

DIABETIC PROGRAM

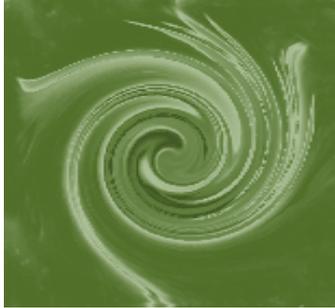
# Diabetic Program

TM

7-Day program

by Nature's Compounds

## DIABETIC PROGRAM



And the leaves of the tree were for the healing of the nations  
Rev 22:2

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DIABETIC PROGRAM

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## DIABETIC PROGRAM

**DIABETIC PROGRAM™** is a 14-Day regimen, designed to reduce high glucose levels, while restoring the normal insulin secreting levels within the pancreas. In the same process it enhances digestion, metabolism, absorption, assimilation and provides optimal levels of nourishment & rejuvenation.

It assists in removing abundance of carbohydrates (glycogen) stored within the liver and muscles tissue that converts into excess glucose. The excess glucose that's released into the blood stream and muscle tissue is unable to be utilized by cells for lack of insulin; thus inhibiting cells to release energy. The glucose in the muscle tissue provides the energy source that is used for all muscular activities.

The decrease in blood sugar (glucose) results in normal insulin secretion and a more efficient pancreas functioning. It's designed to eliminate the most recently accumulated debris within the primary eliminate channel in the body – the Colon; thereby opening up the passage way for the liver, lymphatic and bloodstream. There are dietary guidelines that are required to normalize blood sugar levels and are imperative in this program. After the conclusion of this program, these same guidelines should be followed as much as possible to keep levels within a functional range.

Since blood sugar levels are reduced during this program, be sure to monitor them daily; when you observe normal glucose levels, this indicates that there's no need for insulin.

Diabetes is the fourth leading cause of death in the US; over 350,000 die of the disease or its complications. According to the American Diabetes Association (ADA), although over 20 million people are diabetic, less than half are even aware. Starch and refined carbs, the main contributors to diabetes are consumed for breakfast, lunch, dinner and even desert; therefore high glucose levels are always prevalent.

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Here are the life threatening complications described by the ADA:

- **Blindness:** Each year an average of 65,000 people lose their sight. Diabetes is the leading cause in people 25 to 75 yrs of age.
- **Kidney disease:** More than 45,000 people have treatment for end stage renal (kidney) failure due to diabetes.
- **Amputations:** Each year 75,000 people lose their foot or leg to diabetes, which is the most frequent cause of non-traumatic lower limb amputation.
- **Heart Disease and Stroke:** Diabetics are five times more likely to encounter disease or suffer a stroke; resulting in 350,000 deaths each year.

It is predicted that by the year 2025, that obesity will plaque 75% of the USA population, with more than 90% of them with diabetic conditions. This will result because of the increase of refined, processed, fried and complex food intake of most of America. The most recent phenomenon in research has revealed that there is an extreme addictive nature from refined and complex carbohydrate intake. There are neuro-transmitters that are released that are liken unto to those released during alcohol, cocaine, heroin and other drug addictions. This creates intense cravings, feeling of contentment and emotional comfort; people become attached and overly addicted to this lethal substance called food.

The end result is not just the physical conditions that arise, but the emotional, mental and psychological. Since the endocrine gland functioning of women are more profound than that of men, it has a more delicate nature and therefore its hormonal balance is drastically altered by the over production of estrogen;

This results from consuming complex carbohydrates and refined sugars. This misaligns the neuro-endocrine functioning; thus producing neurotransmitters that alter the receptor areas of cells making them prone to addictive urges instead of nutritional elements. That explains why more cases of diabetes and obesity is found within women. It requires mental fortitude and focus as well as non-emotional engagements to conquer this addiction.

## DIETARY FACTORS THAT CONTRIBUTE TO DIABETES

- 55% of the American dietary intake consists of carbohydrates – mostly (60%) complex starches (polysaturates) such as bread, and all flour based products, rice, pasta and potatoes
- The excess glucose that results from ingesting these complex carbs and refined sugars is saturated within the liver, and heavily released into the blood causing high glucose levels indefinitely, as long as the present food regimen is continued. These complex carbs are also converted into fatty acids and triglycerides (complexed fats); they are the most contributing food source to diabetes and obesity that one can consume.
- The daily intake of protein complex and high fat foods that digest inefficiently leaving behind residue become a food source for fat cells, thereby increasing weight and contributing to obesity.
- The improper combining of refined carbs with fats and proteins limit their digestion, resulting in additional complex residue buildup, obstructing metabolism, thus increasing pancreatic enzyme secretion and causing bloating, constipation and gas.

The pancreas manufactures digestive enzymes for metabolizing proteins (protease), carbs (amylase) and fats (lipase). It also carries the burden of producing additional enzymes that neutralize the acidity of the gastric fluid in the stomach, due to continuous intake of high protein foods. These multiple tasks eventually take their toll, and eventually decrease insulin secretion, limiting glucose metabolism.

The consumption of unnatural sugar-based beverages should gradually be replaced with natural beverages found in the transition section of our publication titled “**Transition to Optimal health**” . Of the four (4) different blood types, type B and AB are most likely to encounter high glucose intolerance opposed to type O and A; this doesn't imply that O and A types are immune to high glucose intolerance, but that their threshold is much higher. Over 85% of diabetics are of the B and AB type. The connection of diabetes to obesity and over-weight is based on the same common denominator – Refined and non-refined complex carbs and high starch vegetables.

## **UNDERSTANDING DIABETES, INSULIN AND GLUCAGON**

The perception that the pancreas is unable to secrete adequate insulin to regulate glucose is the very reasoning for the prescriptions of insulin injections and pills, when high glucose levels are observed. Lets first briefly understand what **insulin** is and its purpose; it's a hormone (messenger) manufactured in the pancreas; its purpose is to allow the blood cells to utilize the energy in sugar while releasing oxygen (oxidation); it facilitates the absorption of glucose by cells and prevents excess breakdown of glycogen (starch) in liver and muscle tissue. It's an enormous hypoglycemic agent, influencing fat (lipid) and protein metabolism. It favors fat (lipid) development by promoting the intake and metabolic use of glucose (an important precursor of fat), while inhibiting the breakdown and mobilization (release) of stored fat.

The counter-part of insulin is **glucagon**, whose activities are generally opposite to those of insulin. Glucagon decreases glucose oxidation and promotes hyperglycemia; its main activity is to stimulate the breakdown of liver glycogen (starch), fats and proteins. The blood glucose levels determine insulin release; the higher the glucose the greater the insulin release. It determines the release of glucagon; the lower the glucose level, the greater the release of glucagon.

The key to maintaining the balance of glucagon and insulin begins and ends with carb intake. The cells require an approximate range (3% to 5%) of glucose upon which to function efficiently; glucose is sugar in its simplest form (mono-one), so therefore the sugar composition of food should be in like form (fructose, dextrose) and within the same approximate range (3% - 5%). This is the perfect balance that will secrete the exact insulin and glucagon levels for maintaining perfect equilibrium.

Let's observe the various types and groupings of sugar within all carbohydrates; please be attentive to the illustrations and charts below:

**Carbohydrates** - are sugars that are grouped into single (monosaccharide) 1 sugar, double (disaccharide) 2 sugars, multiple (polysaccharide) 3 sugars > and complexed (200 sugars) forms.

**fructose** is the single (mono) group of sugar present in fruit (refer to food chart)

**dextrose** is the double (di) group of sugar present in low carb vegetables (refer to food chart)

**sucrose** is the single (mono) group of detrimental sugar present in refined sugar cane

**starch** is the multiple (poly) group of sugars present in high & low starch vegetables (refer to food chart)

**complex starch** is the complex group of sugars composing 65% of grains (grass seeds), a form of sugar impossible to completely digest

**gluten** is the conjoined complex of 80% of the protein and 100% of the starch in wheat; a complex of sugars impossible to digest

### Human Cell composition

75- 85% water

**3 - 5% carbohydrates - glucose (simple form)**

12% - 14% enzymatic proteins

4% structural proteins

1 - 3% fat

### The composition of Carbohydrates in foods

<u>FOOD</u>	<u>WATER</u>	<u>PROTEIN</u>	<u>CARBS</u>	<u>FAT</u>
Fruits (low-carbs)	87%	0.9%	5%	.7%
Low-carb Vegetables	80%	2.0%	3%	.8%
Low-starch Vegetables	<u>70%</u>	2.8%	<u>9%</u>	.4%
High-starch Vegetables	<u>63%</u>	1.8%	<u>30%</u>	.6%
Grains	<u>11%</u>	<u>8%</u>	<u>75%</u>	.7%

Upon observation of the illustrations, one can clearly see the comparison between carb level and forms in the underlined food sectors and their inconsistency with those of human cell composition, just as one can observe the carb level and forms in foods that are not underlined and their consistency with cell composition.

The general chemistry of all human cells is identical. The question may arise as to what happens to excess carbs, since by selective transport the cells via insulin absorb only the glucose level determined by glucagon. The excess portions are stored within the liver (glycogen) and soon released as high glucose; other portions travel in lymph fluid, are absorbed by tissue; accumulate within vessels, bronchial tubes, lungs and gradually congest the small & large intestines (colon). The continued intake of these carbs results in an indefinite encounter with diabetes; the solution would be just to partake in foods with proper carb consistency and diabetes will be no more;

## **PREVENTING DIABETES / MAINTAINING CLUCOSE BALANCE**

A transitional food regimen that gradually decreases carb intake is imperative; it entails the principle of substitution to gradually transition from refined complex (wheat) carbs to unrefined non-wheat grains (complexed starch). The next phase is the transition from grains (complex starch) to high-starch vegetables; then a transition from high-starch vegetables to low-starch and low carb vegetables; utilizing the balanced food combining principles illustrated in **“transition to optimal Health”**.

There are food regimen guidelines that offer examples of recipes that present consistent balance when using the food preparation guidelines listed below.

## FOOD COMBINING GUIDELINES

### LOW-STARCH VEGETABLES (low protein)

Winter squash (baked)  
Asparagus  
Mushrooms  
Bamboo shoots  
Beets  
Carrots  
Water chestnuts  
Corn

### LOW-CARB VEGETABLES (low protein)

Celery, sprouts  
Cabbage, collards  
Pepper, eggplant  
Summer squash  
Nori, dulse  
Spinach, leeks  
Cauliflower, onions  
Broccoli, Brussels sprouts  
Spinach, cucumber  
Chard, mustards, kale  
Okra, green beans  
Lettuce, zucchini  
Bok choi, kohlrabi

### HIGH STARCH VEGETABLES (high carbohydrate)

Potatoes\*\*  
Sweet potatoes  
Yams  
Artichokes  
Turnip bottoms  
Pumpkins  
Rutabagas  
Cassava

### HIGH STARCH GRAINS (complex carbohydrate) (low protein) (non-gluten)

Rice: brown\*, white\*\*  
All oat products:  
    oatmeal  
    cereal  
All corn products (dry):  
    cornmeal  
    cornbread  
    grits

**HIGH STARCH GRAINS**  
(complexed carbohydrate)  
(gluten -based, low protein)

Semolina: spaghetti  
Spelt  
Flour\*\*  
Soy flour\*\*  
Durum wheat  
Wheat:  
Spaghetti & pastas  
Wheat germ  
Yeast\*\*  
Yeast products\*\*  
Rice flour

Croissants\*\*  
Breads\*\*  
Buckwheat  
Bagels\*\*  
Baking powder \*\*

\*\* Imbalanced food source

**HIGH-STARCH GRAINS (con't)**  
(non-gluten)  
(complex carbohydrate)  
(low protein)

Lupini: pasta & spaghetti  
Quinoa  
Amaranth grain and cereal (cold)  
Blue corn meal  
Wild rice (black)  
Rye  
Quinoa:  
pasta & spaghetti  
kamut: pasta, bread  
cereal  
Teff  
Millet

**HIGH PROTEINS**  
(low carbohydrate)  
(high protein)

Nuts\*\*and seeds\*\*  
All soy products\*\*  
Beans & peas (dried)  
Milk and cheese\*\*  
Eggs\*\*  
(All flesh)\*\*  
beef  
chicken  
pork  
Seafood:(fatty acids)  
fish, Oysters  
lobster, Crab  
shrimp

### **SWEETENERS**

Maple syrup  
Sugar\*\*  
Ribbon cane syrup  
Molasses (slightly acid)  
Stevia and licorice  
Honey [slightly acidic]

### **SWEET FRUITS**

Bananas, persimmon  
Dates and figs  
Persimmons  
Sapotes, lychee  
Papaya, avocado  
Guavas, star fruit  
Mango, sour sop  
Star fruit, apple custard,  
Coconut, currants, carambola,

### **SUB-ACID FRUITS**

Cherry, apple, peach  
Plums, apricot, berries  
Pear, nectarine, strawberry  
Pomegranate, pineapple  
Grapes/muscat grapes

### **FATS & OILS**

Avocados (beneficial)  
Olives (beneficial)  
Vegetable oils\*  
Butter  
Margarine\*\*  
Mayonnaise\*\*

### **CITRUS FRUITS**

Oranges  
Grapefruit  
Lemon (hybrid)  
Lime  
Kiwi (hybrid)  
Kumquat  
Tangerine

\*\* Imbalanced food source

### **MELONS**

Watermelons  
Honeydew  
Muskmelon  
Cantaloupe

## **SEASONINGS**

### **Beneficial**

Nature's seasoning Blend  
Seaweeds:  
    dulse, nori, kelp,  
    wakame, hiziki and  
    arame  
Herbamare, tarcomare  
Sea salt (use sparingly)  
Eden shake (with nori)

### **Detrimental**

Salt  
Seasoning salt  
Cajun seasoning  
Garlic, onion salt  
Veggie Sal, spike  
Taco seasoning  
Chili, onion powder  
BBQ seasoning

**PROPER COMBINING**

Melon fruit alone  
Starch and Low-carb vegetables  
Proteins and Low-carb vegetables  
Fats with Low-carb vegetables  
Sub-acid and citrus fruits  
Sub-acid and sweet fruits

**IMPROPER COMBINING**

Starches and proteins  
Citrus and sweet fruits  
Fats and sweets  
Proteins and fruit  
Starches and fruit  
Proteins and fats / oils  
Starches and fats / oils

**DO's**

**Bake-** to cook in an oven at low or medium temperatures.  
**Simmer-** to heat foods below the boiling point at the lowest possible fire setting.

**Steam-** to prepare food in a pot with holes at the bottom, placed within another pot filled with water, forcing steam upward, partially cooking food.

**Stew-** to cook foods at the lowest possible temperature, within a liquid base (simmering).

**Marinate-** is to immerse a vegetable food into a liquid solution

**DON'T's**

**Fry-** to cook foods completely or partially in an extremely hot grease solution, which destroys all vital components in food.

**Barbecue-** to grill foods over toxic containing charcoal with a spicy sauce.

**Boil-** to cook food in boiling water; which devitalizes most nutrients and transfers the others into the water solution.

**Sautee'** to cook in a pan over direct heat with small amounts of oil.

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The principle of substitution entails replacing foods with great inconsistency with those of more consistency; the foods most contributing to high glucose levels are the primary focus.

Wheat (gluten) is by far the most detrimental grain in existence; just as wheat based foods are the most detrimental of grain based foods. They are the most contributive to diabetes, weight gain and obesity should be of a priority measure for substitution.

Quinoa on the contrary has the lowest carb (glycemic) levels of all grains in existence, and is the most appropriate substitute.

Wild rice (black) is the original rice species (grass seed) that is presently wild crafted in Minnesota and Wisconsin. Its starch complexity is more digestible than brown, basmati and especially white rice (which are mutant descendants of wild rice)

Butternut and bush scallop squash (steamed or baked) are the perfect substitute for root vegetable species of potatoes, turnips and rutabagas; their starch content is of a much lesser degree.

### SUBSTITUTIONS

#### PRESENT

Quinoa -  
Quinoa – grain  
Wild rice (black)  
Butternut/acorn squash  
Scallions (green onion)  
Chives  
Green-snap beans  
Corn -raw or steamed  
Sweet pepper  
Quinoa grain  
Spaghetti squash (baked)

#### PAST

Wheat  
Couscous / rice  
Rice: white, brown  
Potatoes, turnips, rutabagas  
Bulb onions  
Garlic  
Dry beans  
Corn – boiled  
Bell pepper  
Grits/oatmeal  
Wheat spaghetti/pasta

## GENERAL FOOD GUIDELINES

Spices should be used in moderation, for they are stimulants. They have medicinal properties called carminatives and aromatics that stimulate digestive juices and enzymes creating more of an appetite

- \* Wheat, milk, cheese and potatoes are the most congesting.
- \* Spaghetti and pasta should be steamed well, never boiled
  
- Sugar weakens the immune function and over stimulates the endocrine gland functioning as well.
  
- \* Breads and flours gradually congest the inner lining of Blood vessels, creating mucus while obstructing blood flow
  
- Rice and beans should be soaked in water throughout the day, and low simmered in fresh water in the evening.
  
- Grains (quinoa, teff, millet etc..) should also be soaked and low simmered in fresh water in the evening.
  
- When baking high protein or starch foods, the principle of cooking should be low temperature-longer cooking duration as opposed to high temperature-shorter cooking duration.

## INGREDIENTS

- \* 1 120 capsule Bottle of **Liver Flush**
- \* 1 60 capsule Bottle of **Purification**
- \* 1 8oz bottle of **Rejuvenator**

## CLEANSING, PURIFICATION & REJUVENATION

Implementing three (3) Healing and nourishing blends that are superb in purification, rejuvenation & eliminating excess glucose.

**LIVER FLUSH™** promotes the cleansing and purification of the liver; thereby enhancing all its functions.. The Liver absorbs and stores carbohydrates and fats and converts them into glucose and cholesterol. The high starch and fat diets of today leave behind excess amounts within the liver and digestive tract contributing to diabetes, jaundice, glaucoma, cataracts and poor vision. This compound enhances the livers ability to release the excess blood sugar and reduce low density fats stored. It provides a valuable source of potassium and maintains insulin secretion within the blood during the cleansing process, preventing an increase in unregulated sugar (glucose). It enhances blood and lymph flow, removing the excess fat and carbohydrates within the intestines, blood and lymph.

**PURIFICATION™** provides detoxification and cleansing of the vital organs (liver, lungs, kidneys, bladder and digestive tract) and vessels (circulatory and lymphatic). It gradually releases the toxic by-products of the food residues that have traveled via the Blood & lymph, and have been absorbed (stored) within the tissues of the liver, lungs, kidneys, prostate, uterus, bladder and joints; and if not removed will manifest into inflammation, abnormal growths, tissue deterioration and disease

**REJUVENATOR™** is the' blend that combines the nutritional and rejuvenating components that are needed to replenish the body after it has exerted much of its vital energy during the cleansing and eliminating process. Rejuvenator consists of sea & lake plants, rock mineral plants and land plants that contain within them every vitamin and mineral complex that's required by the human anatomy. These nourishing qualities are combined with the rejuvenating qualities of amazon ginseng, ginkgo and rosemary; thereby providing energy and vital nourishment

DIABETIC PROGRAM

**INSTRUCTIONS – (Days 1 thru 7)**

**MORNING REGIMEN**

- 1) Take 4 capsules of **PURIFICATION** 1 hour after eating or drinking
- 2) Take 4 capsules of **LIVER FLUSH** 45 minutes after taking purification.
- 3) Take 1 Tablespoon of **REJUVENATOR** 45 minutes after taking liver flush.

**EVENIG REGIMEN**

- 1) Take 4 capsules of **PURIFICATION** 1 hour after eating or drinking
- 2) Take 4 capsules of **LIVER FLUSH** 45 minutes after taking purification.
- 3) Take 1 Tablespoon of **REJUVENATOR** 45 minutes after taking liver flush.

Use herbs 1 hour after eating or taking medication

**Days 8 thru 14**

**MORNING REGIMEN**

- 1) Take 4 capsules of **LIVER FLUSH** 1 hour after eating

**EVENING REGIMEN**

- 1) Take 4 capsules of **LIVER FLUSH** 1 hour after eating