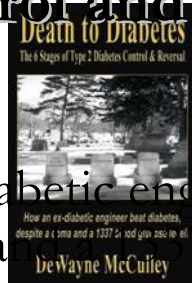


# Death to Diabetes

## The 6 Stages of Type 2 Diabetes Control and Reversal



How an ex-diabetic engineer beat diabetes  
despite a coma and a 1307 mg/dl blood glucose level!

# DeWayne McCulley

[www.DeathToDiabetes.com](http://www.DeathToDiabetes.com)



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

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**Contact the author to register for a free telephone seminar.**

E-mail: [DeWayne@DeathToDiabetes.com](mailto:DeWayne@DeathToDiabetes.com), 800-813-1927, 585-671-0577

Business address: 1170 Ridge Road #190 Webster, NY 14580

Parwel wellness center: 800-954-0366, 1551 Monroe Ave. Rochester, NY 14618

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## Comments & Feedback

“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, NY

“McCulley's book is phenomenal! -- he's done something that the experts said was impossible, and he's still not taking any medication! His book is a must-read for all doctors and diabetics. There's something about those engineers being able to solve complex problems ...” Dr. D. Courtney, PA

“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) and my vision is back to normal (so I don't need glasses).” D. Carter (diabetic who used the book's super meal program to beat his diabetes)

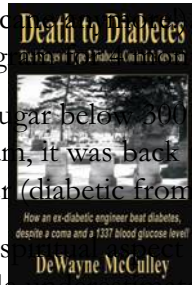
“I couldn't get my blood sugar below 300 with medication. After 3 weeks on your super meal program, it was back to the normal range! My doctor was shocked.” E. Gallagher (diabetic from NYC)

“I like that you included a story about an ex-diabetic engineer 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)

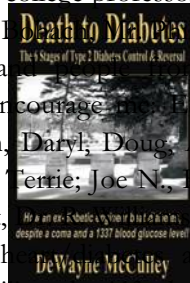
“You explain diabetes in a way that makes it easier for people to understand the disease. And, you give us simple steps to follow in order to get better!” [An audience member after a diabetes lecture to a group of wellness consultants and diabetics]



## Acknowledgements

I am truly indebted to many people for their encouragement and support:

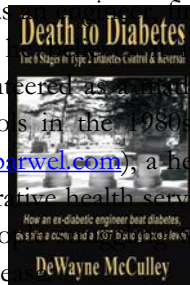
- My mother, my sister Marguerite, and my daughter Cynthia who helped me through my recovery from near-Death (diabetic coma); my mother and my brother Gregory who went to the churches to ask them to pray for me while I was in the coma; my other brothers and sisters; Cynthia's mother Carole, and her grandfather and grandmother (Mrs. & Mrs. M. Austin).
- My doctor, the ambulance team, and the hospital nurses and doctors who never gave up despite my being so close to death.
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- My high school teachers and college professors: Ms. Batten, Ms. Davis, Ms. Jankovich, Mr. Husnick, Mr. Phillips, Mr. John Houlihan . . .
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## 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 Cynthia, 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 a systems engineer with Hughes Aircraft Co., then, with Xerox Corp. Because it is important to give back to the community, DeWayne volunteered as a tutor for the Urban League and one of the local high schools in the 1980s and 1990s. Today, DeWayne is working with Parwel ([www.parwel.com](http://www.parwel.com)), a health services company, to provide diabetes education and integrative health services to corporations, organizations and individuals – to help people with diabetes, high blood pressure, obesity, fatigue, and heart disease.



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 design a diabetes wellness program and 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 American Diabetes Association support group he was facilitating), also helped him to write this book. DeWayne's hope is that this book (and his new diabetes education program) 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.

## Notice to Readers

This book is written with the express purpose of sharing the author's experience of his recovery from a near-death diabetic coma and all the invaluable information of hundreds of clinical studies and medical references from doctors, healthcare professionals, scientists, nutritionists and other experienced healthcare advocates. Consequently, the information in this book is provided for informational purposes only and is by no means meant to be a substitute for the advice provided by your own doctor and other healthcare professionals. It is imperative that you always consult with your doctor to discuss your health state and determine your specific course of action. The author shall have no liability or responsibility to any person or entity with respect to any loss, damage or injury, caused or alleged to be caused directly or indirectly by the information contained in this book.

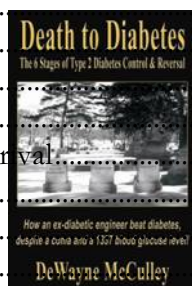
The information in this book is not intended to prescribe any form of treatment for any illness or medical condition. This book should only be used as a guide in interacting with your doctor, dietitian, diabetes health coach and other healthcare professionals, and should not be considered a substitute for expert medical advice. In fact, you should utilize the guidelines for doctor appointments and relationships with your doctor and healthcare professionals.



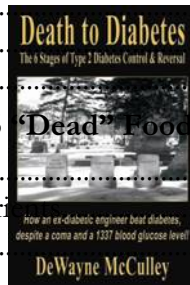
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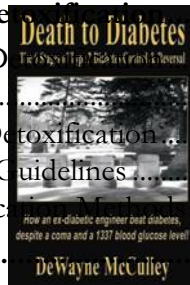
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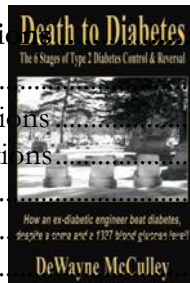
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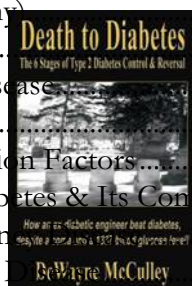
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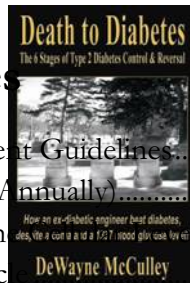
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## Can't Wait? – Want to Get Started Now?

Start with these “super” meals and contact the author to register for a free teleseminar.

### Super Breakfast

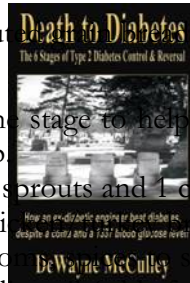
This type of vegetable-based breakfast provides a more sustained level of energy and key nutrients that diabetics (and non-diabetics) are missing when they consume the more traditional grain-based breakfast, which leads to that mid-morning “crash” or craving.

- 1 ½ cups steamed spinach (or 1 cup steamed broccoli)
- 2 oz. baked wild salmon (or sardines, or an organic egg)
- ½ yellow pepper, mushrooms, spices to season the vegetable/meat
- 1 tbsp. extra virgin olive oil (add after steaming vegetables)
- 16 oz. filtered water
- 1 slice of toasted sprouted grain bread (optional addition)

### Super Dinner

This type of dinner sets the stage to help the body cleanse/detoxify and repair itself while you sleep.

- 1 cup steamed Brussel sprouts and 1 cup steamed broccoli
- 5 oz. baked skinless chicken breast (or 5 oz. wild salmon)
- ½ red pepper, mushrooms, spices to season the vegetable/meat
- 1½ tbsp. extra virgin olive oil (add after steaming vegetables)
- 1 slice of sprouted grain bread
- 16 oz. filtered water (or 16 oz. white tea)
- Optional meal: a raw salad that contains the aforementioned foods with Romaine lettuce and organic salad dressing



### Super Snack

The following nutritious snacks require very little time to prepare.

- 1 apple, a handful of walnuts/almonds, a glass of water
- 1 cup of grapes, a handful of trail mix/pulse food (nuts/seeds), water
- 8 oz. organic/raw juice, mix in 2 tbsp. of freshly ground flaxseed
- 1 cup of yogurt, add in ground flaxseed, blueberries; glass of water
- 4-5 whole grain crackers, 2 oz. canned salmon/tuna, water

*Note:* For alternatives of your favorite foods, use the table (page 354).

DEATH TO DIABETES

CAN'T WAIT?

