the insulin resistance and inflammation. Vegetables, wheat/barley grass and raw vegetable juicing can accelerate the reduction of insulin resistance and inflammation; increase absorption into the cells; strengthen the immune system; and, body biochemically and hormonally. This eventually provides the diabetic with much needed energy to initiate and expand his/her exercise regimen, which also helps to cleanse and detoxify the body. The consistent consumption of nutritious foods with proper nutritional supplementation allows the entire body to begin a rejuvenation process to repair and rebuild itself. These nutritious foods enable the body to function in a harmonious manner; and, the body in turn operates in harmony with the mind, preventing depression and drug/medication overuse, two major problems with diabetics or anyone with a major disease.



A person who has been a Type 2 diabetic for several years eventually becomes a “walking pharmacy” because of the dependence and belief in drugs. First it's the diabetes, which brings its own set of drugs and side effects; then it's problems with the kidneys that bring another set of drugs and side effects. Then, it's problems with the eyes, the nerves, and

the heart, each bringing its own set of drugs and side effects. This makes it very difficult for the body to fight back and try to heal itself because of all the drugs and their side effects. Consequently, the disease continues to spread the damage to other body organs, while the drugs suppress and “hide” the symptoms and give the diabetic a false belief that everything is getting better – but, the body continues to deteriorate ever so slowly and silently.

This diabetes wellness program guides you through six stages of recovery and repair. As you continue through each of the six stages, your body will rebalance itself biochemically, hormonally, emotionally and spiritually. How long will it take? The responses of individuals will obviously vary, but, as long as you wean your body off as many drugs as possible, the approximate timeline will be anywhere from 4 months to 18 months for most people. In extreme cases it may take longer, especially if you have been diabetic for several years. Your body has trillions of damaged cell membranes. Your degree of damage will depend upon your level of knowledge and your commitment. In general, the timeline can be accelerated by leveraging one or more of the key “living” elements, e.g. nutrition, exercise, testing. Similarly, the timeline can be longer if you do not leverage these key elements, especially if your body is still handling different drugs that increase your body’s inflammation and toxic load, inhibiting the healing process. Once you see how your body responds positively to the changes to nutrition, exercise, and testing, the easier it will be to estimate your personal timeline as you progress from one stage to the next.



This wellness program will require a personal accountability, instead of placing the blame for your health problems on your doctor, your family, or God. Consequently, the program empowers you to develop and maintain a positive attitude with life as well as an open mind to new ideas about health and nutrition. You become a *victor* of wellness instead of *victim* of disease and drugs.

Note: References to the term “diabetes” throughout this book are primarily associated with **Type 2 diabetes**.

The 8 “Living” Elements

There are eight major “living” elements, or activities, which must be managed to properly control (and possibly reverse) Type 2 diabetes. Most diabetics are aware of two of them – nutrition and exercise. The following is a complete list of the eight “living” elements:

- Nutrition
- Exercise
- Blood Glucose Testing
- Recordkeeping/Analysis
- Drugs/Medications
- Mind & Spirit
- Education
- Doctor Visits/Physical Exams

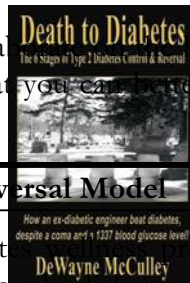
The following chapters will elaborate on the best practices and principles of these eight elements so that you can better manage and control your diabetes.

The Diabetes Control & Reversal Model

The foundation of this diabetes management, control and reversal program is a six-stage model that guides the diabetic through diabetes management, control and reversal.

Stage 1 No BG Control: is the stage where the majority of diabetics usually find themselves in the beginning, with an average fasting blood glucose (BG) level that is greater than 126 mg/dl or an oral glucose test measurement greater than 200 mg/dl.

Stage 2 BG Control with Drugs: is the stage where most diabetics transition to when they underestimate the disease and are unable to improve their cell health and control their blood glucose level with nutrition and exercise. During this stage the diabetic and his/her doctor are trying to use drugs to help lower the diabetic’s blood glucose level and eventually bring it within the normal range.



Stage 3 BG Control with Reduced Drugs: is probably the most difficult stage for a diabetic to reach once he/she and the doctor have chosen to use drug therapy to lower the diabetic's blood glucose level and, hopefully, improve the health of the cells. It becomes a more difficult battle because the cells have to deal with the disease *and* the drugs, which bring along their own side effects and impedance to the body's healing process.

Stage 4 BG Control without Drugs: is the stage that some diabetics reach when they are able to control their blood glucose with nutrition and exercise (and no drugs). They are able to reduce the amount of insulin resistance and inflammation in their cells, enabling the cells to repair themselves. Unfortunately, many diabetics relax during this stage because they are not aware that there is still work to be done to actually reverse and eradicate the disease. As a result, they regress back to Stage 1 when their average glucose level rises above 126 mg/dl and remains there.

Stage 5 BG & HbA1C Control: indicates that the average blood glucose level and hemoglobin A1C are both consistently within the normal range without the need for any drugs.

Stage 6 BG & HbA1C Control: indicates that the cells are healthy as the average blood glucose level and hemoglobin A1C are consistently within a tighter range without the need for any drugs; and, the disease is totally reversed – no insulin resistance and no inflammation. In addition, other critical health parameters are within their normal ranges, e.g. blood pressure, body mass index, minerals, enzymes, homocysteine, cholesterol.

Based upon the etiology of Type 2 diabetes, the analysis of its pathogenesis, and the sciences of disease, including pathophysiology, pathological anatomy, biochemistry, and psychopathology, the following diagram provides a high level overview of the six stages and the eight “living” elements of Type 2 diabetes control and reversal. This model is very flexible and can be customized to suit your health needs and lifestyle.

