

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Pre-Diabetes/Diabetes

March 4, 2009

Did you know that 1 in 4 people in the United States are pre-diabetic? Someone is “pre-diabetic” if they have high blood glucose levels, but not high enough to be classified as diabetic.

Diabetes is a terrible disease that is one of the leading causes of death and disability in the United States and is the leading cause of amputation. It can also increase your risk of heart disease and stroke (approximately 65% of people with diabetes die from heart disease or strokes). It can lead to blindness, kidney failure and nerve damage.

What causes Type II Diabetes?

Malnutrition and malfunction in connection with a bad pancreatic condition cause diabetes. Stay away from sugars and starches which will go into diabetes very quickly due to a weakened pancreas. Baking soda and aluminum cookware greatly aggravate diabetes.

So is Type II Diabetes just a disease that you have to live with? When Dr. Joel Fuhrman was on [A Healthier You Radio](#) he talked about his book, [Eat to Live](#), and how those who commit to the eating plans he discusses in his book can be over their Type II (adult-onset) diabetes in *just 6-8 weeks*.

It really is quite simple – you just need to change your diet. Simple, but *not easy* for most people.

Here are some basics to get started:

- Shop only in the fresh produce section
- Eat veggies raw or slightly steamed
- Green leafy veggies are the best – but don’t just eat a little – you need to stuff yourself silly. When you go to Olive Garden and the waiter brings that big bowl of salad for the table say “There’s mine – where’s everybody else’s?”
- Eat a lot of green beans

There are also some herbal combinations that are very beneficial:

- Immucalm
- Complete Tissue & Bone
- Pancreas Formula
- Vitalerbs

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There are some other things that will help you, including

- Deep breathing and vigorous outdoor exercise
- Drink plenty of good distilled water (a gallon a day for an adult)
- Juices: carrot, spinach, dandelion, cabbage and parsley juices are especially good

Here is just one testimonial from Herbal Legacy:

“In 1979 I discovered I had diabetes. I was in the hospital for a broken leg so they put me on insulin, 45 units each morning. I had heard your cassette tapes and decided that when I got home, I'd try herbs. I use the Pancreas Formula for diabetes, Herbal Calcium Formula and Complete Tissue & Bone to strengthen my bones, Lower Bowel Formula, and Relax-Eze for my nerves.

“In April, 1980, I had gotten so I didn't need insulin anymore. I just kept taking Pancreas Formula and testing and reducing the units of insulin gradually. Now I don't even need to take the Pancreas Formula.”

Looking for Dr. Christopher's Herbal Combinations? Find online stores at
<http://www.christopherwebsites.com>.