

Diabetes Type II [aka: Adult Onset Diabetes, Non-Insulin Dependent Diabetes Melitus [NIDDM]], usually arises through self-inflicted and/or inherited improper dietary habits which include high amounts of [1] fats [the primary culprit] and [2] sugars and [3] refined/heavily processed substances, and generally also include a lack of [1] proper dietary fiber, [2] clean water intake and [3] daily exercise, whether done in ignorance or purposeful, affecting the human system at the cellular level and generally known to be "... exacerbated by a diet rich in sweets and refined products and poor in whole grains.

The problem with type II diabetes is not a lack of insulin, but rather its excessive or inadequate secretion. However, this excess insulin is ineffective in metabolizing glucose, since body cells are not sensitive to it.

Type II diabetics tend to be obese and present disorders associated with fat metabolism, with excess cholesterol, and triglycerides, since insulin promotes the synthesis and accumulation of fat. Adult type II diabetics rarely need to be treated with insulin. They normally respond well to an adequate anti-diabetic diet.

Complications of diabetes: Whether or not enough insulin is produced (type I diabetes) or that produced is ineffective (type II diabetes), blood glucose level is elevated, causing a variety of mid and long-term complications. Obesity, arteriosclerosis, cardiac disease, hypertension, kidney failure, and retinal disorders with vision loss are the most frequent complications of diabetes.

To avoid the complications of diabetes it is essential to follow an adequate dietetic treatment with frequent blood glucose level control. Diabetics must be constant and careful with their diet for the rest of their lives." [Encyclopedia of Foods and Their Healing Power; Volume 2; page 289 – George D. Pamplona-Roger, M.D.]

"Diabetes occurs when the body becomes unable to handle glucose (sugar), which builds up to dangerous levels in the blood. A diagnosis of diabetes is usually made when a blood sugar test is consistently above 125 mg% (7.0 mmol/L) after an eight-hour fast. Fasting blood sugar (FBS) levels of 100-125 (5.6-6.9 mmol/L) are known prediabetics. ...

... In contrast to the juvenile diabetics, most Type II diabetics have plenty of insulin in their bodies when diagnosed, but something diminishes the insulin's ability to do its job effectively." [Health Power: Healthy By Choice, Not By Chance!; page 52 – Hans Diehl, Dr.HSc, M.P.H. & Aileen Ludington, M.D.]

"What are the warning signs of diabetes?"

The classical symptoms are polydipsia (excessive thirst), polyphagia (excessive appetite), and polyuria (excessive passage of urine). ...

... Eight out of 10 diabetics develop eye problems. Diabetes is the leading cause in developed countries.

Diabetics are 18 times more likely to experience serious kidney damage than are nondiabetics. Some 25 percent of kidney dialysis patients are diabetics.

Diabetes is a potent promoter of atherosclerosis (narrowing and hardening of arteries). The result is

that diabetes more than doubles the risk of heart attacks and strokes. It can also lead to sexual impotence, hearing impairment, intermittent claudication (disabling leg cramps) and gangrene (half of all foot and leg amputations in adults are from this cause).” [Health Power: Healthy By Choice, Not By Chance!; page 53 – Hans Diehl, Dr.HSc, M.P.H. & Aileen Ludington, M.D.]

“What causes Type II diabetes?

Studies demonstrate a strong relationship to fat – both fat in the diet and fat on the body. The disease is not as common in areas of the world where fat intake and obesity rates are low.

Normally insulin, a pancreatic hormone, enables body cells to use glucose and controls blood sugar levels. But most of the time the problem in Type II diabetes is not a defective pancreas unable to produce sufficient insulin, but a lack of sensitivity to insulin. This resistance of the cells to insulin appears to relate directly to obesity and to excess fat in the diet and possibly in the liver.” [Health Power: Healthy By Choice, Not By Chance!; page 53 – Hans Diehl, Dr.HSc, M.P.H. & Aileen Ludington, M.D.]

“So what's the best way to treat this disease?

Several treatment centers have convincingly demonstrated that most Type II diabetics can normalize their blood sugar levels, often 'within weeks, by following a simple plant food-centered diet, very low in fat and high in fiber, coupled with daily exercise.

Lowering the amount of fat, oil, and grease in the diet plays the crucial role. When less fat is eaten, less fat reaches the bloodstream and the liver. This begins a complicated process that gradually restores the sensitivity to insulin, which can then facilitate the entry of sugar from the bloodstream into the body cells. The effect is often dramatic. A Type II diabetic who lowers daily fat intake to about 10 percent of total calories can often normalize the blood sugar levels within weeks. Many are eventually able to get off diabetic medication entirely – both pills and injections.

Eating more natural, fiber-rich foods plays an important role by helping stabilize blood sugar levels. When foods are eaten without their normal complement of fiber, blood sugar levels can quickly shoot up. Normally a surge of insulin then counteracts this. People who consume refined foods, drinks and snacks high in calories but low in fiber may experience hikes and dips in blood sugar levels all day long. High fiber foods, on the other hand, [page 53-54] smooth out these blood sugar fluctuations and stabilize energy levels.

Active physical exercise has an insulin-like reaction in that it burns up the excess fuel (blood sugar and fatty acids) more rapidly.

The foremost recommended lifestyle modification for diabetes, however, is losing excess weight.

Obesity is far and away the most common non-genetic component contributing to the development of diabetes.

Normalizing body weight is often all that is necessary to bring the blood sugar back to normal. The low-fat, high-fiber diet will greatly aid this effort, as will regular, active exercise.” [Health Power: Healthy By Choice, Not By Chance!; page 53-54 – Hans Diehl, Dr.HSc, M.P.H. & Aileen Ludington, M.D.]

“The **only hope** of better things is in the education of the people in right principles. Let physicians teach the people that **restorative power is not in drugs, but in nature**. **Disease is** an effort of nature to free the system from conditions that result from a violation of the laws of health. In case of sickness, the cause should be ascertained. **Unhealthful conditions should be changed, wrong habits corrected**. Then **nature is to be assisted in her effort to** expel impurities and to re-establish right conditions in the system.” [The Ministry of Healing, Page 127; Ellen G. White; also Temperance, Page 85; also Counsels on Health, Page 90]

“... Hear me, O Judah, and ye inhabitants of Jerusalem; **Believe in the LORD your God**, so shall ye be established; **believe his prophets**, so shall ye prosper.” 2 Chronicles 20:20

“Diabetes – A disorder on the metabolism of carbohydrates, caused by a lack of insulin. This hormone, which is produced in the pancreas, makes the sugar in the blood pass into the cells where it can be metabolized.

These medicinal herbs compliment the dietetic treatment of diabetes. Their action may enhance, and in some cases substitute, that of the antidiabetic medicines which are taken orally.

While taking hypoglycemic plants like these, the patient must undergo periodic controls regarding the level of blood sugar levels, as happens with any other antidiabetic treatment.” [Helpful Herbs from the Encyclopedia of Medicinal Plants Volume 2; page 648 – George D. Pamplona-Roger, M.D.]

Helpful Herbs from the Encyclopedia of Medicinal Plants Volume 2; page 648 – George D. Pamplona-Roger, M.D.

[1] Garlic [Allium sativum L.] [“Normalizes the blood sugar level; [take as:] Raw, extracts, decoction of garlic cloves”]

[A] “Raw. Chew one to three garlic cloves preferably in the morning.” [page 230]

[B] “Garlic extract. In capsules or pearls it does not cause body odor, though high doses are required to produce a therapeutic effect. The usual dose is from six to 12 capsules or pearls (600-1200 mg) daily.” [page 230]

[C] “Decoction of garlic cloves. Boil a garlic bulb in a liter of water for five minutes. Drink three cups daily. This method has the disadvantage of losing part of its properties, though it avoids bad breath.” [page 230]

“**Hypotensive.** In high doses, garlic produces a decrease in blood pressure, both maximum and minimum. It has vasodilating effects, and is thus recommended for people suffering from hypertension, arteriosclerosis, and heart dysfunctions (angina pectoris or heart attacks). Garlic is a good friend of the circulatory system.” [page 231]

“**Blood thinner.** Garlic helps with anticlotting of platelets (prevents an excessive tendency of platelets to group, forming clots), and fibronolytic (disintegrates fibrin, the protein that forms blood clots). All this contributes towards thinning the blood, and makes garlic highly recommended for people who have suffered from thrombosis, embolism, or vascular accidents due to the

lack of blood flow.” [page 231]

“**Hypolidemic.** It decreases the level of LDL cholesterol (noxious cholesterol) in the blood, because it makes its absorption by the intestine more difficult.” [page 231]

“**Hypoglycemic.** Since it normalizes the level of sugar in the blood, it is recommended for people suffering from diabetes (as a compliment to other therapeutical measures), and obesity, as well as for those people with parents who have suffered from diabetes, as prevention.” [page 232]

“**General strengthening.** Of the organism, and **depurative.** Garlic activates the chemical reactions of the body and promotes waste excretion processes (catabolism). Thus, it is recommended in states of weakness or tiredness, for people with a lack of appetite, and for those who suffer from an excess of acid wastes (gout, arthritis, certain rheumatic afflictions).” [page 233]

Other: General antibiotic and antiseptic, defense stimulant, powerful vermifuge (parasites), detoxifier, prevention of malignant tumors, corn remover. [see pages 232-233]

“**Warning:** The use of garlic in high doses, especially when raw or in extracts, is not recommended in the case of hemorrhage, be it traumatic (wounds, accidents, etc) or menstrual (excessive menstruation).

Due to its blood thinning action (see the epigraph) high doses of garlic may prolong hemorrhage and make coagulation processes more difficult to occur.

Continuous use of high doses of garlic during pregnancy is not recommended.” [page 231]

[Quotations from (page references cited per quotation): Helpful Herbs from the Encyclopedia of Medicinal Plants Volume 1; page 230-233 – George D. Pamplona-Roger, M.D.]

If one already has certain ulcerations (open wounds: cuts, scrapes, blisters or pressure sores, etc) upon the extremities (foot, leg, etc), caution is needed in taking garlic, as it will be more difficult to stop the bleeding due to the garlic's effect of blood thinning, although if one does not have ulcerations, the garlic will help increase the blood flow in the cases where diabetes has led to peripheral vascular disease (narrowing of the arteries) which inhibits blood circulation.

“... Poor circulation contributes to diabetic foot problems by reducing the amount of oxygen and nutrition supplied to the skin and other tissue, causing injuries to heal poorly. Poor circulation can also lead to swelling and dryness of the foot. Preventing foot complications is more critical for the diabetic patient because poor circulation impairs the healing process and can lead to ulcers, infection, and other serious foot conditions.” - <http://foot.com/site/foot-conditions/diabetic-foot>

[2] Early Flowering Periwinkle [Vinca minor L.] [“Mild hypoglycemic effect, reduces glycosuria (loss of sugar in urine); [take as:] Decoction of leaves, extract”]

“Its most important active component is vincamine (0.1-0.2%), an indolic alkaloid with notable vasodilating properties. It also contains tannins with an astringent action, and up to 35 other alkaloids recently identified.” [page 244]

[A] “Decoction with 30-50 g of leaves per liter of water, boiling for two minutes. Drink three to five cups daily (the liquid is very sour).” [page 244]

“**Diabetes.** The alkaloids of the early flowering periwinkle present a mild hypoglycemic effect by decreasing the level of glucose in the blood, and reducing glycosuria (the elimination of glucose in the urine). In the case of diabetes, it is used in combination with diet and other treatments.” [page 245]

“**Hemorrhages.** The astringent and hemostatic effect of its tannins explains the fact that in ancient times the early-flowering periwinkle was used to stop hemoptysis (bronchial hemorrhage) that appear with tuberculosis. Its present use is only justified as a complement of specific anti-tuberculosis treatment. It is externally applied for bleeding wounds, hematoma, and bruises, to reduce hemorrhage.” [page 245]

“**General and digestive system strengthener.**” [page 245]

Warning: “[Acts as a **Galactofuge**. It stops the production of milk in breast-feeding women. It is taken orally and applied in compresses on the breasts, for inflammation (mastitis) or when a mother wishes to stop breast-feeding.” [page 245]

[Quotations from (page references cited per quotation): Helpful Herbs from the Encyclopedia of Medicinal Plants Volume 1; page 244-245 – George D. Pamplona-Roger, M.D.]

[3] Bilberry [Vaccinium myrtillus L.] [“Supplies glycoquine, with hypoglycemic effect; [take as:] Infusion of leaves”]

[A] “Infusion of 30-40 g of leaves per liter of water. In the case of diabetes, drink three to four cups a day, unsweetened.” [page 260]

“**Degeneration of the retina and loss of vision.** The anthocyanins of bilberries also act on the capillaries of the retina, improving the irrigation of light-sensitive cells. They are useful to recover night vision acuteness, and to improve visual adaptation to darkness [Fresh Juice, Decoction, Cure; which methods are not recommended for diabetes treatment due to sugar content, but the method of infusion of leaves is recommended]. Their use is especially recommended for diabetic retinopathy, short-sightedness, and degeneration of the retina caused by hypertension or arteriosclerosis, or even by other reasons, such as retinitis pigmentosa.” [page 261]

“**The leaves of the bilberry deserve a mention.** They contain tannin, flavonoid

glycosides, and gluco-quinine, a substance that reduces the amount of glucose (sugar) into the blood. So, they have the same astringent and antidiarrheic effects as the fruits, and they are also hypoglycemic. Thus, they are useful for diabetic people, since bilberry leaves allow them to reduce their dosage of insulin or oral medicines.” [page 261]

“The leaves [of the red/spotted bilberry, taken as infusion of leaves 30 g per liter of water (two to three cups daily)] are also hypoglycemic, like those of bilberry, however, its fruits are astringent [bitter].” [page 261]

[Quotations from (page references cited per quotation): Helpful Herbs from the Encyclopedia of Medicinal Plants Volume 1; page 260-261 – George D. Pamplona-Roger, M.D.]

[4] Artichoke [*Cynara scolymus* L.] [“Hypoglycemic, contains inulin, ideal food for diabetic people; [take as:] Artichokes, infusion or fresh juice of leaves, extract”]

[A] “Infusion of leaves, stem and/or root: 50-100 g per liter of water. Drink three cups daily, before meals if possible.” [page 387]

[B] “Fresh Juice, prepared with the leaves. Drink a glass with every meal.” [page 387]

[C] “Dry extract. The recommended dose is one or two grams daily, if the sour flavor of infusions or juice is not well tolerated.” [page 387]

“Properties and Indications. The active components of artichoke, which concentrate mainly in its leaves, are cynarine (a bitter component), and flavonic derivatives of the luteine. The plant is rich in enzymes, inulin (a sugar quite well tolerated by diabetic people, see p. 80), potassium and manganese. Although the proper artichoke, that is to say, the flower head of the plant, also shares the aforementioned medicinal properties, the leaves, stem and/or roots of the plant should be used in order to achieve an important therapeutic effect.” [page 387]

“Hypoglycemic. Due to its content in inuline, artichoke is an ideal food for people suffering from diabetes. It promotes the decrease of the level of sugar in the blood.” [page 387]

“Hypolipemic. The plant decreases the level of cholesterol in the blood, as well as other lipids, being thus recommended for atherosclerosis.” [page 387]

“Diuretic, depurative, and urea eliminating. Very appropriated for albuminuria and kidney insufficiency.” [page 387]

“Choleretic (increases bile secretion) and hepatoprotective (antitoxic). It is recommended for dyspepsia or biliary colic, and hepatic insufficiency. In the case of hepatitis, artichoke is highly recommended.” [page 387]

[Quotations from (page references cited per quotation): Helpful Herbs from the

[5] Cabbage [*Brassica oleracea* L.] [“Decreases sugar level in the blood; [take as:] Juice of the fresh plant”, and also may be used as a poultice upon external ulcers (wounds, cuts, etc)]

[A] “Fresh plant juice. Drink from half a glass to one glass (100-200 ml), three to four times daily, before each meal, on an empty stomach.” [page 433]

“Properties and Indications. Cabbage leaves are rich in chlorophyll, and thus in magnesium. They also contain a sulpherated substance similar to that contained in mustard, as well as mineral salts, vitamins (mainly vitamins C, A and probably U), mucilage, and an antiulceration factor still not identified. Cabbage is relatively rich in sugars or carbohydrates (7%) and proteins (4%), however, it contains a quite low amount of fats (0.4%).” [pages 433-434]

“Antianemic, antiscorbutic, and hypoglycemic (in diabetic people, it decreases the level of sugar in the blood).” [page 434]

“Diuretic, depurative, and when taken with empty stomach, **vermifuge.**” [page 434]

“Anticancerous. There is evidence that cabbage can act as a preventive in the formation of cancerous tumors. This is likely due to its content of carotene (vitamin A).” [page 434]

“Antiulceration. Internally used, cabbage juice is recommended for gastroduodenal ulcer, which cabbage is able to heal. In his work *Health Through Nutrition*, Dr. Schneider mentions experiments through which the cicatrizing (wound healing) ability of fresh cabbage juice has been proven on gastroduodenal ulcers. After four or five days drinking a glass of juice before each meal, stomach aches disappeared. After three weeks, the ulcer was healed. This antiulcerative action is likely to be due to the still not well-known vitamin U.”

[B] “External Poultices, prepared either with raw leaves (previously mashed with a cylindrical bottle or rolling pin), or with cooked leaves, mixed with bran so that the mixture becomes more compact.

Cabbage leaves can be also heated with an iron, and then applied with a Band-Aid on the skin.” [page 433]

“Cicatrizant (healing agent) and vulnerary. Cabbage, when applied as poultices, heals infected wounds, varicose and torpid ulcers, eczema, furuncles, and acne.” [page 434]

“Raw cabbage leaves are heated with an iron and then applied to the skin as if they were a poultice. They have wound healing and vulnerary properties. Skin wounds and sores difficult to heal, as well as eczema and even acne, will improve noticeably with the application of cabbage leaves.” [page 434]

Warning: When cabbage is continuously consumed for long periods, it can have antithyroid effect, and even produce goiter.”

[Quotations from (page references cited per quotation): Helpful Herbs from the Encyclopedia of Medicinal Plants Volume 2; page 433-434 – George D. Pamplona-Roger, M.D.]

[6] Lesser Centaury [*Centaureum umbellatum* Gilib.] [“Stomach invigorating, hypoglycemic; [take as:] Infusion of flower clusters”]

[A] Infusion with 30 g of flower heads per liter of water. Drink a cup before each meal, preferably without sugar [though bitter, it is] ... an antidiabetic medicine ...” [page 436]

Properties and Indications. The whole plant contains several bitter components of the glycosidic type. As its Latin name (*fel terrae*) suggests, it is strongly bitter in flavor, though less than the gentian (p. 452), and many of its properties are similar to the latter's.” [page 436]

Hypoglycemic. By decreasing the blood sugar level, it is very useful for people suffering from diabetes.” [page 436]

Stomachic invigorator. Like all plants containing bitter components, the lesser centaury invigorates digestive processes and increases appetite. It also increases gastric juice production, and stimulates the stomach's ability to empty. It is recommended for chronic gastritis caused by lack of gastric juice, lack of appetite, bloated stomach, intestinal fermentation, and vomiting. The plant also has choleric properties, thus it is used for chronic hepatopathy (liver disorders).” [page 436]

Mild laxative and febrifuge.” [page 436]

[B] External uses, Compresses soaked in a decoction of 50 g of flower heads per liter of water, then applied on the affected skin area.” [page 436]

Cicatrizant. It cleans and heals skin wounds, sores, ulcers, and eczema.” [page 436]

“The **rough centaury** (*Centaurea aspera* L.), which is also quite bitter, has even more intense hypoglycemic properties than the lesser centaury. The former can substitute for orally taken antidiabetic medicines, and allows patients to reduce insulin doses.

Warning: Blood tests must be carried out (glucose) during the first days of treatment, to regulate the adequate dosage for this [rough centaury] plant since its use can even produce hypoglycemia (excessive decrease of the glucose level). Therefore, medical supervision is required to use [the rough centaury] plant.

The usual dose [of the rough centaury] is 1-3 infusion cups daily, after meals. The infusion is prepared with 30 g of flower heads per liter of water, preferably not

sweetened.” [page 437]

[Quotations from (page references cited per quotation): Helpful Herbs from the Encyclopedia of Medicinal Plants Volume 2; page 436-437 – George D. Pamplona-Roger, M.D.]

[7] Walnut [*Juglans regia* L.] [“Mild hypoglycemic effect; [take as:] Infusion of leaves and/or fruit green rind”]

[A] “**Infusion** with 10-20 g of leaves and/or rind of green fruit per liter of water. Drink three to four cups daily. This infusion must not be taken with other plants or pharmaceutical preparations containing iron salts, jelly, mucilage, or alkaloids, which could neutralize its effects. Take it alone [unsweetened, in the case of diabetics]...” [page 505]

“**Properties and Indications.** Both the leaves and the green covering of fruit contain a high amount of tannins of the gallic and the catechin types (9-11%), which give the strong astringent properties of walnut; they also contain anthraquinonic derivatives, the most important of which is juglone, a bitter substance which, along with vitamin C and organic acids, explains the antiseptic, cicatrizant, invigorating, vermifuge, and hypoglycemic properties.” [page 506]

“**Diabetes.** Both the leaves and the green rind of walnut have proven to possess a mild hypoglycemic effect (decrease the level of sugar in blood). Though these substances alone are not enough to treat diabetes, they can be a useful complement to other dietary measures, since they allow you to reduce the dosage of antidiabetic medicines.” [page 507]

“**Intestinal parasites.** The vermifuge action is more intense with green rinds than with leaves.” [page 507]

“**Digestive disorders.** Its powerful astringent properties make the walnut leaves and green rinds useful in all cases of diarrhea, gastroenteritis, colitis, stomach upset, and flatulence. Its invigorating action on the digestive organs manifests itself by means of an increase of appetite, a speeding up of food passing through the stomach, and of secretion of bile and pancreatic juice. People suffering from dyspepsia, lack of appetite, those convalescing from any disease will improve their health conditions with the use of walnut.” [page 506]

“The **seeds** of fruit, that is to say, the walnuts, contain 15% of proteins with a high biologic value, 60% of fats, composed by linoleic and linolenic acids, and important amounts of calcium, phosphorus, and vitamins A, B1, B2, and B6. Well-chewed, they make a very nutritive food, ideal for sportsmen, students, and teenagers. They are recommended for people suffering from tiredness, asthenia, or nervous system disorders. As has been proven, such habitual consumption of walnuts decreases the level of cholesterol in the blood (see table, p. 506).” [page 507]

“The walnut tree is wholly medicinal. Its leaves have astringent, antiseptic, and

hypoglycemic properties; walnuts have an exquisite flavor, and excellent nutritional properties. At present, it has been proven that walnuts, instead of increasing the cholesterol level in blood, decrease it.” [page 506]

“Latest research proves that unsaturated fatty acids, which are mainly found in vegetables, exert a reducing effect on the cholesterol production. Hence, the consumption of walnuts and other dried fruits not only does not produce cholesterol, but even reduces its production.” [page 506]

[Quotations from (page references cited per quotation): Helpful Herbs from the Encyclopedia of Medicinal Plants Volume 2; page 505-507 – George D. Pamplona-Roger, M.D.]

[8] Kidney Bean [Phaseolus vulgaris L.] [“Contains arginine, an amino acid which reduces blood sugar level; [take as:] Decoction of pods”]

[A] “As vegetables. Cooked green pods can be eaten after dressed with oil and lemon juice. This way they also have hypoglycemic properties, though less intense than when taken in a decoction.” [page 584]

[B] “Decoction with 100 g of dry beans pods per liter of water, boiling until the liquid reduces to a half. The resulting liquid should be drunk during the day.”

“Properties and Indications. The pods contain several amino acids, especially arginine, as well as vitamins A, B, and C, mineral salts, trace elements, bran, and starch. Kidney bean pods present three basic properties.”

“Hypoglycemic. A decoction of kidney bean pods is used to decrease the blood sugar level (see informative table on this page).” [page 584]

“Cardiotonic. This property of kidney bean pods is similar to that of foxglove (p. 221), though much milder. They increase the strength of heart contractions and its general performance.” [page 584]

“Diuretic due to the mineral salts and arginine. They lack the undesirable effects of some chemical diuretic substances, such as loss of potassium. This property is useful for edema produced by coronary or renal insufficiency, and for pre-menstrual retention of liquid. They are also used for gout and kidney stones, since they promote the elimination of uric acid.” [page 584]

“Arginine is an amino acid which is present in high amounts in the pods of beans. It has similar properties to those of glycoquine (plant insulin), which decreases the blood sugar level.

As a complimentary treatment of diabetes, a decoction of bean pods allows a reduction of insulin dosage or that of oral antidiabetic substances. This reduction must be monitored by a doctor.” [page 584]

[Warning:] “The seeds of kidney beans have a high nutritious value, though when **raw**

they are **toxic** since they contain phaseollin, a toxoalbumin which disappears when beans are cooked.” [page 584]

[Quotations from : Helpful Herbs from the Encyclopedia of Medicinal Plants Volume 2; page 584 – George D. Pamplona-Roger, M.D.]

[9] Burdock [Arctium lappa L.] [“Contains inulin (carbohydrate ideal for diabetic people); [take as:] Infusion or cold extract of root”]

[A] “**Infusion** with 50 g of root per liter of water. Drink two or three daily cups.” [page 697]

[B] “**Cold extract** of 20-30 g of ground root in a liter of water, steeping for six hours. Boil the resulting liquid for one minute. Drink two or three cups daily. This method enhances its depurative properties.” [page 697]

“**Properties and Indications.** The root and leaves of burdock contain different active components which explain its properties.” [page 697]

“**Hypoglycemic.** The root of burdock decreases the level of sugar in the blood, partially because of its content in inulin (a carbohydrate which is useful for people suffering from diabetes, p. 80). It renders good results as a compliment for diabetes treatment, allowing the patient to reduce the dosage of insulin or antidiabetic medicines.” [page 698]

“**Depurative.** Because of its content in essential oil and mineral salts rich in potassium, burdock is an excellent sudorific and depurative plant. It promotes the elimination of waste substances through the skin. Thus, the skin, which is also an excreting organ, frees itself of impurities. Its mild diuretic properties also contribute to this action. It is recommended for gout (excess of uric acid), arthritis, and renal lithiasis.” [page 698]

“**Antibiotic.** Artipicrine, mainly contained in the root is a plant antibiotic of the glycosidic type, which has been proven especially effective against staphylococcus, a germ which causes many skin infections.

Its use, both in external (compresses, poultices, lotions) and internal (infusion or cold extract) applications, is recommended for skin infections caused by staphylococcus, such as abscesses, furuncles, gumboils, adenitis, and infected sebaceous cysts.

It is also useful for chronic eczema and acne, as well as in eruptive infectious diseases (measles, chicken pox, scarlet fever, etc.).

The antibiotic properties of burdock also benefit the urinary system, since burdock is eliminated through the urine, and is thus recommended for cystitis, and recidivist urinary infections.” [page 698]

[Quotations from (page references cited per quotation): Helpful Herbs from the

[0] Onion [*Allium cepa* L.] [“Due to the action of the glycoquinine, the level of glucose in blood decreases; [take as:] Raw, Fresh Juice, Boiled or grilled onion”] [page 294]

[A] “Raw. Whenever possible, and the stomach is able to tolerate it (used with progressive doses) the onion must be eaten raw, since this way its effects are greater. It is usually eaten sliced or grated in a salad (with oil and lemon juice). The therapeutic minimum recommended dose is a medium-sized onion a day; the maximum depends on each person's tolerance.” [page 294]

[B] “Fresh juice, grinding the bulb in a blender, and mixing it with lemon, honey or tomato or carrot juice, and taken by spoonfuls. Have half a glass, two or three times a day.” [page 294]

[C] “Boiled or grilled onion. This way, the onion lacks its acid and sour taste, thus it will be well tolerated by all stomachs, though the price is losing a small percentage of active components, and generally, reducing its antibiotic effect. However, this way the onion can be consumed in large amounts without the risk of rejection. If onions are cooked in water, the broth is rich in active components, and should be drunk. The minimum recommended dose in the case of grilled or cooked onions, with medicinal purposes, is two or three onions a day, with their broth.” [page 294]

“Properties and Indications. The whole plant contains a volatile essence, rich in sulphured glycosides, the most important of which is allylpropyl disulphide. To this essence the onion owes most of its properties. It also contains plenty of enzymes, with dynamic action on the digestion and the metabolism, trace elements (sulphur, iron, potassium, magnesium, fluorine, calcium, manganese, and phosphorus), vitamins (A, B complex, C, E), flavonoids of diuretic action, and a vegetal hormone with antidiabetic action, the glycoquinine.

The healthy and healing virtues of the onion are like those of the garlic (p. 230), which, instead of allylpropyl disulphide contains a similar substance, allyl disulphide.” [page 295]

“Hypoglycemic. Due to the action of the glycoquinine, the level of glucose in blood decreases. As a compliment in the treatment of diabetes, it allows a reduction of the insulin dosage or that of antidiabetic medicines.” [page 296]

“Hypotensive, diuretic, depurative. Highly recommended for people suffering from high blood pressure, obesity, rheumatism, arthritis, and gout, as well as from kidney diseases. It is also appropriate for nephrosis and albuminuria, retention of liquids, sand, and urinary stones. It notably alkalinizes the pH (reduces the acidity) of the urine, thus promoting the elimination of uric acid and other metabolic toxic waste.” [page 296]

“Antibiotic. The juice of raw onion is a true antibiotic, with proven activity against different bacteria that usually provoke skin infections, including golden

staphylococcus. Thus, it is used to heal wounds and furuncles (infected spots), abscesses, burns (avoiding their infection), skin wrinkles, and acne. In all these cases it is externally applied, mashed into a poultice, or a lotion with the fresh juice or in compresses. In order to ripen abscesses use a hot poultice of boiled or grilled onions.” [page 295-296]

“**Digestive and general invigorating of the body.** It augments all digestive secretions (gastric, intestinal, pancreatic), thus improving the digestion and thus the assimilation of meals. Thus, it is not recommended for those people suffering from hyperacidity or gastric and duodenal active ulcer. Onion stimulates the metabolic and detoxifying liver functions, and is recommended for people who suffer from any hepatic disorder: chronic hepatitis, fatty degeneration of the liver, cirrhosis, or hepatic insufficiency.

Because of its antibiotic and antiseptic action, the onion regulates intestinal flora by slowing the putrefaction processes, in which highly irritant toxic substances such as indole and skatol are liberated. These substances are related to the growing of cancers in the colon and the rectum; thus the preventive effect of onions on the intestinal cancer.

Its general invigorating action is due to its content in enzymes which activate the metabolism and stimulate the production of blood (antianemic effect), providing iron and trace elements. Its alleged aphrodisiac effect would be due to the general revitalization it produces.” [page 296]

“**Vermifuge.** It is useful against ascarides (pinworms) and oxyuridae (small white worms which cause itching in children). In this case it must be eaten raw.” [page 296]

[**Warning:**] “**Blood thinning.** The onion is highly recommended for those persons suffering from thrombosis (tending to form clots or coagulation of blood), by making blood more fluid and better flowing. This is a proven fact (Preventive Medicine, vol. 16, p. 670): the onion contains fibrinolytic substances, which break up blood clots and prevent an excessive formation of clots. It has been also proven that onion acts as a platelet anti-gatherer, preventing the excessive tendency of blood platelets to gather, forming thrombi or clots.” [page 296], thus in those cases of diabetics which manifest bleeding foot, leg, etc ulcers due to advanced disease, injury, it is recommended to wait until medical attention sees to these open wounds, and they are closed and healing, before utilizing any great amount of onion.

[Quotations from (page references cited per quotation): Helpful Herbs from the Encyclopedia of Medicinal Plants Volume 2; page 294-296 – George D. Pamplona-Roger, M.D.]

For Diabetes Type II, Greatly **Reduce or Eliminate** -

[1] **Fats/Saturated Fat** [“It has been proven that fat consumption, particularly saturated fat, reduces glucose tolerance and worsens diabetes. 1 Because of this, diabetics should avoid

butter, cream, fatty meats, and meat derivatives that are high in saturated fat such as sausages, bacon and 'foie gras'." [Encyclopedia of Foods and Their Healing Power; Volume 2; page 290 – George D. Pamplona-Roger, M.D.]

The following things contribute to worsening conditions in the diabetes Type II disease: animal fats products/byproducts, including dairy, butter, cheese, eggs [these just aren't what they used to be], etc especially the fat and blood of those animals, and also the flesh of those animals which belong to the unclean category so designated by the LORD [YHVH] God of the Scriptures [Leviticus 11:1-47; Deuteronomy 14:1-21], the Holy Bible, for mankind and all animals were originally created to eat fruits, grains and nuts [Genesis 1:29-30].

“And said, If thou wilt diligently hearken to the voice of the LORD thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I *am* the LORD that healeth thee.” Exodus 15:26

“And the LORD will take away from thee all sickness, and will put none of the evil diseases of Egypt, which thou knowest, upon thee; but will lay them upon all *them* that hate thee.” Deuteronomy 7:15

“Thou shalt not eat any abominable thing.” Deuteronomy 14:3; and if we do not heed the Creator/Maker, what can result but loss of life,? for in disobedience to the Laws of the physical being designed by God, His protection and sustaining will be removed, for He cannot sustain sin, even as it is written:

“If thou wilt not observe to do all the words of this law that are written in this book, that thou mayest fear this glorious and fearful name, THE LORD THY GOD;” Deuteronomy 28:58

“Then the LORD will make thy plagues wonderful, and the plagues of thy seed, *even* great plagues, and of long continuance, and sore sicknesses, and of long continuance.” Deuteronomy 28:59

“Moreover he will bring upon thee all the diseases of Egypt, which thou wast afraid of; and they shall cleave unto thee.” Deuteronomy 28:60

“Also every sickness, and every plague, which *is* not written in the book of this law, them will the LORD bring upon thee, until thou be destroyed.” Deuteronomy 28:61

Land I [Unclean of beasts]:

[A] Camel – Leviticus 11:4; Deuteronomy 14:7

[B] Coney – Leviticus 11:5; Deuteronomy 14:7

[C] Hare [Rabbit] – Leviticus 11:6; Deuteronomy 14:7

[D] Swine/Pig – Leviticus 11:7; Deuteronomy 14:8; Isaiah 66:17

[E] Anything that “... whatsoever goeth upon his paws, among all manner of beasts that go on *all* four, those *are* unclean unto you...” Leviticus 11:27; and this list would include: **Dog, Cat, Hamster, Squirrel, Chipmunk, Rodents, Skunk, Bear, Elephant, Rhinoceros [Uni-cornis & Bi-cornis], Behemoth,**

Brachiosaur, etc.

[F] Anything which does not “... parteth the hoof, **and** is clovenfooted, **and** cheweth the cud...” Leviticus 11:3; and this list would also include, **Kangaroos, etc.**

Land II [Unclean of the creeping beasts]:

[A] Weasel – Leviticus 11:29

[B] Mouse – Leviticus 11:29; Isaiah 66:17

[C] Tortoise after his kind – Leviticus 11:29

[D] Ferret – Leviticus 11:30

[E] Chameleon – Leviticus 11:30

[F] Lizard – Leviticus 11:30

[G] Snail – Leviticus 11:30

[H] Mole – Leviticus 11:30

[I] “And **every** creeping thing that creepeth upon the earth *shall be* an abomination; it shall not be eaten.” Leviticus 11:41

[J] “**Whatever** goeth upon the belly, and whatsoever goeth upon *all* four, or whatsoever hath more feet among all creeping things that creep upon the earth, them ye shall not eat; for they *are* an abomination.” Leviticus 11:42; and this list would include: **Snakes, Serpents, Asps, Vipers, Pythons, Constrictors, Worms, Wurms, Dragons, Leviathan, etc.**

Sea [Unclean of the waters]:

[A] Anything which does **not** have “... fins **and** scales in the seas, and in the rivers, of all that move in the waters, and of any living thing which *is* in the waters, they *shall be* an abomination unto you.” Leviticus 11:10 and “And whatsoever hath **not** fins and scales ye may not eat; it *is* unclean unto you.” Deuteronomy 14:10; and this list would include **all Shellfish (Oysters, Clams, Lobster, Crawfish, Crab, Prawns, Snails, Mollusks, etc; see [6] below), Eel, Octopus, Squid, Sea Cucumber, Shark, Catfish, Jellyfish, Whale, Porpoise, Dolphin, Penguin, Seal Lion/Leopard, Walrus, Otter, Beaver, Platypus, Plesiosaur, Crocodile, Alligator, Hippopotamus, Leviathan, etc.**

Air I [Unclean of the fowls [flying creatures], in Air/Water/Land]:

[A] Eagle – Leviticus 11:13; Deuteronomy 14:12

[B] Ossifrage – Leviticus 11:13; Deuteronomy 14:12

[C] Ospray – Leviticus 11:13; Deuteronomy 14:12

[D] Vulture after his kind – Leviticus 11:14; Deuteronomy 14:13

[E] Kite after his kind – Leviticus 11:14; Deuteronomy 14:13

[F] Glede – Deuteronomy 14:13

[G] Every Raven after his kind – Leviticus 11:15; Deuteronomy 14:14

[H] Owl – Leviticus 11:16; Deuteronomy 14:15

[I] Nighthawk – Leviticus 11:16; Deuteronomy 14:15

[J] Cuckow – Leviticus 11:16; Deuteronomy 14:15

[K] Hawk after his kind – Leviticus 11:16; Deuteronomy 14:15

[L] Little Owl – Leviticus 11:17; Deuteronomy 14:16

[M] Cormorant – Leviticus 11:17; Deuteronomy 14:17

[N] Great Owl – Leviticus 11:17; Deuteronomy 14:16

[O] Swan – Leviticus 11:18; Deuteronomy 14:16

[P] Pelican – Leviticus 11:18; Deuteronomy 14:17
[Q] Gier Eagle – Leviticus 11:18; Deuteronomy 14:17
[R] Stork – Leviticus 11:19; Deuteronomy 14:18
[S] Heron after its kind – Leviticus 11:19; Deuteronomy 14:18
[T] Lapwing – Leviticus 11:19; Deuteronomy 14:18
[U] Bat – Leviticus 11:19; Deuteronomy 14:18

Air II [Unclean of the winged creepers]:

[A] “All fowls [winged creatures] that creep, going upon *all* four, *shall be* an abomination unto you.” Leviticus 11:20 and “And every creeping thing that flieth is unclean unto you: they shall not be eaten.” Deuteronomy 14:19 [the only temporary exceptions given among this list, is “Yet these may ye eat of every flying creeping thing that goeth upon *all* four, which have legs above their feet, to leap withal upon the earth;” Leviticus 11:21 and “*Even* these of them ye may eat; the locust after his kind, and the bald locust after his kind, and the beetle after his kind, and the grasshopper after his kind.” Leviticus 11:22, yet anything else is strictly off limits under any circumstances, “But all other flying creeping things, which have four feet, shall be an abomination unto you.” Leviticus 11:23]; thus this list would include, **all manner of insects and arachnids, etc, like Spiders, Mosquitos, Cockroach, various bugs, etc.**

Fat [was never to be eaten]:

And Abel, he also brought of the firstlings of his flock and of the fat thereof. And the LORD had respect unto Abel and to his offering: Genesis 4:4

Thou shalt not offer the blood of my sacrifice with leavened bread; neither shall the fat of my sacrifice remain until the morning. Exodus 23:18

And thou shalt take all the fat that covereth the inwards, and the caul that is above the liver, and the two kidneys, and the fat that is upon them, and burn them upon the altar. Exodus 29:13

And the priest shall burn them upon the altar: *it is* the food of the offering made by fire for a sweet savour: all the fat is the LORD'S. Leviticus 3:16

It shall be a perpetual statute for your generations throughout all your dwellings, that ye eat neither fat nor blood. Leviticus 3:17

And he shall take all his fat from him, and burn it upon the altar. Leviticus 4:19

Speak unto the children of Israel, saying, Ye shall eat no manner of fat, of ox, or of sheep, or of goat. Leviticus 7:23

And the fat of the beast that dieth of itself, and the fat of that which is torn with beasts, may be used in any other use: but ye shall in no wise eat of it. Leviticus 7:24

For whosoever eateth the fat of the beast, of which men offer an offering made by fire unto the LORD, even the soul that eateth it shall be cut off from his people. Leviticus 7:25

But the wicked shall perish, and the enemies of the LORD *shall be* as the fat of lambs: they shall consume; into smoke shall they consume away. Psalms 37:20

Blood [was never to be eaten, brings death, shortens lifespan]:

But flesh with the life thereof, which is the blood thereof, shall ye not eat. Genesis 9:4

It shall be a perpetual statute for your generations throughout all your dwellings, that ye eat neither fat nor blood. Leviticus 3:17

“...shall pour out all the blood thereof at the bottom of the altar.” Leviticus 4:30

And he shall sprinkle of the blood of the sin offering upon the side of the altar; and the rest of the blood shall be wrung out at the bottom of the altar: it is a sin offering. Leviticus 5:9

Moreover ye shall eat no manner of blood, *whether it be* of fowl or of beast, in any of your dwellings. Leviticus 7:26

Whatsoever soul it be that eateth any manner of blood, even that soul shall be cut off from his people. Leviticus 7:27

And whatsoever man *there be* of the house of Israel, or of the strangers that sojourn among you, that eateth any manner of blood; I will even set my face against that soul that eateth blood, and will cut him off from among his people. Leviticus 17:10

For the life of the flesh *is* in the blood: and I have given it to you upon the altar to make an atonement for your souls: for *it is* the blood *that* maketh an atonement for the soul. Leviticus 17:11

Therefore I said unto the children of Israel, No soul of you shall eat blood, neither shall any stranger that sojourneth among you eat blood. Leviticus 17:12

And whatsoever man *there be* of the children of Israel, or of the strangers that sojourn among you, which hunteth and catcheth any beast or fowl that may be eaten; he shall even pour out the blood thereof, and cover it with dust. Leviticus 17:13

For *it is* the life of all flesh; the blood of *it is* for the life thereof: therefore I said unto the children of Israel, Ye shall eat the blood of no manner of flesh:

for the life of all flesh *is* the blood thereof: whosoever eateth it shall be cut off. Leviticus 17:13

Ye shall not eat any thing with the blood: neither shall ye use enchantment, nor observe times. Leviticus 19:26

Only ye shall not eat the blood; ye shall pour it upon the earth as water. Deuteronomy 12:16

Only be sure that thou eat not the blood: for the blood *is* the life; and thou mayest not eat the life with the flesh. Deuteronomy 12:23

Only thou shalt not eat the blood thereof; thou shalt pour it upon the ground as water. Deuteronomy 15:23

Then they told Saul, saying, Behold, the people sin against the LORD, in that they eat with the blood. And he said, Ye have transgressed: roll a great stone unto me this day. 1 Samuel 14:33

And Saul said, Disperse yourselves among the people, and say unto them, Bring me hither every man his ox, and every man his sheep, and slay *them* here, and eat; and sin not against the LORD in eating with the blood. And all the people brought every man his ox with him that night, and slew *them* there. 1 Samuel 14:34

But that we write unto them, that they abstain from pollutions of idols, and *from* fornication, and *from* things strangled, and *from* blood. Acts 15:20

That ye abstain from meats offered to idols, and from blood, and from things strangled, and from fornication: from which if ye keep yourselves, ye shall do well. Fare ye well. Acts 15:29

As touching the Gentiles which believe, we have written *and* concluded that they observe no such thing, save only that they keep themselves from *things* offered to idols, and from blood, and from strangled, and from fornication. Acts 21:25

And I saw the woman drunken with the blood of the saints, and with the blood of the martyrs of Jesus: and when I saw her, I wondered with great admiration. Revelation 17:6

And in her was found the blood of prophets, and of saints, and of all that were slain upon the earth. Revelation 18:24

[2] **Sugars** [“All dietary sugars, with the exception of fructose, are formed partially or completely of glucose. This is easily absorbed, causing a steep rise in its level in the blood, which is detrimental to diabetics, who should avoid sugars in general, and the sweetened products made from them.” [Encyclopedia of Foods and Their Healing Power; Volume 2; page 290 – George D. Pamplona-Roger, M.D.]]

Sugars to **avoid**:

[A] natural: Honey, Molasses, Maple Syrups, Cane Sugar, Stevia, etc with the **exception** of **Fructose** [eat the organic, non-GMO Whole Fruit with as much of the original fiber content intact as possible, not juiced, nor raisins, nor dates, etc]

[B] processed/man-made sugars/sweetners: [Refined White Sugar, Aspartame, High Fructose Corn-syrup, High-maltose Corn Syrups, Acesulfame Potassium, Neotame, Saccharin (Sweet'N Low), Sorbitol and Mannitol, Sucralose (Splenda), Xylitol, etc]

“... Sugar clogs the system. It hinders the working of the living machine. ...”
[Testimony Studies on Diet and Foods, Page 121; Ellen. G. White]

“... Far too much sugar is ordinarily used in food. Cakes, sweet puddings, pastries, jellies, jams, are active causes of indigestion. Especially harmful are the custards and puddings in which milk, eggs and sugar are the chief ingredients. The free use of milk and sugar taken together should be avoided. ...” [Testimony Studies on Diet and Foods, Page 17; Ellen. G. White]

“... The free use of sugar in any form tends to clog the system, and is not unfrequently a cause of disease. ...” [Testimony Studies on Diet and Foods, Page 43; Ellen. G. White]

“... I frequently sit down to the tables of the brethren and sisters, and see that they use a great amount of milk and sugar. These clog the system, irritate the digestive organs, and **affect the brain. Anything that hinders the active motion of the living machinery, **affects the brain very directly**. And from the light given me, **sugar, when largely used, is more injurious than meat**. ...”** [Testimony Studies on Diet and Foods, Page 121; Ellen. G. White]

“... Mrs. White thinks that a change from the simplest kinds of flesh meats, to an abundant use of sugar, is going from “bad to worse.” ...” [Counsels on Diets and Foods, Page 497; Ellen G. White]

“The Sweet Paralysis

But there is one thing that can get these warriors down [Phagocytes] — Sugar!

While most of us have been told since childhood that if we eat a lot of sweets we are more likely to get sick, we now understand more clearly why this is true. Eating a candy bar or drinking a soda is enough to paralyze every neutrophil in our blood.

Their rate of phagocytosis goes from about 7 to 14 microbes per hour down to essentially zero. They cannot identify the enemy with all of that sugar coating them. Their natural ability to recognize the enemy and destroy him has been knocked out.

This effect will last for about three hours after a dose of sugar. So if you have a

sweet roll or sugar - coated cereal for breakfast and a soda after lunch and dessert with your supper, you have just paralyzed your soldiers for most of the day. And then if you have snacks full of sugar in addition to that, you are really severely vulnerable to getting an infection.

God has created you with a powerful army of warriors to protect you from a world full of microbes. The warfare is truly a life or death struggle for you and your phagocytes. Don't paralyze your army when there is a battle to be won. Over a hundred years ago God sent us warnings in regard to this:

“I am opposed to the use of pastries. These mixtures are unhealthful; no one can have good digestive powers and a clear brain who will eat largely of sweet cookies and cream cake and all kinds of pies ... When we do this, and then take cold, the whole system is so clogged and enfeebled that it has no power of resistance, no strength to combat disease. I would prefer a meat diet to the sweet cakes and pastries so generally used.” Counsels on Diet and Foods, p. 334

“It is better to let sweet things alone. Let alone those sweet dessert dishes that are placed on the table. You do not need them. You want a clear mind to think after God's order. We should now come into line with health reform principles.” Counsels on Diet and Foods, p. 335” [Milton Teske, M.D.] - <http://secretsunsealed.org/Downloads/newsletter1Q12web.pdf>

See Also the many articles at Amazing Discoveries, by Dr. Walter Veith - http://amazingdiscoveries.org/H-deception-health-refined_sugar_calcium_insulin

[3] Refined Baked Goods [“These products supply refined sugar and flour, but very little fiber or vitamins. This leads to abrupt increases in blood glucose, which is particularly detrimental to diabetics since they cannot properly metabolize it. This includes all types of rolls, pastries, cookies, and other desert items.” [Encyclopedia of Foods and Their Healing Power; Volume 2; page 290 – George D. Pamplona-Roger, M.D.]]

[4] Honey [“Honey is formed of equal parts of glucose and fructose. Its deleterious effect on diabetics is the same as any refined sugar, since it contains no fiber and provokes sudden rises in blood glucose level.” [Encyclopedia of Foods and Their Healing Power; Volume 2; page 290 – George D. Pamplona-Roger, M.D.]]

Hast thou found honey? eat so much as is sufficient for thee, lest thou be filled therewith, and vomit it. Proverbs 25:16

It is not good to eat much honey: *so for men to search their own glory is not glory.* Proverbs 25:27

The full soul loatheth an honeycomb; but to the hungry soul every bitter thing is sweet. Proverbs 27:7

And **every man that striveth for the mastery** is **temperate in all things.** Now they *do it* to obtain a corruptible crown; but we an incorruptible. 1 Corinthians 9:25

Temperance is more than moderation, for temperance also includes ceasing from certain things at times [abstinence], for a time if necessary [like fasting for a healthy purpose, and fasting can include more than food or drink] or permanently in certain cases [for those with certain conditions, diseases, illnesses, etc]. Type II diabetics **should not utilize** honey in their diets.

[5] Chocolate [“Chocolate is rich in sugar and fat, both harmful to diabetics.” [Encyclopedia of Foods and Their Healing Power; Volume 2; page 290 – George D. Pamplona-Roger, M.D.]]

“Nowadays, Chocolate contains, besides cocoa powder (ground cocoa beans), a high amount of sugar (up to 50%), which gives the product a high caloric value, but makes it poor in active substances for the metabolism, such as vitamins and mineral salts. Moreover, sugar is a risk factor for the formation of caries [tooth decay, cavities], especially in children.” [page 598]

“Properties and Indications. Cocoa beans contain 40-50% of fats, 12-14% proteins, theobromine (1%), mineral salts, and small amounts of vitamins A, B1, and B2.” [page 598]

“Cacao **theobromine** is an alkaloid whose chemical formula (3-7-dimethylxanthine), as well as its effects, are similar to those of caffeine.” [page 598]

“...when taken in high doses, and by sensitive people, it can produce insomnia and tachycardia.” [page 598]

“Some cacao varieties also contain caffeine in amounts which can reach 50 mg in a 100 ml cocoa cup (an average cup of coffee contains from 100 to 150 mg).” [page 598]

Therefore, chocolate with the fat content, sugar, caffeine, theobromine, possible fecal contamination from gathering/processing, and its effects upon the brain, heart and other organs, this particular substance [especially when mixed with more sugar and milk], can cause all manner of disease and breakdown of the human system, and severe spikes of glucose in diabetics. If one likes the sweet taste, switch to the Carob powder/pods, for a healthier alternate, though, for those with diabetes they should not consume it either.

[Quotations from (page references cited per quotation): Helpful Herbs from the Encyclopedia of Medicinal Plants Volume 2; page 597-598 – George D. Pamplona-Roger, M.D.]

See also the Chocolate versus Carob Food Chart here - http://amazingdiscoveries.org/H-deception-health_carob_chocolate_chart

[6] Shellfish [“Quite frequently shellfish are contaminated with a variety of viruses and bacteria that can cause serious infections in diabetics since these individuals tend to have a somewhat compromised immune system.” [Encyclopedia of Foods and Their Healing Power; Volume 2; page 290 – George D. Pamplona-Roger, M.D.]]

[7] Meat [“Eating a great deal of meat is associated with higher risk of diabetes. 15 This disease

occurs less frequently among vegetarians.” [Encyclopedia of Foods and Their Healing Power; Volume 2; page 290 – George D. Pamplona-Roger, M.D.]

God [Jesus Christ] warned through the prophet Hosea, that there would come a time, which is now, when no meat of the land, sea or air creatures would be safe to consume:

“Hear the word of the LORD, ye children of Israel: for the LORD hath a controversy with the inhabitants of the land, because *there is* no truth, nor mercy, nor knowledge of God in the land.” Hosea 4:1

“By swearing, and lying, and killing, and stealing, and committing adultery, they break out, and blood toucheth blood.” Hosea 4:2

“Therefore shall the land mourn, and every one that dwelleth therein **shall languish**, with the **beasts** of the field, and with the **fowls** of heaven; yea, the **fishes** of the sea also shall be taken away.” Hosea 4:3

The word “languish” in the Hebrew is “ואמלל” [“*amal*”] and it means to be made weak, feeble, drooping, and thus even diseased/sickened. Due to the increasing wickedness and sinfulness of mankind nearing the end of this present world, when the Holy Spirit of God is withdrawing from the world, the animals themselves and the whole Creation would suffer even greater because of satan and mankind's prevailing evils.

For we know that **the whole creation groaneth and travaileth in pain together until now**. Romans 8:22

And the nations were angry, and **thy wrath is come**, and the time of the dead, that they should be judged, and that thou shouldest give reward unto thy servants the prophets, and to the saints, and them that fear thy name, small and great; and **shouldest destroy them which destroy the earth**. Revelation 11:18

[8] Milk/Dairy/Cheese [“Several studies have shown that infants fed with cow's milk show a greater tendency to type I diabetes (insulin dependent). Diabetics should reduce milk consumption as a simple precaution. There is no scientific evidence that nonfat or low-fat dairy products present any threat to diabetics.” [Encyclopedia of Foods and Their Healing Power; Volume 2; page 290 – George D. Pamplona-Roger, M.D.]

“... **Cheese** is still more objectionable; **it is wholly unfit for food**. ...” [The Ministry Of Healing, page 302, Ellen G. White]

“ ... **Flesh meats, butter, cheese, rich pastry, spiced foods, and condiments** are freely partaken of by both old and young. **These things do their work in deranging the stomach, exciting the nerves, and enfeebling the intellect**. The blood-making organs cannot convert such things into good blood. The grease cooked in the food renders it difficult of digestion. **The effect of cheese is deleterious**. Fine-flour bread does not impart to the system the nourishment that is to be found in unbolted-wheat bread. Its common use will not keep the system in the best condition. Spices at first irritate the tender coating of the stomach, but finally destroy the natural sensitiveness of this

delicate membrane. The blood becomes fevered, the animal propensities are aroused, while the moral and intellectual powers are weakened, and become servants to the baser passions. ..." [Counsels On Diets And Foods, page 236, Ellen G. White]

Please see the Udderly Amazing Video by Professor Walter J Veith for more details on what damage dairy can do to even healthy people -
<http://amazingdiscoveries.tv/media/169/304-udderly-amazing/>

[9] Alcoholic Beverages ["Alcohol makes the body's cells more resistant to insulin, worsening the course of diabetes. It also contributes to the degeneration of peripheral nerves (neuropathy), which is one of the complications of diabetes." [Encyclopedia of Foods and Their Healing Power; Volume 2; page 290 – George D. Pamplona-Roger, M.D.]]

[0] Salt ["Consistently consuming more than the ADI (admissible daily intake) of 6g, the possibility of hypertension, to which diabetics are particularly susceptible, is increased. Hypertension contributes to the cardiovascular complications of diabetes." [Encyclopedia of Foods and Their Healing Power; Volume 2; page 290 – George D. Pamplona-Roger, M.D.]]

For Diabetes Type II, **Increase** and **make a regular part of diet** with every meal -

[1] Legumes ["In spite of containing between 20% and 30% carbohydrates, legumes are very well tolerated by diabetics. They help regulate the level of the glucose in the blood because of their fiber content 6 and the unique histological structure of their seeds. 7 Therefore, legumes are a fundamental food for diabetics." [Encyclopedia of Foods and Their Healing Power; Volume 2; page 288 – George D. Pamplona-Roger, M.D.]]

[2] Vegetables ["All vegetables are very well tolerated by diabetics and, because of their low calorie content, they help prevent or treat the obesity typical of adult diabetics. Particularly appropriate are: broccoli, cauliflower, all types of cabbage, including sauerkraut, endive, escarole, lettuce, green beans, peas, and cucumber." [Encyclopedia of Foods and Their Healing Power; Volume 2; page 288 – George D. Pamplona-Roger, M.D.]]

[3] Whole Grains ["Studies performed at the Harvard University's School of Public Health confirm the hypothesis that high-sugar and low-whole-grain foods increase diabetes risk. 2 In addition to preventing diabetes, whole grains are well tolerated by these patients and should be used liberally, particularly barley, 8 oats, and wheat. " [Encyclopedia of Foods and Their Healing Power; Volume 2; page 288 – George D. Pamplona-Roger, M.D.]]

[4] Fruit ["The idea that diabetics should not eat fruit because of its sugar content is a serious error. Fruit is necessary in cases of diabetes, since it contains antioxidant vitamins that mitigate the course of the disease and protect against the cardiovascular complications that tend to accompany it. The only precautions are the need to control their use to avoid excess sugar, and not to eat dried fruits (raisins, dates, etc). Mangos and bananas are best tolerated. 9" [Encyclopedia of Foods and Their Healing Power; Volume 2; page 288 – George D. Pamplona-Roger, M.D.]]

[5] Nuts ["Oil-bearing nuts, as well as sunflower and squash seeds, supply energy in the form of easily assimilated fatty acids, vitamins B and E, and minerals. Since they are also rather poor in carbohydrates, they are easily adapted to a diabetic diet." [Encyclopedia of Foods and Their

Healing Power; Volume 2; page 288 – George D. Pamplona-Roger, M.D.]]

[6] Artichoke [“The artichoke's active ingredient, cynarin, is mildly hypoglycemic (lowers the level of sugar in the blood). It also contains inulin, a carbohydrate beneficial to diabetics that is formed from fructose molecules. The Jerusalem artichoke (Vol. 2, p. 300) and cardoon (Vol. 2, p. 177) share some of the beneficial effects of the artichoke.” [Encyclopedia of Foods and Their Healing Power; Volume 2; page 288 – George D. Pamplona-Roger, M.D.]]

[7] Celery [“Celery helps regulate blood glucose level, reduces cholesterol, and neutralizes excess acids that may be produced in the body because of diabetes.” [Encyclopedia of Foods and Their Healing Power; Volume 2; page 289 – George D. Pamplona-Roger, M.D.]]

[8] Avocado [“Avocado helps maintain an adequate blood sugar level, reduces cholesterol, and balances the fat composition in the blood, all of which is particularly beneficial to diabetics. 10” [Encyclopedia of Foods and Their Healing Power; Volume 2; page 289 – George D. Pamplona-Roger, M.D.]]

[9] Onion [“Onions help reduce blood glucose in cases of diabetes. 11 They are also blood alkalizers and protect against arteriosclerosis, which is beneficial to the diabetic.” [Encyclopedia of Foods and Their Healing Power; Volume 2; page 289 – George D. Pamplona-Roger, M.D.]]

[0] Mushroom [“Studies carried out with laboratory animals at the University of Surrey (UL) show that mushrooms produce significant improvement in the course of the disease. 12 They also supply proteins, B group vitamins, and very few carbohydrates.” [Encyclopedia of Foods and Their Healing Power; Volume 2; page 289 – George D. Pamplona-Roger, M.D.]]

[1] Nopal [“Studies in Mexico show that consumption of the fleshy leaves of the nopal produces a rapid drop in the glycemia level, but only in those with non-insulin dependent diabetes, and never in healthy individuals. 13 That is why this popular Mexican prickly pear is an efficient compliment in the treatment of type II diabetes.” [Encyclopedia of Foods and Their Healing Power; Volume 2; page 289 – George D. Pamplona-Roger, M.D.]]

[2] Potato [“Potatoes provide complex carbohydrates and fiber, which causes them to release glucose slowly during digestion. In controlled amounts, they are well tolerated by diabetics because they do not cause abrupt drops in blood glucose level.” [Encyclopedia of Foods and Their Healing Power; Volume 2; page 289 – George D. Pamplona-Roger, M.D.]]

[3] Wheat Germ [“The combined action of the vitamins B1 and E present in wheat germ explains its anti-diabetic effect: 4 or 5 spoonfuls can reduce the glucose level and the need for insulin.” [Encyclopedia of Foods and Their Healing Power; Volume 2; page 289 – George D. Pamplona-Roger, M.D.]]

[4] Guar [“The gum extracted from the seeds of this Asian tree is used as a treatment for diabetes because it slows the absorption of glucose from other foods and prevents its level from increasing in the blood. Guar is also used as a natural thickening additive.” [Encyclopedia of Foods and Their Healing Power; Volume 2; page 289 – George D. Pamplona-Roger, M.D.]]

[5] Antioxidants [“These protect the cells from the harm occasioned by excess sugar in the

extracellular media (outside the cells), and its lack in the intracellular space (within the cells). Provitamin A (Vol. 1, p. 389), vitamin C (Vol. 1, p. 396), and vitamin E (Vol. 1, p. 397), as well as flavonoids (Vol. 1, p. 411), are the most effective natural antioxidants. They may be taken as supplements, or better still, as part of fresh fruits, vegetables, and nuts.” [Encyclopedia of Foods and Their Healing Power; Volume 2; page 289 – George D. Pamplona-Roger, M.D.]

[6] B Group Vitamins [“Vitamins B1, B2, and B6 are essential for glucose metabolism, transforming it to energy. Because of this, diabetics must assure a good supply. Wheat germ, brewer's yeast, legumes, and nuts are all good sources of these vitamins.” [Encyclopedia of Foods and Their Healing Power; Volume 2; page 289 – George D. Pamplona-Roger, M.D.]

[7] Magnesium [“Adult diabetics run the risk of a lack of this mineral involved in insulin production in the pancreas. Wheat bran, nuts, seeds, and legumes are good sources of magnesium.” [Encyclopedia of Foods and Their Healing Power; Volume 2; page 289 – George D. Pamplona-Roger, M.D.]

[8] Trace Elements [“Chromium, copper, and manganese are involved in insulin production. Chromium is found primarily in eggs, fresh fruits and vegetables, wheat germ, and brewer's yeast. Molasses is also rich in chromium and other trace elements, but it must be used with great care in case of diabetes.” [Encyclopedia of Foods and Their Healing Power; Volume 2; page 289 – George D. Pamplona-Roger, M.D.]

[9] Fructose [“Fructose is a monosaccharide sweeter than saccharose or common sugar. It is found naturally in fruits, together with glucose and saccharose. It requires less insulin for metabolism, so diabetics assimilate it more easily than glucose. It is important, however, that fructose not be abused. Its liberal use, isolated from other sugars, produces a variety of disorders such as an increase in triglycerides and uric acid in the blood.” [Encyclopedia of Foods and Their Healing Power; Volume 2; page 289 – George D. Pamplona-Roger, M.D.]

Additional things to include in the plan come from God's Laws of Health:

<http://books.google.com/books?id=a28SpthBVV8C&printsec=frontcover#v=onepage&q&f=false>

G.O.D.'S. P.L.A.N.

[1] God's Sunshine [excellent way to get Vitamin D, and other cleansing factors of the sunshine]

[2] Open Air [Clean Fresh Air, away from cities, dairy's etc]

[3] Daily Exercise [aerobic and anerobic, including **stretching** for stiff muscles, and **massage** therapy to increase circulation of blood, and **hydrotherapy** also, even Swimming, just begin with 10-15 minutes and work up to 30 minutes]

[4] Simple Trust in God [**Faith**, believe in the Great Physician, Jesus Christ, to heal you, if you follow His instruction, along with all **Prayer** and **Supplication**]

[5] Proper Rest [go to bed consistently at or before 10 PM, it affects brain chemicals and regeneration of cells of the body, 7-9hrs of proper restful sleep, and this will also include **Fasting**, from not merely foods, but also things which we have a hard time letting go of, Television, Internet, etc]

[6] Lots of Water [Pure Water, non-chlorinated, non-flouridated water, non-mineral, etc, internally [**Orally**, or if necessary **Colonically**] and also external uses [**Hydrotherapy**]]

[A] **Uses of Water, by John H. Kellog -**

http://books.google.com/books?id=OsBTdN3AeBoC&printsec=frontcover&hl=pl&source=gbs_ge_summary_r&cad=0#v=onepage&q&f=false

[B] **Rational Hydrotherapy: A Manual of the Physiological and Therapeutic Effects of Hydratic Procedures, and the Technique of Their Application in the Treatment of Disease, by John H. Kellog -**

http://books.google.com/books?id=Tg4SAAAAYAAJ&printsec=frontcover&source=gbs_ge_summary_r&cad=0#v=onepage&q&f=false

[7] Always Temperate [Temperance is not mere moderation, for temperance includes things never to eat/drink]

[8] Nutrition [Eat plenty of Fiber, Vegetables and sparingly whole organic non-GMO fruits, generally separately, except in certain instances]

Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth. 3 John 1:2

And said, If thou wilt diligently hearken to the voice of the LORD thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I *am* the LORD that healeth thee. Exodus 15:26