

More Diabetes Drivel

The Milwaukee Journal Sentinel published more diabetes drivel that seemed bent on scaring Americans while carefully avoiding the truth about diabetes. They confirm that there is an epidemic of diabetes in this country (ho-hum). That there is likely to be a great increase in strokes across our nation due to this epidemic (yawn). That there is an impending crisis due to all this (gee-whiz). And finally, that diabetes is more culpable in strokes than even dreaded cholesterol (tell us something new).

What would we do about all this “new” data? Well, the medical high priests have once again completely side-stepped the real cause of this epidemic by stating that “the best treatment for stroke is never to have one.” And the way to never have one is to “take care of” diabetes and hypertension, though they don’t mention how to do this, or what causes these problems.

Naturally, the insinuation is to simply lower glucose and blood pressure numbers with drugs. This treatment of course, does not address the cause of the problem, does nothing to cure the problem, only artificially lowers these numbers, and is laced with a litany of serious and even life threatening side effects.

The Truth about Diabetes

The following new release would have been much better and more true:

- There is an epidemic of diabetes in this country, which is a major cause of strokes.
- As long as the number of type 2 diabetes increases, we can expect a surge in stroke cases.
- The only way to prevent this health care crisis is to treat at its cause.
- The major cause of diabetes in this country is **the processed food industry**.
- Processed foods, especially wheat and white flour products, are the major cause of diabetes in this nation.
- White flour is the foremost cause of high triglycerides in the blood.
- The quickest way to normalize triglycerides **and** glucose levels is to stop eating all wheat, processed foods, and sugars.
- To beat diabetes, you must exercise your muscles hard with weight lifting.

- You also need to use special nutrients to rebuild the **glucose tolerance mechanism** in your body that has been destroyed by wheat, processed foods, and sugars
- As soon as this reversal is accomplished, we can forget about all the impending epidemics.

Of course, this is not about to be forthcoming. The food-processing industry is now so tightly interwoven with the medical high priests that you simply will not hear this information. In addition, the medical profession is so interwoven with the pharmaceuticals industry that neither would ever allow the other to let the truth out. After all, a diabetes patient is worth **more than \$100,000** in their lifetime to doctors and drug-makers.

Call for Research—Theirs or Mine

Instead of telling the truth, the medical high priests will call for millions of dollars for diabetes research—all of which will fail to produce results leading to a cure because the research won't look in the right place for the cause and cure. In reality, and in a perfect world, we could cure diabetes with research that might cost \$10,000. Most of that would be for hand-held blood sugar monitors for the willing participants.

All that's needed are blood sugar monitors and people willing to stop eating wheat, start exercising, and begin using supplements. Within six months, the simple use of glucose monitors would finally prove that nothing raises blood glucose and triglycerides higher and for longer periods of time than wheat and processed foods. It would also be found that nothing lowers glucose faster and for longer than hard muscular exercise.

Cure for Diabetes

We would learn that this new diet and exercise program, combined with three to six months of rebuilding the glucose tolerance mechanism with the right supplements, would quickly and effectively normalize type 2 diabetes. It would normalize high blood glucose and high blood triglycerides permanently. This is the definition of **the cure for diabetes**, which would immediately end the health crisis in strokes caused by raging diabetes.

Unfortunately, none of this will happen. If you want to be one of the small ones, and you have type 2 diabetes, you can perform the research on yourself. The supplements you will need for about six months are from Standard Process: **Diaplex** (2-3 x 3 daily with meals), **Cataplex GTF** (1-2 x 3 daily with meals), **Min-Tran** (2-4 daily), and a tablespoon of flax or cod liver oil.

Your doctor will most likely dismiss my 30 years of clinical data by using the usual technique—where is Dr. West's proof? Where are the double-blind studies? Or he or she may simply say that I am nothing more than a medical heretic. Yet how can anyone know about this type of therapy if **they have no experience with** it? I dare any reasonable medical researcher to simply test what I have said. All they will need is a glucose monitor.

More expensive and useless medical—diabetes research—who needs it? More powerful drugs—who cares! What is needed is **fundamental change**.

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