

DR. CHRISTOPHER'S *Herbal Legacy Newsletter*

Diabetes

-David Christopher MH

There are two major classifications for diabetes: Type I, juvenile onset diabetes or IDDM (Insulin Dependent Diabetes Mellitus); and Type II, adult onset diabetes or NIDDM (Non- Insulin Dependent Diabetes Mellitus). These classifications describe one as being dependent on insulin while the other is not. This confuses people when they have to take insulin after being diagnosed with adult onset diabetes or Non-Insulin Dependent Diabetes. When these classifications were created there was no confusion, but the medical therapies that are used today force type II diabetics into insulin dependency.

Type I diabetes is an auto immune disease. The beta cells in the pancreas are targeted by the immune system, which systematically targets and destroys all of these insulin producing cells. Note that this is not a malfunctioning immune system. It does not randomly destroy all cells but specifically targets only the beta



cells (which produce insulin). The disease results in a dependency of administered insulin, hence the classification, Insulin Dependent Diabetes. The principle therapies are to calm the immune system so it doesn't attack its' own cells, and feed the body what it needs to replace these beta cells. Dr. Christopher's Immune Calm Formula helps the body to not attack its' own cells, and the Dr. Christopher's Pancreas Formula along with the Dr. Christopher's Complete Tissue and Bone Formula give the body what it needs to replace the insulin producing cells. Also eating copious amounts of green beans will give the body the needed vanadium mineral along with other minerals and vitamins

necessary for the manufacturing of insulin. Staying away from the consumption of sugary foods, white flour products and dairy is essential to the program.

Type II (NIIDDM) or adult onset diabetes is an entirely different disease than Type I and is basically an environmental condition. It develops entirely because of poor environmental choices or more plainly stated, eating the wrong foods. The solution then is simple. Grow up and eat like an adult. Reject the candies, cakes, cookies, breads, crackers, cold cereals, milk, ice cream, soda pop, etc. In fact reject all manufactured foods. Do not buy foods in cans or packages, but choose to purchase all your food from the produce section of the grocery store. Even better would be to purchase organic produce. Half of this produce should be eaten raw. Never eat processed fruit; it should always be eaten raw. If you follow these procedures, which have been taught by many natural healers for centuries, you will be over your Type II diabetes within 6 months. The healing can be quickened if you include Dr. Christopher's 4 basic cleansing formulas (Lower Bowel, Kidney, Liver and Gallbladder, and Bloodstream), as well as his Vitalerbs, Pancreas Formula, and Adrenal Formula.

If this isn't enough information and you need a medical witness may I suggest the excellent work "[Eat To Live](#)" by Dr. Joel Fuhrman, M.D. In this book Dr. Fuhrman shows how all diabetics who follow the program can go off insulin and live normal lives.

Type I Diabetes is manageable and Type II Diabetes is easy to cure if you grow up and eat like an adult.

David Christopher is a Master Herbalist and the director of The School of Natural Healing. He also co-hosts the popular radio show "A Healthier You" and is a popular international teacher and lecturer.

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