



Reversing Type II Diabetes Naturally

by
Jaime E. Dy-Liacco

This protocol works every single time, even curing diabetic gangrene in one week and saving legs from getting amputated. Look at the bottom half of the last page which lists what to do in case of diabetic gangrene.

If the patient has been taking the diabetic drugs for less than 6 months, they can be stopped abruptly without harm, so long as she starts immediately with the natural remedies. But if she has been taking them for more than 6 months, she cannot stop them abruptly. Instead overlap them with the natural remedies, and monitor her fasting blood sugar every week or at least every 10 days with laboratory blood tests. After the fasting blood sugar has stabilized within the normal range for 3 months, phase out the drugs gradually.

The 6 food supplements listed are readily available in health food stores, the green leafy vegetables in supermarkets and produce stores. If she lives in the U.S., she probably will not be able to find raw pork pancreas, but try China town. The raw pork pancreas are very rich in natural insulin. It brings down blood sugar from 500 to 84 in 5 minutes with just 2 tablespoons. It doesn't have the side effects of synthetic insulin injections.

The protocol does not yet mention the use of red siling labuyo (red cayenne peppers) which I will add to the protocol after having seen how well it works. If it's the big red ones (about 1.5-2" long) which is what is available in Metro Manila, take 9 silis 3x a day. If it's the small ones (less than 1" long) which is what is abundant in the provinces, take 12 silis 3x a day. Be sure there is food in the stomach, because sili gives a stomach ache if taken on an empty stomach.

I always gives the sili together with 1/2 teaspoon of rock (sea) salt, 2 bananas, 3 glasses of water, and if available 3 tablespoons of dark chocolate ice cream. The ice cream helps to digest the food just taken because it makes the stomach acidic within 5 minutes of eating it. I have found dark chocolate ice cream does not raise blood sugar, especially if it's taken together with the red silis.

Please keep me posted. Am happy to help.

Jaime

REVERSING TYPE II DIABETES NATURALLY

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Diabetes is due to a deficiency of 5 minerals, and to eating

habits that load the body with too much simple sugars, wearing down the insulin-producing beta cells of the pancreas and weakening the potency of the insulin they produce. So to reverse Type II or adult-onset diabetes naturally, correct the mineral deficiency with 5 food supplements, regenerate the beta cells in the pancreas producing insulin with a 6th supplement, correct eating habits, and do regular exercise. Here's how:

CORRECTING THE MINERAL DEFICIENCY with these 5 food supplements:

1. Vanadyl Sulfate, 50 mg capsules. Take 50 mg or 1 capsule after every meal. So, it's totally 3 capsules or 150 mg daily.

2. Copper, 2 mg capsules. Take 2 capsules after every meal. So, it's 6 capsules or 12 mg daily.

3. Zinc Picolinate, 22 mg capsules. Take 2 capsules after every meal. So it's 6 capsules or 132 mg of zinc daily.

4. Manganese, 30 mg capsules. Take 30 mg or 1 capsule after every meal. So it's 90 mg or 3 capsules daily.

5. Chromium Picolinate, 500 mcg capsules. Take 1000 mcg or 2 capsules after every meal. So it's 3000 mcg or 6 capsules daily.

IMPORTANT: Items 2-5 must be taken together. If one is missing, the others won't work.

REGENERATING INSULIN-PRODUCING BETA CELLS with this 6th supplement:

6. Gymnema Sylvestre, 300 mg capsules. Take 300 mg or 1 capsule 15 minutes before each meal. So totally it's 900 mg or 3 capsules daily.

FIRST AID FOR VERY HIGH BLOOD SUGAR

Eat 2 tablespoons of raw pork pancreas. It is very rich in natural insulin, and has brought down in 2 minutes blood sugar from as high as 240-502 down to 84-85. Have the pancreas on standby in your freezer, for use in emergency situations, or eat it daily if you wish. Eaten with every meal keeps blood sugar normal every day, like having insulin shots. Always eat it with a clove of crushed raw garlic, to kill bacteria and viruses.

Because raw pork pancreas are also very rich in the animal-protein digesting enzymes that digest cancer cells, 2 tablespoons with every meal will also prevent cancer.

Here's how to prepare: buy the pancreas early in the morning from the market, to be sure it is freshly slaughtered. Do not buy more than a week's supply. Wash it well of soil and dirt. Soak for 10 minutes in a basin of water with half a cup of rock salt. After soaking, rub well on both sides with rock salt until the sliminess is gone. Cut into small cubes so you can measure it by the tablespoonful. Put 2 tablespoons each into a small plastic bag. Put the bags in the freezer, and take as needed.

You can season it any way you want to make it palatable, so long as you don't cook it or use vetsin (MSG). Some use wasabi and toyo. Others eat it with chopped onions, ginger, green sili, garlic, salt, kalansi. Others like it as is from the freezer. It has a nice, cool clean taste and melts in the mouth.

Please note, the raw pancreas are not a permanent cure, just like insulin shots are not. To cure diabetes permanently, you need to correct the mineral deficiencies and regenerate the beta cells in your own pancreas that produce your own insulin, but this time with the mineral deficiencies corrected, your own insulin production will now be potent.

So you can use the raw pancreas to keep your blood sugar down while you are correcting your mineral deficiencies and regenerating your pancreatic cells.

CORRECTING EATING HABITS

1. Fresh vegetables. Eat 3x a day 1 cup of raw saluyot leaves, or camote leaf tops (talbos ng kamote) either dark green or purple in color, or kangkong (swamp cabbage), or spinach leaves, or sea grapes

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(lato) as a salad to start every meal.

These raw dark green vegetables are rich in vanadium, copper, zinc, manganese, chromium and will lower your blood sugar. You may blanch these vegetables, or juice them, but do not cook them. Anything cooked beyond 40 degrees centigrade loses all enzymes, vitamins, and the organic minerals become inorganic which the body cannot absorb.

2. Garlic. Eat 3 large cloves of crushed raw garlic with every meal. It has to be crushed or chewed thoroughly to release the active ingredients, allicin and alliin. Besides being anti-viral and anti-bacterial, garlic lowers blood sugar levels. If you cannot take raw garlic, take garlic pills: either 1 pill of Garlinase 4000 (from Healthy Options), or 2 tablets of Kyolic Garlic (from GNC, get the one that's all garlic, no mixtures) after every meal.

3. Water. Take 15 8-oz glasses of non-chlorinated, mineral water every day to keep your body's water level at the 75% that the body needs to metabolize properly. If you let it drop below 75%, you are dehydrated. All your vital organs, your cells, your tissues, your blood (75% water), your brain (85% water) will be dehydrated. Your immune system drops when your water level drops below 75%, and you become vulnerable to infections. No medication that you take will work if your body is dehydrated.

One simple way to check if your water level is at 75% is to look at the color of your urine every time you urinate. If it is yellow, you are dehydrated. Drink a glass of water right away. Your objective must be to make the color of your urine as clear as water.

To be free of dehydration, you need salt. Without salt the body cannot retain water and you will still be dehydrated even with the 15 glasses of water a day, because water is a natural diuretic. So take 2½ teaspoons of salt a day. Sprinkle 1/2 teaspoon of salt on each meal, eat 1/2 teaspoon with your merienda with a glass of water, and eat 1/2 at bedtime with a glass of water which will help keep you from urinating frequently during the night. Use natural salt from the sea (rock salt), not refined table salt which is synthetic.

If you cannot avoid using tap water, which is chlorinated, let the water sit for half an hour, without a cover, to evaporate the chlorine. Do not take distilled water. It strips the body of minerals, and aggravates your diabetes. Take mineral water.

4. Foods and drinks to avoid. All processed foods (canned goods, foods made with white refined flour such as pan de sal, white bread, noodles, etc., white refined sugar, confectionery, margarine, any food that comes in a box or package made by a manufacturer and sold in stores, junk food), dairy products (milk, cheese except cottage cheese), red meats, soft drinks, coffee, alcoholic drinks.

For frying, use only extra virgin, cold-pressed olive oil or coconut oil. All other oils are not heart-healthy (the polyunsaturated oils) and some, like Canola and soybean oil, are even conducive to cancer. Fresh fruits in moderation are OK, they are complex sugars.

Fish, chicken, and turkey without the skin are OK. Proteins from plants, like beans, are incomplete and not usable by the body. To make them complete, eat them with grains, like brown rice. It's delicious mixed with sticky red rice (red malagkit). Mix 1 cup brown with 1 tablespoon red. Avoid white rice. It's a simple sugar.

5. Sweeteners. Use raw honey, or muscovado sugar. To sweeten cereal, use fruits like sliced raw bananas. Do not use synthetic sweeteners like aspartame (Equal or NutraSweet). They aggravate diabetes and can cause brain tumors. Avoid diet softdrinks with NutraSweet. NutraSweet is converted in the body into formaldehyde (it's embalming you while you are still alive). A natural sweetener that's acceptable is Stevia. If health food stores don't have it, order it from the U.S.

6. Flax seed. Eat ¼ cup of ground raw flax seed daily. Sprinkle

it on food or mix it with fruit juice or water. Raw flax seed is available at Healthy Options, either ground or as whole seeds. Do not buy the ground seed. It oxidizes once the package is opened. Get the whole seeds. Grind 1/4 cup in a small electric coffee grinder for 10 seconds, only when you are about to eat it, because it oxidizes in 15 minutes after grinding. You can eat kesong puti with it. The two make a healthy combination.

DO REGULAR EXERCISE

Three hours a week. This can be mild like walking or rebounding 30 minutes 6x a week, or vigorous like 1 hour of tennis, squash, badminton, basketball, swimming, or gym workouts 3x a week. The key is to do it regularly.

Rebounding is going up and down on a circular mini-trampoline which is available for about P1,500 from sporting goods stores like Toby's. Rebounding is actually the best exercise because it exercises all the cells, not just certain muscles. It is the exercise prescribed for astronauts.

12-HOUR FASTING BLOOD SUGAR TESTS

Take this at least every 2 weeks or more frequently to help guide possible adjustments in dosages.

WHAT TO DO WITH DRUGS

If you have been taking pharmaceutical drugs for diabetes, do not drop them abruptly, because that might cause an adverse reaction, since the body has become addicted to their use. Overlap them with the natural remedies. With your diabetes doctor's help, phase the drugs out gradually after your fasting blood sugar has normalized or fallen below normal. Normal is 70-105.

MAINTENANCE PROTOCOL

1. Nutritional Supplements. After the blood sugar level normalizes, and after you have phased out the drugs, cut back on the 6 food supplements until finally you are taking only one 10 mg Vanadyl Sulfate a day, not the 50 mg capsule you started with. Keep using fasting blood sugar level tests (at least every 2 weeks) to guide you in how much to cut back. If the blood sugar rises again after the last cut back, put back the last dosage that was cut out. If it has remained stable or within normal limits or has dropped, you can make another dosage reduction.

2. Other measures. Continue the eating habits changes and other measures. These alone, even without the one Vanadyl Sulfate a day, may already be enough to keep the blood sugar level within normal limits.

BASIC OPTIMUM HEALTH

1. Constipation. The healthy bowel movement frequency is 3x a day or as often as you eat a major meal. The healthy texture is soft, like soft peanut butter or even loose, like sawdust with a little water. So it's all over in one minute, no need to strain, and no need to read a newspaper or magazine.

Blood circulates every 3.5 minutes, and if you keep fecal waste inside you for 24 hours (only 1 BM a day) or longer, the blood will pick up the toxins and parasites and distribute them every where, to your pancreas, all the vital organs, all your cells.

If you are already moving 3x a day, do not take diatabs or imodium or lomotil to bring it down to 1. LBM is not bad. What is bad is diarrhea, which is all liquid, no substance. If you get diarrhea, take 3 cloves of crushed raw garlic with every meal; that will kill the bacteria causing the diarrhea. Or use the Mayco Bio-Zapper, which will kill the bacteria by zapping it with low voltage electricity (12-18 volts, not enough to kill a cockroach, but enough to kill all bacteria, viruses, worms, other parasites).

The Mayco Bio-Zapper was invented by Fr. Howard May, an American missionary living in Quezon City who supplies his missionaries in Mindanao with the zapper to heal their parishioners, who are too poor to afford pharmaceutical drugs, of all kinds of

ailments caused by bacteria, viruses, and parasites.

How do you get 3 BM's a day? (1) Avoid dehydration; that makes you constipated. (2) Eat a cup of raw saluyot leaves as a salad 3x a day to start your every meal. (3) Take 3 tablespoons of Extra Virgin cold-pressed Coconut Oil after every dinner. (4) If all this fails, take Dr. Richard Schulze's Intestinal Formula #1. Take 1 capsule with a glass of water after dinner. If 3 BM's do not result the next day, keep adding 1 capsule to every dinner until 3 BM's result. Then maintain that dosage.

Keep your blood clean, not filthy. Do not be a walking septic tank. Have 3 BM's a day.

2. Detoxification. Follow Dr. Schulze's Incurables Program to detoxify the body thoroughly. It will unclog and cleanse the intestinal tract, the liver, gall bladder, the kidneys, and the bladder, removing old dried up fecal matter, heavy metals like mercury, lead, drug residues, parasites, the rotting food and fecal waste trapped in loops of the colon (diverticulosis), polyps in the colon, and gallstones and kidney stones. The 3 BM's a day is the start of the program.

The first thorough detoxification process takes 3 months. Month 1 - get 3 BM's a day. Month 2 - remove the old dried up fecal wastes, remove the heavy metals, polyps, diverticulosis. Month 3 - Clean up the liver, gall bladder, kidneys, and bladder.

3. A basic high potency multi-vitamin/mineral food supplement. Do not take Centrum. It is synthetic. Get a natural multi-vitamin/mineral complex from health food stores. What is best is Dr. Schulze's Superfood nutritional drink. All the ingredients are food, not chemicals. It gives you 2-5 times the vitamins and minerals you get from regular food. As a liquid, it is in your blood stream and already nourishing all your cells within 15 minutes of drinking it.

4. Clear the arteries of blockages. Super Phos 30 will dissolve the calcified plaques with 90 drops a day mixed with fruit juice, or with the SuperFood drink. Rinse the mouth well or brush teeth immediately after taking Superphos 30, because it can strip the calcium from teeth if allowed to stay too long in the mouth.

Pancreatic lipase enzymes will dissolve the fat blockages. Natural Vitamin E will remove inflammation of arterial walls that narrow the channels. Your blood will be free-flowing, delivering oxygen and nourishment to all cells.

For pancreatic enzymes, take the raw pancreas or Dan Raber's CardioClean lipase enzymes, 2 capsules with every meal and 1 with every snack. This will dissolve fat blockages and help digest the fats you eat, lightening the burden on your own pancreas.

For natural Vitamin E, take 1,000 to 1,200 IU's after breakfast daily. The bottle label will say "d-alpha tocopherol..." without an l after the d. If it says "dl-alpha...", it is synthetic. Avoid synthetic Vitamin E.

5. Prevent future blockages. High cholesterol and/or high homocysteine cause the calcified plaques, high triglycerides the fatty deposits, and a Vitamin E deficiency the inflammation. Have blood tests taken for cholesterol, triglycerides, homocysteine, and C-Reactive Protein (CRP). If the CRP is positive, there is inflammation of the arteries, if negative, none.

Normalize high cholesterol with Flush-Free Niacin (Vitamin B-3, the non-flush type), 1,000 mg after every meal, high homocysteine with 2 capsules a day (1-0-1 after meals) of the Homocysteine Formula (which corrects the Vitamin B-6, B-12, folate, and trimethyl glycine deficiencies that cause homocysteine to rise), high triglycerides with 2 capsules a day (1-0-1 after meals) of 20 mg Policosanol (a food supplement extract from sugarcane), and inflammation with 1,000 or 1,200 iu's of Vitamin E daily after breakfast.

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