



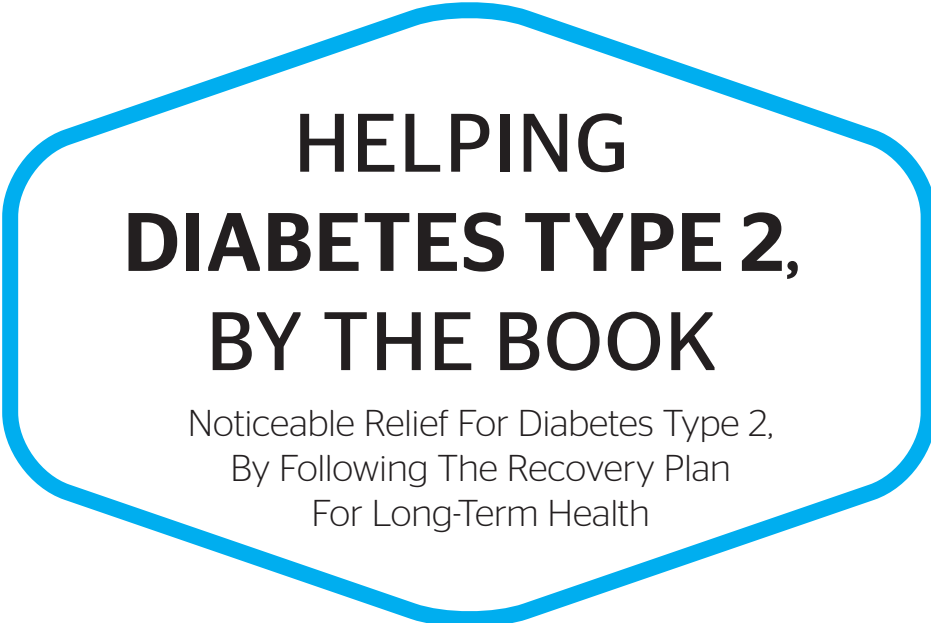
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# Helping Diabetes Type 2, By The Book

Noticeable Relief For Diabetes Type 2,  
By Following The Recovery Plan  
For Long-Term Health

**Edition  
3.04**

**By Robert Redfern**



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# About the Author

Your Personal Health Coach

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



Robert Redfern (born January 1946) has helped hundreds of thousands of people in over 24 countries through online health support websites, books, radio / TV interviews and his nutritional discoveries. His new series of books, of which Healthier Heart is the first, brings this work together in an easy-to-follow format that everyone can follow to help resolve their health problem – once and for all.

Robert's interest in health started when he and his wife Anne decided to take charge of their family's health in the late 1980s. Up until 1986, Robert had not taken much notice of his health – in spite of Anne's loving persuasion. It took the premature death of his parents, Alfred and Marjorie, who died in their sixties, to shock Robert into evaluating his priorities.

Robert and Anne looked at the whole field of health, available treatments and the causes of health problems. They found, from doctors researching the causes of disease, that lifestyle and diet were the most important contributions to health. Robert and Anne changed their lifestyle and diet and, together with the use of **HealthPoint™** acupressure, the improvement to their health was remarkable.





**ROBERT REDFERN: YOUR PERSONAL HEALTH COACH**  
tells you everything you need to know about:

# Noticeable Relief For Diabetes Type 2, By Following The Recovery Plan For Long-Term Health

## Using the Science and Knowledge of a Non-Inflammatory Lifestyle to Prevent and Control Diabetes







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#### From the Publisher:

This book does not intend to diagnose disease nor provide medical advice. Its intention is solely to inform and educate the reader in changing to and living a healthy lifestyle.

**Disclaimer:** Product recommendations may change as current research is updated. Products and packages offered on websites may have some adjustments not yet reflected in this book but still have my recommendation.

**Warning:** Some information may be contrary to the opinion of your medical adviser. It is not contrary to the science of good health.



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## YOUR ACTION PLAN TO COMMIT TO A NON-INFLAMMATORY LIFESTYLE TO PREVENT AND CONTROL DIABETES

TODAY	I DID THIS	SIGNED	DATE
I Committed	To regaining and maintaining a non-inflammatory lifestyle for the rest of my life		
I Committed	To drinking 8-10 glasses of water a day		
I Committed	To getting out in the sun for 20 minutes a day (except when contraindicated)		
I Read	Robert's Diabetes Book		
I Ordered	The necessary supplements to facilitate my plan and my healing		
I Planned	My Daily Menu with <b>ReallyHealthyFoods.com</b>		
I Started	My breathing exercises		
I Started	Massaging the acupressure points		
I Reread	Robert's Diabetes Book		
I Reviewed	The necessary supplements to facilitate my plan and my healing		
I Reviewed	My water intake		
I Reviewed	My menu		
I Reviewed	My breathing exercises		
I Reviewed	My life-giving sun exposure (except when contraindicated)		
I Reviewed	Massaging the acupressure points		
I Recommitted	To regaining and maintaining a non-inflammatory lifestyle		
I Recommitted	To Robert's Diabetes Book		
I Recommitted	To taking the necessary supplements to facilitate a non-inflammatory lifestyle		
I Recommitted	To my water intake		
I Recommitted	To following my menu		
I Recommitted	To doing my breathing exercises		
I Recommitted	To life-giving sun exposure (except when contraindicated)		
I Recommitted	To massaging the acupressure points		



# What is diabetes?

Quite simply, diabetes is a dysfunction of the body's systems which control glucose in muscles and cells, associated with energy. It has been known and documented for thousands of years. I find it difficult to believe that the medical business does not know exactly the cause and the solution of diabetes after all this time, but they still make that claim. The popular explanation is that it is a disease caused by genes or unknown causes.

*The fact is that diabetes is a 100% lifestyle condition caused by eating bread, pastry, cookies, breakfast cereals, pizzas, white rice, high sugar foods, potatoes, parsnips, sugary drinks, and pasta.*

I included milk products in this list, although there are claims that unpasteurized milk products are healthy. These are unnatural foods for humans and are the prime cause of most diseases. It is an unpopular statement, but that does not stop it from being true. I also make the point that there are critical nutrients missing from the diabetic diet that change the disease outcome when supplemented.





“ *Anyone who avoids these unnatural foods and supplements with the missing nutrients does not suffer from diabetes.* ”

Millions throughout the West are suffering, and now so is Asia as they too are starting to eat Western junk food. I believe the following “official stats” are underestimated, and it is at least 2-3 times worse than these figures show. Drug companies have a big interest in getting you on and keeping you on drugs for the rest of your life. Read below to see what I believe are grossly underestimated figures regarding diabetes...



### Some “Official” Figures

- The latest figures from the International Diabetes Federation (IDF) reveal that currently 366 million people have diabetes; 4.6 million deaths are due to diabetes.
- Two million adults were diagnosed with diabetes in 2010, with the numbers increasing every year.
- Over 6.5% of the adult population across the globe (300 million people) had diabetes as of 2010.

“ *7 million out of the 26 million people in the US who have diabetes don’t even know they have the disease.* ”

**Even if you are fortunate enough to have escaped a diagnosis of diabetes, you could still be:**

### Pre-Diabetic

Close to 80 million people are pre-diabetic. Pre-diabetes is when a number of the diagnostic criteria for a diabetic diagnosis are met; however, all the criteria for full-blown diabetes are not. Blood glucose levels are higher than they should be but not high enough to warrant a case of diabetes. This is a dangerous scenario as pre-diabetes sugar still causes damage to your body and may develop into type 2 diabetes, putting you at risk for additional health complications.

Maybe your physician used the term diabetes mellitus (DM) instead of the common English term diabetes. We will call it simply diabetes.

### Diabetes is when the sugar in the bloodstream is too high.

I agree with the description used for diabetes as the “silent killer.” Many times, this disease goes unnoticed because the signs and symptoms associated with it may not be very dramatic or the person affected may attribute the symptoms to something else. It’s very likely that you or someone close to you has been diagnosed with diabetes. Previously, the highest rates occurred between the ages of 40-59, but diabetes is becoming an epidemic in young people as the diet deteriorates.

However, a diabetes diagnosis should not be acceptable at any age, especially as we age. In fact, high sugar will cause you to age faster.

Diabetes is a dangerous disorder. It is the fifth leading cause of death in the world and may contribute to other diseases. Furthermore, in most cases, if you have type 2 diabetes (80-90% of diabetics) you can do something about it.

*This book shows it can be done in only 27 days!*





## A Few Words of Caution: Hypoglycemia (Low Blood Sugar)

Hypoglycemia, or low blood sugar, is when there is just not enough glucose in the bloodstream for the body to function properly. Low blood sugar can stem from several things. When experienced as a diabetic, it's typically from the use of prescription drugs. This is because these drugs increase the amount of insulin in the bloodstream, but there are behaviors that can cause hypoglycemia as well.

### Certain behaviors in a diabetic can lead to low blood sugar, like:

- Not eating enough vegetables, fats, and protein every 2-4 hours.
- Not eating enough of the above foods and then exercising.

### Look out for signs of:

- Sweating
- Light-headedness
- Shakiness
- Weakness
- Anxiety
- Headache
- Confusion
- Hunger
- Racing heart
- Seizures
- Trouble concentrating
- Fainting

### Hypoglycemia is dangerous and needs to be dealt with immediately:

- Check blood sugar with meter.
- Eat/drink a piece of chocolate, fruit, or a glass of orange juice.
- Recheck blood sugar.
- Continue to eat small amounts over time until blood sugar is restored.

## Hyperglycemia

**Hyperglycemia, or high blood sugar, is when there is just too much glucose left in the bloodstream for the body to function properly.**

**This is the condition diabetics are trying to control on a regular basis. Hyperglycemia is what lifestyle changes and/or prescription diabetic drugs are trying to avoid.**



## The Pancreas

While many organs such as the thyroid and the liver are affected by high levels of insulin and glucose resulting from diabetes, the organ most closely associated with diabetes and its progression is the pancreas. Maybe your physician used the term diabetes mellitus (DM) instead of the common English term diabetes. We will call it simply diabetes.

## What Does the Pancreas Do?

**The pancreas is a specialized gland because it is both an endocrine and an exocrine gland:**

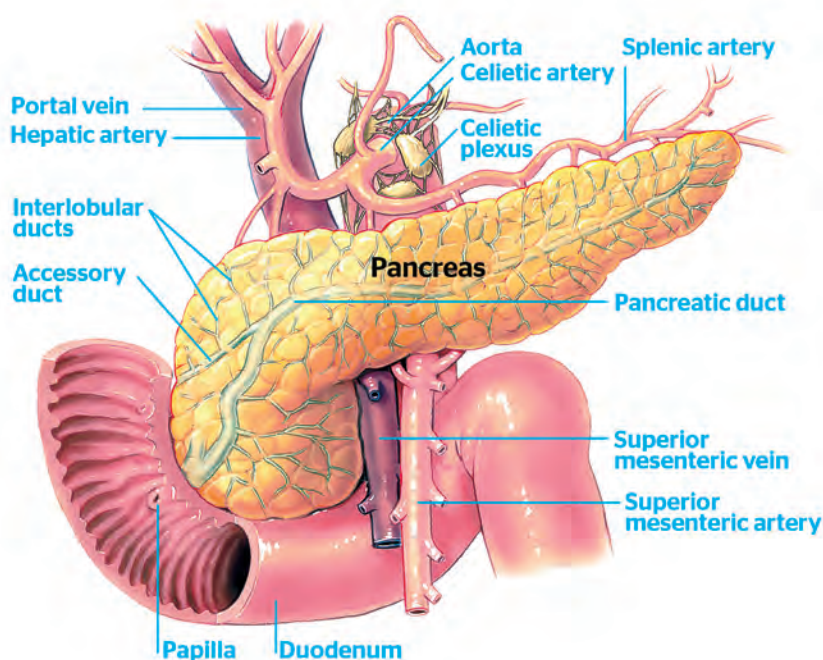
- **The endocrine role** of the pancreas involves releasing certain hormones, particularly insulin whose job is to try to control the flood of excess sugar into the blood.
- **The exocrine role** of the pancreas involves releasing digestive enzymes through ducts that travel to the small intestine. These are especially critical when eating cooked or processed foods.

*The primary source of energy for our cells, including our brain cells, is glucose - although fats are always a good standby fuel.*

Carbohydrates (best from veggies, fruits, or seeds) are broken down into glucose, proteins into amino acids, and fats into fatty acids. For the glucose to supply our cells with the energy they need, glucose must first enter the cell. This is accomplished with the help of a small amount of insulin.

After we eat, our small amount of glucose (blood sugar) levels rise, signalling the pancreas to release insulin. This hormone is what transports the glucose out of our bloodstream and into our cells.

- Too much glucose left in the bloodstream results in high levels of insulin with various related problems and can cause hyperglycemia.
- Too little glucose in the bloodstream results in hypoglycemia.





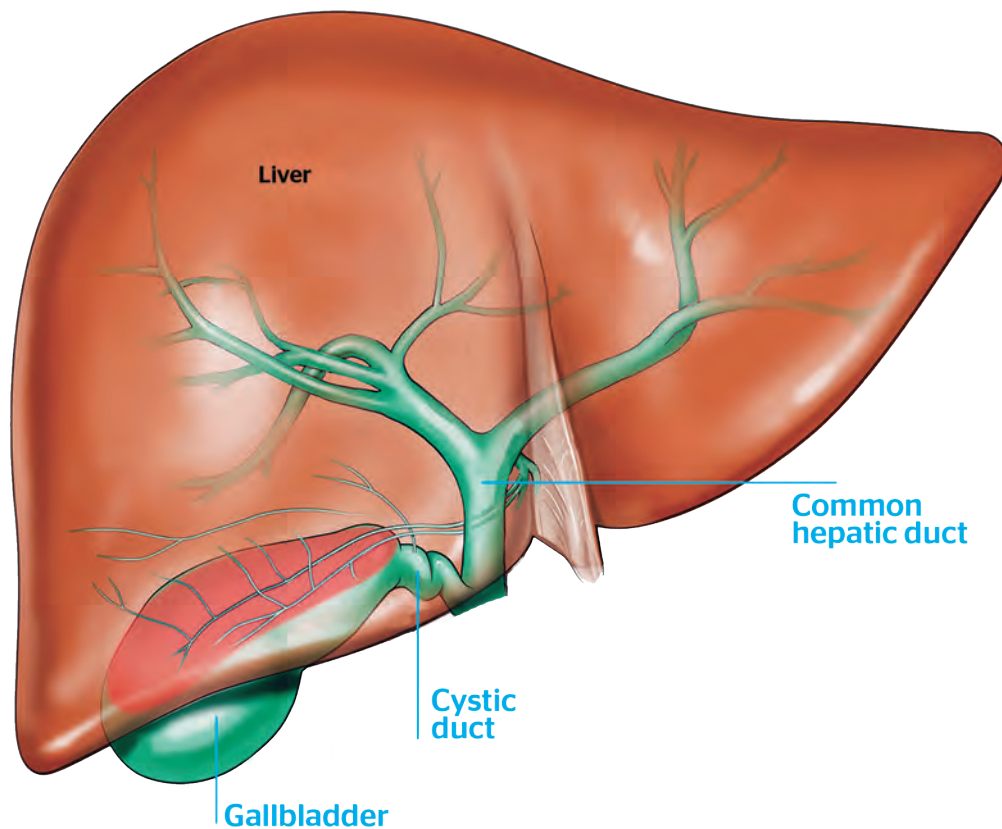
## The Liver, Insulin, and Diabetes

The liver is the second largest organ in the body. It has hundreds of functions, including making and storing glucose. When glucose - and therefore insulin levels - are high in the blood, the liver steps in, listens to the insulin, and absorbs the extra glucose. The liver then stores the glucose as glycogen. When glucose levels are low, the production of insulin is low too. The low level of insulin in the blood lets the liver know it's time to send glucose into the bloodstream. This is how a healthy liver operates.

### Diabetics don't have a healthy functioning liver.

*Their liver neither processes nor produces glucose like a healthy liver does.*

A diabetic's liver may not be able to detect the amount of insulin in the bloodstream and will send in more glucose, even when it is not needed. This can increase blood sugar levels beyond where they should be and result in hyperglycemia.





# What are the different types of diabetes?

There isn't just one type of diabetes. There are actually three main types of diabetes, in addition to secondary diabetes:

1. **Diabetes Type 2 (AKA Type II)**
2. **Diabetes Type 1 (AKA Type I)**
3. **Gestational Diabetes**

And secondary diabetes.

## Diabetes Type 2 (AKA Type II)

Remember, 80-90% of those diagnosed with diabetes have type 2 diabetes. In type 1 diabetes, the pancreas cannot produce insulin; in type 2 diabetes, the pancreas secretes enough insulin, but the cells are unable to utilize the hormone. They resist the insulin, also called **insulin resistance**.

The glucose stays in the bloodstream instead of entering the cells. This prompts the pancreas to release even more insulin as it tries once again to get the sugar to leave the bloodstream, which, in turn, can upset the balance of other hormones and the thyroid.

## Type 2 Diabetes Symptoms

- **Frequent urination**
- **Unusual thirst**
- **Extreme hunger**
- **Unusual weight loss**
- **Extreme fatigue and irritability**
- **Frequent infections**
- **Blurred vision**
- **Cuts/bruises that are slow to heal**
- **Tingling/numbness in the hands/feet**
- **Recurring skin, gum, or bladder infections**

## Type 2 Diabetes Risk Factors

- **Family diet history** - Increases risk when parents, brothers, sisters, children, grandparents, grandchildren, aunts, uncles, nephews, nieces, or half-siblings eating the same diet have the disease.
- **Age** - 40 or over is when risk is highest.
- **Abdominal obesity** - Too much abdominal fat in the stomach and abdominal area, a.k.a. belly fat or central obesity.
- **History of gestational diabetes**
- **High blood pressure**
- **High cholesterol**
- **Cultural background** - Black, Latino, American Indian/Alaskan native, or Asian and Pacific Islander populations (only when eating a high starch/sugar diet).
- **Prior impaired fasting glucose** - Or currently impaired glucose tolerance.



## Diabetes Type 1 (AKA Type I)

Type 1 diabetes often gets its start in youth, either during childhood or as a young adult. It accounts for 5-10% of all cases. According to the John Hopkins Autoimmune Disease Research Center, ***type 1 diabetes is an inflammatory autoimmune disease that damages the pancreas***, resulting in a lack of insulin.

Pancreatic beta cells that create and release insulin are damaged by this autoimmune inflammation. This damage results in glucose levels in the blood rising, leading to insufficient energy for cell metabolism. In this autoimmune disease, the pancreas is incapable of producing any insulin. Insulin must be supplied outside the body. This is usually accomplished through insulin shots that are self-injected.

**Warning: Only follow this plan under the guidance of a health professional.**

### Type 1 Diabetes Symptoms

- Frequent urination
- Unusual thirst
- Extreme hunger
- Unusual weight loss
- Extreme fatigue and irritability

### Type 1 Diabetes Risk Factors

- **Family history** - Risk increases by 10-15% when parents, brothers, sisters, or children eat the same unhealthy diet, lacking probiotics, and have the autoimmune disease.
- **Consumption of cow's milk at an early age** - Has been under suspicion for a long time; research is on-going.
- **Exposure to Coxsackievirus and enteroviral infections** - In utero or during childhood.
- **Weight at birth** - More than 9.92 pounds.
- **Preeclampsia** - Occurs during pregnancy; characterized by high blood pressure and protein in the urine during the late stages of pregnancy (after the fifth month).
- **Maternal age greater than 25 years**
- **ABO incompatibility** - Induced jaundice.



## Gestational Diabetes

This accounts for approximately 2% of diabetic diagnoses and is a result of poor nutrition and diet in pregnancy. It has some resemblance to type 2 diabetes.

Even though it usually vanishes after childbirth, gestational diabetes is indicative of insulin resistance and gives a warning that type 2 diabetes could be on the horizon.



## Gestational diabetes differs from type 2 diabetes in two ways:

1. Hormones released by the placenta create an opposition to how insulin works.
2. Because the mother is eating more carbs and high sugar foods, the pancreas is taxed since it has a greater amount of insulin to secrete than usual.

## Gestational Diabetes Risk Factors

- **Family diet history** - Type 2 diabetes in parents, brothers, sisters, or children.
- **Prior abnormal oral glucose tolerance test (OGTT)**
- **Cultural background** - Asian, African, Native American, or Hispanic ancestry (susceptible to high sugar diet).
- **Using glucocorticoids** - During pregnancy.
- **Diagnosis of PCOS** - Polycystic ovarian syndrome (high sugar diet).
- **Age** - Older than 25.
- **Weight prior to pregnancy** - Minimum of 10% above ideal body weight.
- **Weight gain** - Early after puberty.
- **Birth of child** - Weighing more than 9 pounds.
- **Inactive lifestyle**
- **Maternal birth weight** - More than 9 pounds or less than 6 pounds.

There are usually no symptoms associated with gestational diabetes. However, screening for gestational diabetes is a routine part of prenatal care.





## Secondary Diabetes

This form of diabetes actually stems from another illness and can very often be eliminated when the primary illness is treated successfully. Secondary diabetes pertains to a wide variety of health concerns that create trauma to the pancreas, either through some kind of injury or damage that may or may not completely destroy the organ.

### What might these other illnesses be caused by?

- Hormonal issues
- Cancers
- Chemical exposure
- Prescription drugs
- Genetics



# Can I reverse diabetes?

I do not believe it is appropriate to use the term “cure” for diabetes since most cases of diabetes are brought on by lifestyle choices.

Cure is a popular medical buzzword, although the medical field cannot provide cures. (Many people argue that this is on purpose since it would put Big Pharma out of business.) However, everything has a cause. Take away the cause, apply the science of a non-inflammatory lifestyle, and your body will be able to repair itself with a little bit of help. Support tissue regeneration with a healthy lifestyle and the proper nutrients, and in the majority of cases you can become healthy again. If you call that a cure, it's up to you. I prefer to call it living a sensible, healthy lifestyle.

Remember, these conditions are inflammatory in nature and, therefore, will benefit from an anti-inflammatory approach. By hydrating the body {6-8 x500ml (16oz) glasses a day} with pure, clean water and replenishing it with the proper nutrients and antioxidants in the form of vitamins, minerals, essential fatty acids, healthy carbohydrates, and amino acids, the repair and healing of the body can start to take place.

*Nutritional therapy supports healing.*

*The initial detox can be uncomfortable but only temporarily.*

*Eating right can minimize the effects.*



...regenerate with healthy lifestyle and nutrients ...

## The Genetics

Dr. Caldwell B. Esselstyn Jr., a former surgeon at the Cleveland Clinic, President of the Cleveland Clinic staff, author, and researcher, is famous for saying, "Genes load the gun, but lifestyle pulls the trigger." This is never more applicable than when it comes to type 2 diabetes.

While genetics do play a role in type 2 diabetes, what you choose to do will greatly dictate whether or not your genes will be expressed or activated. For example, all of the factors for metabolic syndrome, except in extremely rare cases, can be changed through the choices we make.

So, are you doomed to have diabetes if it runs in your family?

**Certainly not!**

In regards to type 1 diabetes, it is very possible to inherit the gene (if it really exists) but not the disease.



**There are other factors at play here, like:**

- **Diet**
- **Viral infections**

Genetics are related to type 2 diabetes too. If a predisposition to diabetes is suspected, insulin resistance can be discovered via certain testing. This gives the person a very good fighting chance through lifestyle modifications to avoid diabetes in the first place.

As mentioned above, more often than not, type 2 diabetes is related to poor lifestyle choices. Type 2 diabetes can be improved and even "cured" by improving upon these choices.

## The nutrients you need

**Studies show the following nutrients will help prevent or control diabetes in most people:**

**Serrapeptase, Curcumin, Vitamin D3, Ecklonia Cava** - Clear inflammation and sugar damage.

**Cinnamon** - Balances blood sugar levels.

**Alpha Lipoic Acid-R** - Improves glucose metabolism in those with type 2 diabetes.

**Food State Iodine Drops** - Important mineral for immune function.

**Probiotics (Friendly Bacteria)** - To recover gut friendly flora.

**Multivitamin/Mineral Complex** - Including chromium and many more vitamins and minerals to ensure any missing nutrients are covered, especially antioxidants, as together they are protective.

**Krill Oil** - Essential fatty acid, simply essential for everyone.

**Natural Vitamin E** (Tocotrienol and Tocopherol Complex) - Powerful antioxidant.

**Digestive Enzymes** - Important for pancreas when eating cooked foods.



# Why doesn't my doctor tell me I can get better?

**Is your health in the hands of those who profit off your sickness? Having diabetes is expensive! Having diabetes means you have to pay for:**

- Drugs
- Blood work
- Equipment to test blood sugar/meters
- Test strips (multiple strips a day)
- Visits to the physician
- Higher insurance premiums
- Any health related consequences stemming from diabetes

## What is really going on here? Are all these things necessary?

No! The Non-Inflammatory Lifestyle Program can help you get better! Your doctor is obliged to conform to the drug model that is designed to maintain the monopoly that the pharmaceutical industry, the GMC in the UK and the AMA in the USA, have over all things connected with the health of individuals.

These organizations make profits by caring for sick people and do not have a business model that caters to real healthcare and recovery. They pursue a patented drug model where they can charge exorbitant prices for a lifetime of drugs that, at best, help individuals feel better and, at worse, speed up their death.

## These industries are not designed to get anyone healthy, ever!

In the USA, they are shielded by the FDA and in the UK by the MHRA. The political parties and the most powerful politicians all receive money from these organizations and are responsible for making the laws that perpetuate this disease management monopoly.

***When carefully followed, the Non-Inflammatory Lifestyle Program will show results within 27 days.***







# The diabetes type 2 rehabilitation plan

## Your 10 Steps to a Healthy Future

The following self treatment protocol is only for Type 2 diabetes, to some extent.  
Those with Type 1 need professional support.



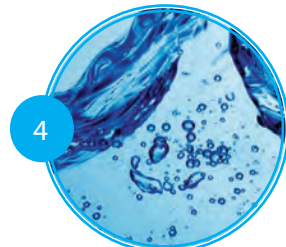
1  
Clearing inflammation,  
balancing blood sugar  
levels, and promoting  
healing.



2  
Strengthening your  
immune system.



3  
Taking nutrients missing  
from food in supplement  
form.



4  
Drinking enough water.



5  
Avoiding unnatural/junk  
foods.



6  
Eating Really  
Healthy foods.



7  
Walking and  
moving daily.



8  
Breathing properly.



9  
Stimulating acupressure  
points.



10  
Getting out into the sun  
as much as possible.

It is almost unheard of for a person applying a good percentage of these lifestyle changes to their daily life to not clear their diabetes symptoms to some extent, and in many cases completely.



For details of the following suggested formulas, turn to **page 37**.

## 1. Clearing inflammation, balancing blood sugar levels, and promoting healing.

### Helping Diabetes Type 2 - Essential

**Cinnamon27™** - To support healthy blood sugar levels.

**Serranol™** - To support inflammation and health recovery.

**Benfotiamine** - A fat-soluble form of Thiamine that supports your body's healthy blood sugar levels.

**Alpha Lipoic Acid-R** - Improves glucose metabolism in those with type 2 diabetes.



Click  
for more  
details



## 2. Immune recovery and strengthening.

### Helping Diabetes Type 2 Pack 1 - Ultimate

**Cinnamon27™** - To support healthy blood sugar levels.

**Serranol™** - To support inflammation and health recovery.

**Benfotiamine** - A fat-soluble form of Thiamine that supports your body's healthy blood sugar levels.

**Alpha Lipoic Acid-R** - Improves glucose metabolism in those with type 2 diabetes.

**Nascent Iodine™** - Important mineral for immune function.

**Magnesium OIL Spray ULTRA** - With added MSM to further help any absorption.

**Prescript-Biotics™** - "Bio-Identical" SBO Probiotics Consortia™ is a group of natural, friendly microorganisms.

**Active Life™ Capsules** - A daily dose of vitamins and minerals.



### 3. Supplement missing nutrients.



**Click**  
for more  
details

**2.** Krill Oil  
Suggested Formulation  
**The Krill Miracle**



**Click**  
for more  
details

**4.** Digestive Enzymes  
Suggested Formulation  
**Essential Digestive Plus™**



**Click**  
for more  
details

**3.** Vitamin E Mixed Tocotrienols  
(especially for Cystic Fibrosis)  
Suggested Formulation  
**Naturally Better Vitamin E**

### 4. Drinking enough water.

Drink 6-8 glasses of distilled or RO filtered water per day, with a large pinch of bicarbonate of soda (baking soda).



### 5. Avoiding eating unnatural junk foods.

Until completely recovered, stop eating all starchy carbohydrates (breads, pastry, cookies, breakfast cereals, potatoes, and pasta), processed foods, and milk products.



Note: Do not eat: potatoes, parsnips, turnips, and rice (except for small amount of wild or brown rice and yams/sweet potatoes).



## Two Choices

What are two choices that could be implemented right away and would be highly effective?

1. **Lose weight (if you're overweight)**
2. **Improve food choices**

The World Health Organization tells us that approximately one and a half billion people worldwide are overweight, with half a million categorized as obese. Approximately 100 million Americans fall into this category. These numbers are astonishing and continue to increase, along with the health consequences that coincide with an unhealthy weight.

*An unhealthy weight significantly increases the risk for chronic disease, including type 2 diabetes.*

## Obesity also comes with:

- **A constant state of low - grade inflammation.**
- **Higher levels of insulin.**
- **A diet too high in unnatural foods, resulting in excess fat storage and free radical formation.**

## The Diabetes/Refined Sugar Connection

We have gone from consuming 10 pounds of refined sugar (including carbohydrates) a year to consuming 250 pounds a year per person. This is a marked increase! Is refined sugar the culprit here? Does it deserve the credit for making us fat, sick, and diabetic? According to the Framingham Heart Study, the incidence of type 2 diabetes has doubled over the past thirty years, while added sugars have increased by over 25% (50%, including the sugar in carbs) in the United States in the last forty years. The facts seem to indicate a strong connection here. Refined sugar is unnatural and highly processed.

There is no nutritive value and no health benefits to be received from consuming refined sugar in even small amounts.

**Including high sugar in the diet does, however, contribute to poor health. Consumption of refined sugar leads to:**

- **Premature aging**
- **Compromised immune system**

It is a strong factor in weight gain/obesity, heart disease, and other chronic forms of illness, including diabetes.





## 6. Eating Really Healthy Foods.

**\*\* Include some of the following foods every 2 hours for the first few months:**



Eat 9-14 portions of fresh or frozen veggies daily (in soups, juiced, stir-fried, steamed, etc.); 50% raw juiced (use the pulp in soups) and organic if possible. Blended makes for better digestion.



Eat 5 portions of antioxidant-rich, dark-skinned fruits (blueberries, cherries, red grapes, etc.) daily.



Avocados are the all-time super food with nearly a full spectrum of nutrients. If they are available where you live, make sure you have at least 2 per day for good health recovery. All diabetes issues (as well as cancer and heart disease) are helped by these.



Eat 5 portions of beans, nuts, and seeds (soaked and mashed for the nuts and seeds).

**Have at least 4 of these potassium-rich foods per day:**

- 1 avocado - 975 mg
- 1 banana - 422 mg
- 1 cup of mushroom - 428 mg
- 1 salmon fillet (frozen wild is best) - 534 mg
- 1/2 cup of dried apricots (snack over the day) - 725 mg
- 1 cup cooked spinach - 839 mg
- 1 cup bean (adzuki, white, lima) - 1004 mg

**A potassium-rich diet is essential for everyone and especially for those with diabetes.**



If you want to eat meat, then choose pasture-fed meats or chicken and eat only a small amount weekly. Grass-fed is healthier than grain or corn-fed animals.



If you eat fish, then eat at least 3-4 portions per week of oily fish and vary it by choosing fish such as salmon, sardines, mackerel, etc. Even canned fish is very nutritious, and wild caught fish is best.



Include Hemp, Omega 3, or Krill oil and other healthy oils like Olive oil and Coconut oil. As healthy alternatives to carbs, consider amaranth, quinoa, buckwheat, chai and millet seeds, and healthy pasta made from pulses and stocked in many good grocery stores. Cous Cous can be used, except for those who are allergic to gluten proteins (celiacs, etc.).



Take 3-5 (depending upon your body mass and the heat) teaspoons of Sea or Rock Salt daily in food or a little water. Sea or Rock Salt does not contain the critical mineral iodine, so add Nascent Iodine to your daily dose.



## A Non-Inflammatory Lifestyle

These eating tips, when put together, make up a non-inflammatory diet, a necessary approach to preventing and controlling diabetes.

*Nothing else affects us more than what we choose to eat at least three times a day, every day.*

**Most of us lack essential nutrients in our diet, perpetuating inflammation. These nutrients include:**

- Vitamin D
- Calcium
- Selenium
- Magnesium
- B vitamins
- Chromium

**The absence of nutrients combined with one or a combination of poor lifestyle choices are part of a disease-promoting lifestyle. This is a lifestyle comprised of:**

- Poor diet
- Smoking
- Excessive alcohol consumption
- Stress
- Metabolic syndrome and/or sedentary living



## Standard Western Diet

The “Standard Western Diet” (a.k.a., the Western Junk Food Diet) is the #1 disease-promoting and inflammation - producing diet in modern society. It's consumed more and more every day. This highly inflammatory diet consists of sugary foods like breads, pastas, cereals, and potatoes. The Western Junk Food Diet is far too high in unhealthy fats. It lacks the antioxidants and phytochemicals crucial for eradicating free radicals and healing.

**This typical diet is also lacking in high fiber foods and foods that provide the essential nutrients necessary to prevent or control diabetes, like:**

- **Any kind of vegetables** - focusing on non-starchy vegetables, especially dark leafy greens. (Yams/ sweet potatoes are fine in moderation.)
- **Legumes** (beans, peas, lentils of all kinds).
- **Alternatives to grains and cereals** (Quinoa, millet, buckwheat, and other seeds).
- **Low-sugar, dark-skinned fruits like avocados, blueberries, blackberries, black currants, etc.**
- **Hemp seeds daily.**

*These anti-inflammatory foods will lead to healthy blood sugar levels in the majority of cases.*



## Eating Tips for Preventing and Controlling Diabetes

What we put into our body can dictate how we feel and our future health prospects - especially when it comes to diabetes prevention and control.

### Following some simple eating tips can help with this endeavor:

- **Don't overeat.** Digestion requires a great deal of energy, and the body can use the resources for other things, including healing.
- **Avoid or minimize refined carbohydrates, sugar, high fructose corn syrup, processed foods, alcohol, caffeine, and dairy.** Additives, hormones, and drugs run rampant in our food supply, especially in processed foods and animal products. Eat organic whenever possible.
- **Consume a high fiber, lower-fat diet.** Avoid trans-fats, hydrogenated oils, and fats in processed foods. A high fiber, lower-fat diet is also a source of antioxidants and other health-promoting nutrients that keep all areas of the body strong and able to function at an optimal level. Consume monounsaturated fats in moderate amounts in the form of nuts (walnuts), seeds, and avocados.
- **Seek out foods containing essential fatty acids and nitric oxide.** They are both crucial to a strong immune system, maintaining the integrity of the blood vessels, and keeping the body disease-free. The amino acid L-arginine is the best source of nitric oxide. It can be found in legumes, soy, nuts, oats, and in supplement form. Exercise also stimulates the production of nitric oxide. Sources of omega-3 fatty acids include hemp seed, chia seed, English walnuts, flaxseed, leafy greens, soybeans, beans, nuts, and seeds.





## Recommended vegetables

Note: Vegetables may not be available in all countries.

- Artichoke
- Asian vegetable sprouts (wheat, barley, alfalfa, etc.)
- Asparagus
- Avocado
- Beetroot
- Broad Beans
- Broccoli
- Brussel sprouts
- Cabbage (various types)
- Capsicum
- Carrots
- Cauliflower
- Celeriac
- Choko
- Cucumber
- Dandelion leaves
- Dried peas
- Eggplant (aubergine)
- Fennel
- Garden peas
- Garlic
- Kale
- Kohlrabi
- Kumara
- Lettuce (Kos and various types)
- Mangetout peas
- Mushrooms
- Okra
- Onions (red and white)
- Petit pois peas
- Radishes
- Runner beans
- Seaweed - all types (Kelp, Wakame, Noni, etc.)
- Silver beet
- Spinach
- Squash
- Sugar snap peas

## Recommended fruits

Note: Fruits may not be available in all countries.

- Apple
- Apricot
- Avocado
- Bilberries
- Blackberries
- Blackcurrants
- Blueberries
- Cherimoya
- Cherries
- Damsons
- Dates
- Durian
- Figs
- Gooseberries
- Grapefruit
- Grapes
- Kiwi fruit
- Limes
- Lychees
- Mango
- Nectarine
- Orange
- Pear
- Pineapple
- Plum/prune (dried plum)
- Pomegranate
- Rambutan
- Raspberries
- Salal berry
- Satsuma
- Strawberries
- Tangerine
- Western raspberry (Blackcap)

# The Garden of Eden pyramid



## 7. Stay active daily.

Contrary to the opinion of fitness fanatics, there are two simple ways to get your body working better and stronger. And no, they do not include swimming and cycling, although you can add these later if you want to.

*One of the two simple ways to exercise is to build up to walking 3-5 miles per day, in a fast, purposely strong way with as long a stride as you can. Keep your hands moving from chest level to belt level as you move with each stride.*

*Use weights or wrist weights as you improve.*

*If this is difficult for you at the start, and your lungs are weak, then lie down to exercise to make it easier.*



Lie down in a comfortable place. On your bed, (if it's firm enough), when you first wake up is a great time and place for this. Bring a knee up to your chest as high as you can get it and then alternate with the other knee. Do as many of these as you can while keeping count. Do this every day and set yourself targets to increase the speed and the number as the weeks go by. You should be doing enough to make your lungs and heart beat faster. At the same time, as you improve your count on your back you need to be starting your walking and building this up.

The second great exercise for strengthening your lungs is to build up slowly where you can exercise at maximum rate for 2 minutes, 6 times per day. It does not matter what exercise you do, e.g. skipping, star jumps, running on the spot; just about anything, as long as your heart and lungs are working at maximum capacity. By working at maximum rate, your lungs and muscles connected with your heart and lungs will get stronger, and blood sugar will balance perfectly.



**Physical activity is vital to your rehabilitation plan.**





## 8. Breathing properly.

It is critical to breathe properly for a healthy body. Oxygen is the prime source of health.

### There are two ways to breathe:

1. The first way is an anxious breath in the chest.
2. The second way is a relaxed breath in the diaphragm, or more precisely, in the tummy area.

The first breath in the chest is part of the stress response and involves hormones such as cortisol. This type of breathing should last no longer than it takes to deal with a problem in life and then another hormone kicks in to create relaxed breathing. If this stress type of breathing becomes chronic or habitual, then the cortisol and retained carbon dioxide become part of the problem, and the body's natural healthy systems cannot function properly. It also weakens the immune system and opens you up to infections.

Your goal is to relearn relaxed, healthy breathing, where you clear cortisol and carbon dioxide. Too much carbon dioxide in your bloodstream destroys something called hemoglobin, which is the blood's method of carrying oxygen around the body. So it's critical to be able to breathe in a relaxed way from the diaphragm.

### HOW TO BREATHE PROPERLY

The simple way to learn is to lie on your back in a firm bed or on the floor on a blanket or mat. Put a bit of weight over your belly button, such as a heavy book. Take a breath into your nose so that the book rises as you fill your diaphragm (tummy) with air. Hold the breath in your tummy for the count of 4 and then breathe out through your nose and feel your tummy deflating. Let go of any tension you may have with the out-breath. Then repeat. Your upper chest should not move at all, which shows you are relaxed and not stress breathing.

Practice over and over again while lying down, and once you have really got the long, slow rhythm of relaxed breathing, then try it standing up. You may feel dizzy to begin with getting all this fresh oxygen, but you must practise this every spare minute you have. **You can learn more about breathing exercises [here](#).**





## 9. Stimulating the acupressure points.

Another part of your recovery plan is to stimulate acupressure points connected to the blood sugar regulatory system. There are various points that you can massage gently with your finger or stimulate with an electronic stimulator that mimics the action of acupuncture. The recommended device is **HealthPoint™**, and you can read more about this on **page 44**.

## 10. Getting out into the sun as much as possible.

A critical vitamin for a healthy body is Vitamin D3. There is a large dose of this in the important supplement I recommend on **page 37**, but it is still important to still get some Vitamin D from the sun.

The sun is the bringer of all life, and a silly myth has developed that the sun is our enemy, and we should keep out of it, or worse still, put some toxic chemicals all over us so we can go out in it. I am not saying that we can go out on a really hot sunny day and lie in the sun for 6 hours for the first time. We are supposed to build the skin's tolerance to the sun over many weeks in the spring to stimulate protection from it, so that by the time the hot summer sun comes along we can tolerate much more.



### Recommendations:

- A. Get as much skin exposed to the sun as you can every day, e.g. on your daily walk.**
- B. Build up slowly from the spring to summer time.**
- C. Try not to stay out in the middle of the day without covering up, and cover up rather than use a barrier cream.**
- D. If you do use a sun cream, get an organic one rather than chemical ones with well-known names.**
- E. Remember, the sun is your friend, and as with friends, try not to get too much in one go!**

## More about clearing inflammation, balancing blood sugar levels, and promoting healing

### Cinnamon27™

**Cinnamon27™** will support healthy blood sugar levels in a unique formulation of proven ingredients. Chromium contributes to the maintenance of normal blood glucose levels.

#### Ingredients:

- Calcium (from coral) 107 mg
- Chromium (as polynicotinate) 150 g
- Proprietary Blend {Cinnamon Bark extract (Ceylon), Gymnema Sylvestre Extract, Bitter Melon Extract, Fenugreek Seed Extract, Coral Minerals, American Ginseng Root Extract, Nopal Cactus (prickly pear) Extract, Cinnamon powder} 523mg

#### Dosage:

For a 150 pound person, take 3 capsules, 3 times per day before meals (1 capsule per 50 pounds of body weight). Take for 27 days, stop for at least 3 days, then resume.



### Super Nutrient Serranol™

**Super Nutrient Serranol™** provides superior support for the cells, heart, circulation, joints, and cholesterol using the following ingredients:

- **Serrapeptidase** is a multi-functional proteolytic enzyme that dissolves non-living tissues, such as scarring, fibrin, plaque, blood clots, cysts, and inflammation in all forms – without harming living tissue. Serrapeptidase helps promote better wellbeing for your inflammatory system and supports your whole body, not only the lungs but also arteries, digestive tract, colon, joints, and anywhere blockages/inflammation needs resolving.
- **Curcumin** is one of the best natural anti-inflammatory herbs to stimulate glutathione to protect cells and tissue from inflammation and help modulate the immune system. Curcumin has also been studied for its anti-bacterial, anti-viral, and anti-fungal properties.
- **Ecklonia Cava** For centuries, people throughout Asia have consumed Ecklonia Cava Extract, a species of edible brown algae. Harvested from the coastal waters off Japan, Korea, and China, all studies indicate ECE offers outstanding health benefits.
- **Vitamin D3** is critical to keep your immune system strong. The cells that make up the immune system contain vitamin D3 receptors. If there is an insufficient amount of vitamin D3 present to bind receptors, immune cells become weak and cannot protect the body from infections. Vitamin D3 deficiency is increasingly common in people of all ages because we spend less time outdoors in the sun, but this vital vitamin cannot be stored in the body. So replenishment through daily supplementation is vital to immune health.

#### Ingredients:

- SerraEnzyme Serrapeptase® 160,000iu
- Curcumin X4000 250mg
- Ecklonia Cava Extract (Seanol®) 50mg
- Vitamin D3 1000iu

#### Dosage:

1 capsule x 3 times per day. Take 30 minutes before or 2 hours after food.

## Benfotiamine

**Benfotiamine** is the fat-soluble and most bioavailable form of vitamin B1 (Thiamine) that acts through several mechanisms to block the biochemical pathways by which high blood sugar wreaks havoc throughout the body. By supporting healthy blood sugar metabolism, Benfotiamine can protect against advanced glycation and oxidative stress.

Scientists have demonstrated in clinical studies that Benfotiamine has effectively reduced postprandial endothelial dysfunction and oxidative stress. This is normally seen in patients with high blood sugar who were fed a heat-processed meal with a high content of advanced glycation end products. Benfotiamine also supports normal nerves, kidneys, eyes, blood vessels, and heart health.

### Ingredients:

- Thiamine Vitamin B1(as thiamine HCl) 10mg
- Benfotiamine 250mg

### Dosage:

Take 1-4 capsules daily with or without food.



**Click  
for more  
details**

## Alpha Lipoic Acid™

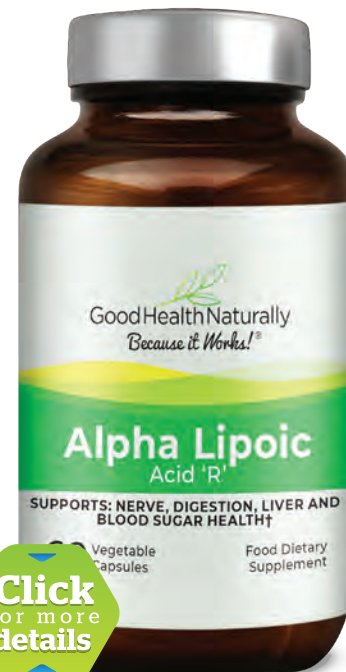
**Alpha Lipoic Acid™** is more absorbable than ordinary Alpha Lipoic Acid, available in a stabilised form. The professional strength formula is designed to improve glucose metabolism in those with type 2 diabetes. The antioxidant provides cardiovascular and nerve support, while aiding in glucose utilization. For whole body rejuvenation, Alpha Lipoic Acid 'R' offers antioxidant protection for the eyes, nerves, heart, kidneys, and pancreas; it can be used in diabetes recovery to address nerve-related symptoms like numbness, pain, and burning in arms and legs.

### Ingredients:

- Bio-Enhanced® Na-RALA (Alpha Lipoic Acid R) 200 mg

### Dosage:

Take 2 capsules per day on an empty stomach or as directed by your healthcare professional.



**Click  
for more  
details**

## More about immune strengthening formulations

### Nascent Iodine

**Nascent Iodine** is totally different from the typical iodine in its denser state sold as an antiseptic, or as iodine tri-chloride (claiming to be atomized), or as added to potassium iodide to make it soluble in liquid. Nascent Iodine is consumable iodine in its atomic form rather than its molecular form. It can provide benefits in thyroid and immune support, detoxification, metabolism, improved energy, and more. to address nerve-related symptoms like numbness, pain, and burning in arms and legs.

#### Ingredients:

- Iodine (in its atomic form) 350 g

#### Dosage:

Take 1-3 drops in half-ounce water, twice daily on an empty stomach, or as directed by a healthcare professional.



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for more  
details

### Ancient Magnesium Oil Ultra

**Ancient Minerals Magnesium Oil Ultra** is a next generation formula incorporating the unique synergistic benefits of MSM and magnesium.

Ancient Minerals Magnesium Oil Ultra offers improved uptake of magnesium ions and enhanced cell membrane permeability; it can be used for pain management, joint mobility, and calming inflammation.

#### Ingredients:

- 1.6g elemental magnesium per fl oz.
- 3.6g of MSM (OptiMSM®) per fl oz.

#### Dosage:

Restores cellular magnesium levels, protects cells, relieves aches and pains. Apply to legs, arms, chest and back muscles daily after a shower. 100 mg of elemental magnesium per 1 ml is 6 sprays.



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for more  
details

## Prescript-Biotics™

**Prescript-Biotics™** contains "Bio-Identical" SBO Probiotics Consortia™ a group of natural, friendly microorganisms that help to renew the gut and create a healthy balance between the good and bad gut bacteria. Every day, this delicate balance of good bacteria in the gut is at risk: poor diet, lack of fibre, excess alcohol, smoking, antibiotic use, little exercise and sleep, stress, and even environmental toxins can burden the gut.

The body relies on these healthy "bugs" to digest food, absorb nutrients, and produce the B vitamins and enzymes needed to ensure daily health. Prescript-Biotics' powerful, soil-based microflora may benefit lung health, immunity, mood, and energy levels.

### Ingredients:

*Bifidobacterium Bifidum, B. Licheniformis, L. Acidophilus, L. Lactis, L. Casei, B. Subtilis, L. Rhamnosus, and L. Plantarum*, a superior formula of SBOs (Soil Born Organisms), symbiotically blended in a proprietary nutrient-rich host medium of Humic & Fulvic Acids. (Naturally dehydrated and encapsulated in its nutrient-rich food source for long-lasting efficacy.)

Other Ingredients: Hypromellose (Veggie Cap).

### Pure & Natural:

No Dairy, No Salt, No Artificial Color, No Flavoring, No Sugar, No Preservatives and No Fillers have been added to this product.

### Dosage:

For best results, take 30 minutes before a meal or snack with 6-8 oz of juice or purified water.

WEEK 1: Take one capsule a day

WEEK 2: Take one capsule twice a day

WEEK 3: Take one capsule three times a day

WEEK 4: Take four capsules a day



Click  
for more  
details



## Active Life™ Capsules - 130 Nutrients in one capsule

**Active Life™ Capsules** have been formulated with only your wellbeing in mind. Just as the name suggests, Active Life Capsules can help to support a busy, modern life where stress, high demands, and a poor diet are often a reality. Active Life Capsules are a complete all-in-one nutritional supplement to complement any Active Life-style, offering an all-natural source of 130 vitamins, minerals, and other essential nutrients.

### Ingredients

### Amount per Serving

Vitamin A (from Palmitate/20% Beta-Carotene)	1500 mcg RAE
Vitamin C (from Ascorbic Acid)	500mg
Vitamin D (Vitamin D3) (Cholecalciferol)	15mcg
Vitamin E (Natural d-alpha Tocopherol & Mixed Tocopherols)	268mg
Vitamin K activity	2600mcg
Thiamin (Vitamin B1)	10mg
Riboflavin (Vitamin B2)	10mg
Niacin (Vitamin B3) (from Niacinamide)	80mg
Vitamin B6 (from Pyridoxine Hydrochloride)	10mg
Folate (as (6S)-5-methyltetrahydrofolic acid (equivalent to 1481 mcg (6S)-methyltetrahydrofolic acid glucosamine salt) (Quatrefolic®) (800mcg Methyl Folate)***	1360mcg DFE
Vitamin B-12 (from methylcobalamin)	100mcg
Biotin	300mcg
Pantothenic Acid (Vitamin B5)	20mg
Choline (from Choline Bitartrate)	25mg
Calcium (from Calcium Citrate)	120mg
Iodine (from Potassium Iodide)	150mcg
Magnesium (from Magnesium Citrate)	60mg
Zinc (from L-OptiZinc®)	25mg
Selenium (from Selenomethionine)	200mcg
Copper (from Copper Gluconate)	2mg
Manganese (from Manganese Chelate)	4mg
Chromium (from Chromium Picolinate)	120mcg
Molybdenum (from Molybdenum Citrate)	75mcg
Chloride (from Fulvic Trace Minerals)	16mcg
Potassium (from Potassium Malate)	216mg
L-Taurine	400mg
Bilberry (fruit) (5:1 extract)	150mg
Fulvic Trace Minerals	200mg
Strontium (from Strontium Citrate)	60mg
Inositol	40 mg
Lutein (from Marigold (flower) (ZanMax®)+	20 mg
L-Cysteine	10 mg
L-Glycine	10mg
Zeaxanthin (from Marigold (flower) (ZanMax)	4 mg
Boron (from Boron Citrate)	1 mg

### Dosage:

Adults and children over age 12 - take up to 3 capsules twice per day after meal. Children under age 12 - take 1-2 capsules per day or as directed by a healthcare professional. If taking thyroid or iron medication, wait 2 hours before using Active Life™ capsules.



## Antarctic Pure Krill Oil

Krill are tiny shrimp-like crustaceans found in the Southern Oceans. The Southern Oceans are the only oceans in the world that remain unpolluted by the heavy toxic metals that are now found in many fish oils. Krill are a super-rich source of Omega 3, and their antioxidant levels are 300 times greater than Vitamins A and E and 48 times greater than Omega found in standard fish oils. (Please note: People with seafood allergies should notify their physician prior to taking a Krill or fish dietary supplement.)

The unique combination of antioxidants, Omega 3 oil and other potent ingredients in 100% natural Neptune-source **Antarctic Pure Krill Oil** offers support for:

- A reduction in lung/heart-damaging inflammation
- Improved concentration, memory, and learning
- Improvement in cholesterol and other blood lipid levels
- Stabilization of blood sugar levels
- Healthy joints, with a decrease in pain and symptoms associated with arthritis
- Fighting the damaging effects of aging
- Protecting cell membranes
- Healthy liver function
- Bolstering the immune system
- Healthy mood regulation
- Optimal skin health

### Ingredients:

Superba Boost™ Krill Oil (from Crustacean)	1,180mg
Phospholipids	660mg
Omega-3	318mg
EPA	178mg
DHA	82mg
Choline	82.6mg
Astaxanthin	100mcg

### Dosage:

Take 1 capsule twice per day with food.



Click  
for more  
details

## Naturally Better Vitamin E

**Naturally Better Vitamin E** offers a self-emulsifying delivery system that provides a consistent oral absorption of Tocotrienols. It can provide support for diabetes risk, hair growth, Alzheimer's disease, stroke-induced injuries, non-alcoholic fatty liver disease, cardio-protection, cholesterol reduction, immune function, and cystic fibrosis.

### Ingredients:

- Total d-Mixed-Tocotrienols (Tocomin\*) 20.00 mg
- Vitamin E Activity, IU 8.06 IU
- Plant Squalene 4.92 mg
- Phytosterol 1.72 mg

### Dosage:

Take 1 capsule, 2 times per day.



## Essential Digestive Plus™

The digestive system is a truly integrated system – the function of one aspect usually affects the other. Because of this interrelationship among the components of the digestive system, it is often difficult to determine the exact cause of any digestive disturbance. However, using the proper digestive enzymes can eliminate most of the problems.

Incomplete digestion and yeast can be the main contributors to the development of many diseases. Ingesting foods and nutritional supplements are of little benefit if their breakdown and assimilation are inadequate, but supplementing with enzymes helps allow for better absorption.

Proper small intestine absorption requires effective digestive enzymes coupled with fully functional absorptive surfaces. Improving small intestine function includes addressing the underlying issues that cause the discomfort and disease. Digestive enzymes like **Essential Digestive Plus™** can help bring relief to food intolerance and allergies and provide support when the body is suffering from a lack of enzymes, low immune status, and too much sugar in the diet.

### Ingredients:

- FrutaFit® IQ Inulin 150mg
- Protease SP Blend 82,000 HUT
- Amylase 8,000 DU
- Alpha Galactosidase 300 GLA
- Glucoamylase 20 AGU
- Lactase 1,000 ALU
- Cellulase 600 CU
- Invertase 525 INVU
- Pectinase 55 endo PGU
- Lipase 1,350 FIP

### Dosage:

Take 1 capsule as you start your meals, 3 times a day.

## More about acupressure

Stimulating the points in page 8-26 of the book **Mastering Acupuncture** will help to balance the blood sugar system. These points can be effectively and safely stimulated using the **HealthPoint™** electro-acupressure kit. The advantage of the kit is it gives you the power to precisely locate the acupuncture point, and indeed other points, so you can enjoy the benefits of acupuncture at home and without any needles.

**HealthPoint™** is easy to use, painless, and effective. It includes a book covering over 150 pain and non-pain conditions that can be helped, such as headaches, back, neck, and joint problems.

The gentle and systematic stimulation of the body's natural healing system can speed recovery in many cases. **HealthPoint™** breakthrough technology was developed by leading pain control specialist Dr. Julian Kenyon, MD, 25 years ago, and today features the latest microchip technology to quickly locate acupuncture points key to specific health conditions, such as the points for diabetes.





## In conclusion:

The Non-Inflammatory Lifestyle Program is a complete program, one designed to address all aspects of what is required to prevent or control your diabetes.

Diabetes is essentially a lifestyle disease, meaning if the lifestyle is changed, there is every likelihood of some recovery. With the changes in this 10 Step Plan put into effect, the body is perfectly capable of healing and recovering good health.

*Drugs don't make you healthy.*

Drugs do not work in that they do not make you healthy. At best, drugs will help you feel better; at worst, they will speed up degeneration and contribute to premature death.

The pharmaceutical business would prefer you continue your present, ineffective treatment plan, only utilizing toxic pills in the form of immune-suppressing drugs and avoiding the true path to prevention and healing.

*You are now learning there is a better way.*

**The Non-Inflammatory Lifestyle Program is structured for those patients struggling to prevent or control their diabetes, even after other medical treatments have failed:**

- A program that can help you learn how to love your health and improve your quality of life through treatment in the form of exercise, education, and coaching.
- A personalized program that incorporates therapy and support, assisting the person in achieving the maximum results possible.

The Non-Inflammatory Lifestyle Program is detailed within this book and, when carefully followed, will show results within weeks.

*You will always end up healthier with this plan.*

The worst thing that can happen with this plan is that you will get healthier but still need to take drugs if they or the disease have damaged you to the extent that you are reliant on them.

*Take it all slowly and step by step.*

Unless you are already used to making changes in your life, you will find adopting these habits of healthy living can be difficult to sustain. Persist. Because...

*Make no mistake...Your life is worth it.*





# Sample Daily Diabetes Rehabilitation Plan

TIME	ACTION	AMOUNT
OPTIONAL ITEMS		
With any meal	Take The Krill Miracle	Take 1 capsule, 2 times daily
With any meal	Take Vitamin E Mixed Tocopherols	Take 1 capsule, 2 times daily
With any meal	Take Essential Digestive Plus	Take 1 capsule, 3 times daily
AFTER A SHOWER	Apply Magnesium Oil ULTRA/MSM to further help any absorption to tummy and leg muscles	Take 3-4mg per pound of body weight
<b>BREAKFAST</b>		
30 minutes before breakfast	Take Serranol®	Take 1 capsule
Just before eating	Take Nascent Iodine™	1-3 drops in a little water
Just before eating	Take Cinnamon 27	Take 3 capsules
With breakfast	Take Active Life™	Take 3 Capsules
<b>LUNCH</b>		
30 minutes before lunch	Take Serranol®	Take 1 capsule
30 minutes before lunch	Take Nascent Iodine™	1-3 drops in a little water
Just before eating	Take Cinnamon 27	Take 3 capsules
Before eating	Take Alpha Lipoic Acid-R	Take 2 capsules
Before eating	Take Prescript-Biotics™	Take 2 capsules
<b>EVENING MEAL</b>		
30 minutes before evening meal	Take Serranol®	Take 1 capsule
Before eating	Take Cinnamon 27	Take 3 capsules
With the evening meal	Take Active Life™	Take 3 Capsules

**All of the products you see in this book  
can be obtained from the following links:**

**Good Health Naturally UK (and Europe)**

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

Tel: 03337 777 333

(Open Mon-Fri 9am-5pm)

**Good Health USA**

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

Tel: 1800 455 9155

(Open Mon-Fri 7am-3pm Pacific)

**Good Health Canada**

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

Tel: 1 800 455 9155

(Open Mon-Fri 7am-3pm Pacific)

**Good Health Australia**

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

Tel: + 61 (0)7-3088-3201

From 9am to 5pm AEST

## All the books in this series:

Curcumin: Nature's Miracle Spice  
Helping Acne, Eczema and Psoriasis, By The Book  
Helping Alzheimer's, By The Book  
Helping Arthritis, By The Book  
Helping Asbestosis, By The Book  
Helping Bronchiectasis, By The Book  
Helping Bronchitis, By The Book  
Helping Cancer, By The Book  
Helping Candida, By The Book  
Helping Chronic Cough, By The Book  
Helping COPD, By The Book  
Helping Cystic Fibrosis, By The Book  
Helping Diabetes Type 2, By The Book  
Helping Emphysema, By The Book  
Helping Endometriosis & Fibroids, By The Book  
Helping Eye Disease, By The Book  
Helping Fertility, By The Book  
Helping Fibromyalgia & Chronic Fatigue, By The Book  
Helping Fibrosis, By The Book  
Helping Heart Disease, By The Book  
Helping High Blood Pressure, By The Book  
Helping Kidney Health, By The Book  
Helping Lung Health, By The Book  
Helping Lupus, By The Book  
Helping Men's Health, By The Book  
Helping Multiple Sclerosis, By The Book  
Helping Osteoporosis, By The Book  
Helping Pneumoconiosis, By The Book  
Helping Pulmonary Tuberculosis, By The Book

Helping Rheumatoid & Juvenile Arthritis, By The Book  
Helping Stroke, By The Book  
One Missing Mineral Can Transform Your Health: Iodine  
The HealthPoint™ Facelift: The Anti-Aging Secret  
The Magnesium Manual (The Forgotten Mineral)  
The Secret To Good Gut Health

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## Other Books by Robert Redfern:

The 'Miracle Enzyme' Is Serrapeptase

Turning A Blind Eye

Mastering Acupuncture

EquiHealth Equine Acupressure

## About This Book



Robert Redfern is passionate about providing you with the right tools and information to help you become an expert in natural health so that you and your family can achieve great health. This book brings Robert's research and work on diabetes into an easy-to-follow Diabetes Rehabilitation Plan that everyone can use for improved health.

Visit [www.NaturallyHealthyNews.info](http://www.NaturallyHealthyNews.info) today to find more information on health conditions related to:

Prostate  
Liver  
Kidney  
Digestive Problems  
Colitis  
Crohn's Disease  
IBS  
Gallbladder  
Constipation  
Thyroid

*"I suffered from diabetes, and high cholesterol. I had quadruple bypass heart surgery. I'd say after a week of taking your plan, I realized that I was doing better. As time went on, I wouldn't take the chance that I would go back to the way I was feeling before I started taking Serrapeptase. I went from using a wheelchair to walking without a cane."*

*J.B.B., USA*



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