

DIABETES-HOW TO HELP HEAL IT WITHOUT DRUGS OR SURGERY

What is Diabetes?

Diabetes mellitus is now the number 5 cause of death. About 12 million Americans suffer from diabetes. 200 million world-wide are effected by diabetes. Most cases of diabetes occurs in people over 40. The word diabetes is from the Greek word, meaning to siphon and refers to the marked loss of water by urination, polyuria. The word mellitus is derived from the Latin word for sweet and thus diabetes mellitus-sweet urine disease. When you become enervated (fatigued) due to unhealthful living habits, a state of systemic toxicosis develops. Diabetes is a symptom and result of this total body toxemia. By toxemia, I mean autogenously poisoned, that is, poisoned from within by toxins taken in, from without. Only when there is a deficiency of the excretory function, does body waste accumulate in the fluids and tissues of the body in sufficient quantity, to constitute a menace to the integrity of the body. Toxemia arises out of inhibited elimination (excretion), which in turn, grows out of enervation, a state of lowered nerve force. Enervation is the result of a mode of living that uses up nerve force in excess. When the pancreas of an enervated and toxemic individual is overworked by excessive eating of starches and sugars, there is, first, irritation, then inflammation, then enlargement and finally degeneration (destruction) of the islets of Langerhans, with loss of power to oxidize sugar. This is diabetes. The toxemia of the pancreas is secondary to this entire bodily toxicosis. Being continually stressed because of these bad living habits, you become exhausted. This leads to decreased insulin output. Diabetes is a disorder associated with an impaired metabolism of carbohydrates. Diabetes is a degenerative disease wherein the beta cells of the islets of Langherans in the pancreas have been impaired or destroyed. The beta cells secrete the sugar carrier called insulin. Impairment or destruction of the beta cells and the islets of Langherans results from toxic substances or drugs. The islets of Langerhans are little organs within the pancreas (sweetbread).

The pancreas is a tongue-shaped gland located behind the stomach.

TYPES OF DIABETES

There are 2 types of diabetes. Diabetes Type 1 produces too little insulin. Diabetes Type 1 can occur in adults and in juveniles. Juvenile diabetes is Type 1 diabetes that is childhood onset diabetes or insulin-dependent diabetes in children. 10% of all diabetics are Type 1. Diabetes Type 2 is non insulin-dependent diabetes, that generally occurs in adults. Diabetes Type 2 produces near-normal levels of insulin. 90% of diabetics are Type 2. They both have high levels of glucose in the blood.

HOW DOES INSULIN EFFECT THE BODY?

The pancreas secretes a hormone called insulin directly into the bloodstream. Insulin picks up sugar in the bloodstream and must first transport the sugar through the interstitial walls. The cells are bathed by interstitial fluid. Insulin enhances the transport of glucose through the cell membrane, into the cell, particularly the skeletal muscles, adipose tissue cells, the heart muscle, the uterus and other smooth muscle organs. The only areas where it does not enhance transport of glucose, is into the brain cells, through the intestinal mucosa, or through the tubular epithelium of the kidney. Insulin plays a highly important role in the metabolism of glucose inside the cell. In this manner, glucose is used by the body for energy and heat. Insulin enables the body to store glucose as glycogen in muscles and the liver. If the insulin does not pick up the sugar in the blood, it will go to neither the interstitial fluid nor the cells. Since the body tissues are not properly nourished by the lost sugar and starches, the diabetic is always hungry and eats constantly. When sugar is not made available to the cells, several events and changes occur.

HOW BODY REACTS WHEN THERE IS SUGAR

ACCUMULATION IN THE BLOOD

Firstly, sugar accumulates in the blood. This can accumulate until diabetic coma is experienced. Or the body can extract it from the blood as it passes through the kidneys and pass it off through the urine.

WHAT ARE NORMAL BLOOD SUGAR LEVELS?

The ideal blood sugar levels are proclaimed to vary between 80 and 120. Some people have wide swings in their sugar readings, from 40 to 400, without having diabetes. The test to detect if you have diabetes is called the "glucose tolerance test". A suspected patient is given in the morning, a test meal of sugar dissolved in water and lemon juice. 1/2, 1, 2 and 3 hours after the patient has received this test meal, urine and blood specimens are collected for glucose determinations. The diagnosis of diabetes mellitus is based on finding a blood sugar level that is excessively high for an unduly prolonged period of time after administration of the test dose.

SYMPTOMS OF DIABETES

Symptoms of diabetes are great thirst, ravenous appetite with loss of weight, headache, depression, constipation, sweet breath, dry, parched mouth and skin, red and glazed tongue, decayed and loosened teeth, pyorrhea, bleeding gums, nausea, vomiting, loss of appetite, vaginal itching, nocturnal enuresis, loss of sex power, kidney problems, vision impairment, itching, boils, carbuncles, eczema, weakness and fatigue.

WHAT ABOUT INSULIN INJECTIONS?

The insulin is manufactured from the macerated pancreas of hogs, is a foreign protein and has an insidious poison to the human body. It has a cumulative effect and definitely possesses narcotic properties, as do all drugs. Diabetics on pig insulin can experience problems as a result of taking the pig insulin, such as premature aging, cardiovascular disease,

hypertension, strokes, atherosclerosis, kidney destruction and failure, kidney dialysis, nerve damage (neuropathy), leg, foot and toe problems, gangrene, amputations, cataracts, blindness, enlarged liver, perforating ulcer, motor or sensory paralysis, pains in various parts of the body, an absence of knee reflexes, disintegration of joints, sexual impotency, neuritis, bacterial and fungal infections, acidosis (ketonemia or ketonuria), brain damage, labored breathing and death. Insulin must be given by hypodermic syringe, and it comes in 3 forms: protamine zinc insulin, neutral protamine (H.P. insulin), and globin insulin. The dose varies with each patient, but averages daily about 40 units.

WHY THE BODY REJECTS INSULIN INJECTIONS

The body rejects this insulin because it is not normal and is a foreign protein injected into an organism. It is treated as a poison and eliminated as quickly as possible. Insulin is, both directly and indirectly, the cause of a large part of an increased death rate and is a big factor in preventing thousands of diabetics from recovering. Insulin is a powerful drug. A slight overdose causes a light insulin shock; a little more produces coma; a little more powerful, results in death. Intake of the drug insulin will suppress the symptoms for a while but eventually the diabetic's pancreas atrophies because of disuse. People with improperly diagnosed diabetes have been placed on insulin because of the presence of this insulin in the blood. Subsequently, the pancreas ceased to secrete normal insulin, atrophied and eventually ceased to work, even when needed. Diabetes was created where it was not formerly present.

ORAL DRUGS CAUSE HARM TO DIABETICS

Often, oral medication is given to diabetics instead of insulin to control the symptoms. The University Group Diabetes Program, (UGDP), attempted to evaluate various types of therapy in noninsulin dependent diabetic patients, comparing the oral medication with diet alone. They concluded, that these drugs were no more effective in controlling

diabetes than diet alone. The use of these oral drugs, causes cardiovascular mortality, jaundice, anemia, skin rashes and death.

INSULIN PUMP IS NOW BEING USED

The pharmaceutical manufacturers have come up with a new form of insulin that is supposed to simulate functions of the pancreas, in that it supplies insulin constantly, at low doses. It is called an insulin pump and is worn on the belt. It constantly infuses a low dose of rapid-acting insulin subcutaneously or intravenously, with additional boluses of insulin, pumped in immediately, prior to meals.

CAUSE OF DIABETES IS ENERVATION (EXHAUSTION) & TOXEMIA

Diabetes occurs as a result of too much stress of incorrect lifestyle, incorrect mentality, incorrect emotionality and incorrect spirituality, that causes enervating toxemia. Once a diabetic person has become enervated (exhausted), recovery of nerve energy is needed for healing. This requires conservation of energy and removal of all enervating experiences.

WHY ALL DIABETICS CAN BE HELPED TO HEAL WITHOUT DRUGS, SURGERY NOR TREATMENTS

Fortunately, the pancreas possesses a great excess of functioning power over that needed for the ordinary activities of life, so that even after part of the islets of Langerhans have been destroyed, the remainder will be able to function sufficiently to meet the regular needs of life. The pancreas has an enormous reserve functioning capacity. This has been proven experimentally in animals where large amounts of pancreatic tissue have been removed. In these experimental animals, diabetes mellitus has been induced by different methods. the method most often employed is depancreatectomy. In order to attain significant diabetes, at least 90 to 95% of the pancreas usually must be removed. Otherwise,

the islets of Langerhans in the remaining pancreatic tissue, will often be able to hypertrophy significantly, to supply enough insulin for normal metabolic needs. This indicates that the islets of Langerhans normally have a tremendous reserve capacity.

EXERCISING CORRECTLY HELPS HEAL DIABETES

Since the diabetic cannot store glucose as glycogen, nor use it for fuel, he/she has a tendency to lose weight. He/she is lacking in energy, despite the inordinate eating. No true diabetic has a well toned and muscular body. The only places that sugar can be stored are in your muscles and liver. Bodyweight is 50% muscle. Anaerobic strength training has the effect of increasing muscle mass. Anaerobic strength exercise improves sugar metabolism. This takes up some of the excess glucose from the bloodstream. Anaerobic exercises are exercises not using oxygen, i.e., without oxygen. Anaerobic exercise is exercise of such intensity, that you can only do it but for a few seconds. Anaerobic exercises are sprinting, running up stairs rapidly, jumping high, long and vertically with intensity, rapid cycling, rapid rowing, rapid swimming, weight throwing, weight lifting with low repetitions, hand balancing, gymnastics, chins, parallel bar dips, roman rings, rope climbing, tubing, bands, pulleys, wrestling and martial arts. A study shows that intense exercise is effective in preventing and helping heal diabetes (Journal of Applied Physiology, January 2006). A study published in the American Physiological Society's Journal of Applied Psychology in 1994, indicates that weight training helps the body make more efficient use of the insulin it produces. The American Journal of Epidemiology, 1994, vol. 40, no. 4, reported a test done on men with the highest level of physical activity. These men had significantly lower insulin levels during the glucose tolerance test as compared to men who had low physical activity. The Journal of Applied Physiology, 1994, vol. 77, no. 3, reported that 11 men underwent a strength-training program. Results showed that fasting insulin and insulin levels during the glucose tolerance test, were significantly lower after the training program. The Journal of Applied Physiology, May 1990, showed that

when men over 60 stopped exercise and lead sedentary lives, their glucose intolerance, which is an early sign of diabetes, increases. In 1971, F. J. Buys and his associates in Johannesburg, South Africa, reported their work with 8 diabetic patients. Each of the 8 individuals completed vigorous exercises for half an hour each day, for a period of 8 months. At the end of this time, symptoms of diabetes, disappeared for 7 of the 8 patients.

DIABETES IS NOT CAUSED BY A DEFECTIVE PANCREAS

In the late 1960's, GM Reaven and his associates at Stanford, discovered that diabetics often had more insulin present in their blood than nondiabetics. It was furthermore discovered, that a diabetic's pancreas could produce just as much insulin and just as quickly, as that of a normal person. In one stroke, the cherished theory that diabetes is always caused by a defective pancreas, was thus swept away. For how could a pancreas be "defective", if it could produce just as much insulin and just as quickly, as a normal pancreas, as is very often the case? Often at autopsy, the medical examiner is unable to find any damage to the islets of Langerhans, in the pancreas of some diabetics. Yet these individuals, when alive, had been given insulin, because of the appearance of sugar in the blood.

MANY BODILY ORGANS ARE INVOLVED WITH DIABETES

Many other factors are involved in abnormal sugar metabolism: the liver, because of overactivity in its many functions, or "dullness" in its capacity, may not store glycogen; the pituitary gland in the brain, secreting the hormonal diabetogenic factors, A.C.T.H., and thyrotropic factors, may not be functioning properly; the thyroid and adrenal glands may be in malfunction. When insulin is given, it robs the specific insulin-producing cells of their stimulative impulses, and they atrophy quickly.

CASE HISTORIES OF PATIENTS WHOM WE HELPED HEAL

OF DIABETES 1

Joan B., age 29, in 1985, had Type 1, Juvenile Diabetes, for 17 years. She took insulin daily. She was always thin, no matter how she ate, had increased urination, blurred vision, vaginal itching, nocturnal enuresis, was very thirsty and weak. After she was under our care, she never took insulin again, her vision became normal, never had vaginal itching, never had increased urination nor nocturnal enuresis again, exercised daily with intensity, gained muscular bodyweight and looked beautiful. We have successfully helped heal many cases of Diabetes 1, i.e., Insulin Dependent Diabetes. To our knowledge, we are the only health practitioners in the world, to have helped heal Diabetes 1. There are no other health or spiritual practitioners in the world who have ever written or lectured about their having helped heal Diabetes 1. A description of one of our Diabetes 1 cases that we helped heal, was described in David Wolfe's "Sunfood Lifestyle" first edition. David Wolfe met her and knew her before and after her Juvenile Diabetes. Her case was also described on David Karas Internet, Raw-Food@Maelstrom.StJohn.Edu message board. David Karas met her and knew her before and after her Juvenile Diabetes. She was 25 years old. She had Juvenile Diabetes for 10 years. She attended our monthly raw food potlucks-lectures-discussions, before and after her being insulin free.

CASE HISTORIES OF PATIENTS WHOM WE HELPED HEAL OF DIABETES 2

Michael S., age 67, in 1963, had Type 2, adult onset diabetes for 21 years. He took insulin daily. He was 100 pounds overweight, had blurred vision, had peripheral neuropathy, was always fatigued and generally thirsty. After he was under our care, he never took insulin again, lost the fat in his body, developed muscular tone throughout his body, exercised intensely daily, developed normal vision, his peripheral neuropathy and constant thirst disappeared.

UNSOLICITED DIABETES HEALING TESTIMONIAL ON THE INTERNET

Raw Times Message Board

Date: 4/28//2001 4:58:30 PM Pacific Daylight Time

From: Marie T Betz <bill-marie@juno.com>

Subject: Diabetes, Heart Disease, High Blood Pressure, Arthritis, Hiatal Hernia, Edema, Chest Pain

Three days ago I received posts from Dr. Bernarr regarding diabetes. His posts gave me the confidence to quit the insulin. Only a day later I started to improve. My blood pressure which was 208 over 160 a week ago was now down to 130 over 50, without my blood pressure medicine. my heart which had been skipping beats, sometimes after only 1, 2 or 3 beats, hasn't skipped since then. The swelling in my ankles and legs was so bad a week ago I couldn't wear shoes or socks. They are back to normal now. My sugar readings are very good, well below the 150 that the doctor was striving for.

When my husband checks my sugar twice a day he is confounded. We couldn't get these kinds of readings with all the many pills I was taking.

Date: Mon, 30 Apr 2001 01:11:11-0400

You'll be happy to know that since I received Dr. Bernarr's post re: diabetes I went off insulin **ALTOGETHER!** That's 4 days now! And my sugar readings are always under 150, something the medics couldn't do **WITH** insulin!

And...I'm feeling stronger every day!

Date: 5/2/2001 7:24:48 PM Pacific Daylight Time

Dr. Bernarr gave me good advice when I was about to give in and "call it quits." For that I am very, very grateful.

Date: Fri, 4 May 2001 10:31:57-0400

Today is my 8th day of no insulin and no medications. I feel better every day...all my symptoms appear to be gone. Normal sugar readings, 90 to 135 (even after I've eaten an all-fruit meal), no swelling in the legs, blood pressure is very good (compared to the 208 over 160 that it was 2 weeks ago), no chest pains, my heart no longer skips beats every 1, 2 or 3 beats, no hiatal hernia problems, arthritic pains in the knees and hands are gone.

Date: Fri, 4 May 2001 20:40:30-0400

As of last Thursday (8 days ago) I read Dr. Bernarr's paper on Diabetes. I went off insulin, AND all my prescription drugs...nitro, Lasix, Topril (high blood pressure), and a few others. A DAY later I was getting relief. Knock wood...I haven't had a single pain or irritation coming from the hiatal hernia site since then.

going off the drugs worked like a charm! Every one of my symptoms went away.

Date: Sat, 5 May 2001 11:24:55-0400

Today is day #9, my bp (blood pressure) was 115 over 67 (compared to 208 over 160 a week ago. Pulse 78, Sugar 92...after a whole day of fasting yesterday.

So, Dr. Bernarr, I feel was a gift from God...God's "messenger." He gave me the courage to go off the insulin. But at this particular time I felt like I had nothing to lose. In fact, I even thought...gee, maybe I'll

go quicker if I stop the insulin? And believe me, I was ANXIOUS to get it over with at that point.

Date: Mon, 7 May 2001 19:28:07-0400

It was only after I listened to Dr. Bernarr, stopping all the drugs and insulin, that I saw improvement.

Marie T. Betz, bill-marie@juno.com, 4/28/01, Hackettstown, New Jersey, USA

"FEELING MEDITATION" WILL HELP YOU HEAL YOUR DIABETES

Meditation is listening to the God within, the inherent intelligence. The God within is always talking to you, not with words, but with communicating with you via "feelings" throughout your body. Prayer is becoming silent, going within, aligning with and acknowledging God as All-in-All. Meditation and prayer are 2 steps with the same ultimate goal, communion with the God within. You are an expression of the image and likeness of the God within. You are whole and perfect. As you are already perfect, all you need do is to commune with the God within, become aware of that perfection and become healed.

LET GO AND LET GOD!

If you have diabetes, STOP worrying. Do nothing intelligently. Let go of your diabetes and let your God within, work it out. Your God within always will help you heal your diabetes. No matter what is your diabetes problem, release and let go, knowing that your God within is right now filling your diabetes healing need.

I AM PERFECT & HEALTHY. MY DIABETES IS HEALED.
THIS IS TRUE PRAYER

Our God within our bodies is constantly telling us what our bodies need. All disease, pain and suffering are caused by our negative thought patterns. The beliefs we were taught, that have convinced us that we are separate from God, perfection and health, are false ideas that have no power. The only power these beliefs have is the power we give to them. These false beliefs can be dissolved instantly, understanding that I am perfect and healthy. My diabetes is healed. This is true prayer.

THE BIBLE SAYS, WATER FASTING, WITH "FEELING MEDITATION", HELPS YOU HEAL YOUR DIABETES, IMMEDIATELY & PERMANENTLY

The Bible says, "Not by prayer alone but by fasting too." Water fasting (physiological rest) with "feeling meditation", immediately helps you heal your diabetes, while mental calm produced by your prayer, is a great aid to restoration of your poise.

"Fasting is better than prayer." St. Clement: Second Epistle to the Corinthians, in The Bible.

"The best of all medicines are resting and fasting." Benjamin Franklin, Founding Father of USA.

FASTING WITH "FEELING MEDITATION", HELPS YOU HEAL YOUR DIABETES

All who have diabetes, should lie down, close your eyes and keep your eyes closed, water fast (physiological rest), with "feeling meditation", as the surest and most rapid means of helping heal your body of diabetes. When we close our eyes, concentrate, meditate, feel, think on our pain, discomfort or depression as intensely as we can. When we are sick, we should lie down, keep our bodies inactive, keep our eyes closed and concentrate, meditate, think on, keep our mind on our pain and discomfort, till our pain and distress completely disappear. We

should open our eyes only to satisfy our important needs, whether our needs be biological, physical, mental, social, economic or spiritual. Water fasting, with "feeling meditation", helps healing of our disease immediately and permanently.

BIBLE SAYS "LAY YOUR HANDS ON THE SICK AND THEY SHALL BE HEALED"

The Bible says that laying on of hands on the sick was a common practice in early times. Jesus often laid His hands on people before healing them (Mark 6:5; Luke 4:40; 13:13). Paul laid his hands on a sick person and the sick person was healed (Acts 28:8). Jesus said concerning His followers, "they will place their hands on sick people, and they will get well" (Mark 16:18).

"LAYING ON OF HANDS", I.E., HEALING DIABETES BY TOUCHING WITH YOUR HANDS , HAS BEEN USED SINCE ANCIENT TIMES, TO HELP HEAL YOURSELF & OTHER HUMAN BEINGS, OF DIABETES

The influence of "laying on of hands", i.e., healing diabetes by touching with your hands, has been used since ancient times, and is being used right down to the present time. In our time, there are many evangelists and "healers" who help "heal" diabetes in themselves and in other people, via transmitting God "healing" energy, through their hands, to those with diabetes, they help heal by touching with their hands. With the "laying on of hands", there are many evangelists, Protestant ministers, Catholic priests, Jewish rabbis, Islamic imams, clergy of many religions and "healers", who help heal diabetes in themselves and in other human beings.

YOU CAN HELP HEAL EVERYONE OF DIABETES, YOURSELF & OTHER PEOPLE, YOUNG & OLD, NO MATTER HOW "HOPELESSLY" SICK, EVEN TERMINALLY ILL, SKEPTICS & UNBELIEVERS, BY "LAYING ON OF HANDS",

I.E., TOUCHING THEM WITH YOUR HANDS. EVERYBODY CAN LEARN, HOW TO HELP HEAL DIABETES, BY TOUCHING WITH THEIR HANDS, THEMSELVES & OTHER PEOPLE, & HELP HEAL THEMSELVES & ALL OF THEM, OF DIABETES

I can teach you, how to help heal diabetes by touching with your hands, yourself and any other human being, and help heal yourself and all of them of diabetes immediately. I have helped heal diabetes by touching with my hands, in many human beings, and they always immediately, begin to heal, feel better, look better and get better, permanently. Everybody can learn, how to help heal diabetes via transmitting God "healing" energy, through their hands, by touching with their hands, themselves and any other human being, and help heal all of them, of diabetes.

EAT A CONSTRUCTIVELY BENEFICIAL DIET TO HELP PREVENT YOU EVER DEVELOPING DIABETES & TO HELP YOU HEAL YOUR DIABETES

Our inherent intelligence, our God within, is always talking to us. If we "feelingly meditate" and pay attention to our inherent intelligence, we will always know homeostatically, the best foods to eat, when and how much to eat. If we depend on our "civilized" ideas of how to eat, we will become sick. We should eat as constructive and beneficial a diet as is possible. We should eat only natural foods, that we would eat in the wild. We should eat only fresh, natural, unprocessed, raw foods that are palatable to us and that agree with us, with all the essential minerals and essential nutrients. Every bit of agricultural exploitative commercialization and soil depletion, bioengineering, experimental breeding, processing, cooking, hybridizing, mutation and pollution, destroys vitamins, enzymes, minerals, nucleic acids, chlorophyll, damages fats and makes the fatty matter a local irritant. This agricultural exploitative commercialization and soil depletion, bioengineering, experimental breeding, processing, cooking,

hybridizing, mutation and pollution, excessively stresses every cell of our bodies, results in our impaired nutrition and results in our impaired health.

DR. BERNARR IS THE ABSOLUTE AUTHORITY ON FASTING. DR. BERNARR IS PROBABLY THE ONLY TEACHER/PRACTITIONER TODAY, WHO THOROUGHLY UNDERSTANDS NATURAL HYGIENE.& FASTING

"Jennings, Graham, Trall, Tilden, Carrington, Shelton, Fry, all the wise ones, wrote about Natural Hygiene. Since the demise of Shelton, the only person who has truly done any significant "updating" of Natural Hygiene, is Dr. Bernarr. Dr. Bernarr is probably the only teacher/practitioner today, who thoroughly understands Natural Hygiene, the immutable principles discovered by the true Natural Hygienists of the past. Dr. Bernarr has not tried to re-write Natural Hygiene to suit himself, but instead has stayed completely true to it, and has gently added a few more invaluable pieces of the puzzle, to add to the actual body of knowledge. Dr. Bernarr is the absolute authority on fasting, there is no one who knows fasting like he does, and the result is the recovery of real health."

Written by Miss Zsuzsa Blakely, Natural Hygiene writer, teacher and lecturer, vegan activist, animal activist E-Mail: southladogs@yahoo.com, 10/19/05, Los Angeles, California USA

HOW WE CAN HELP YOU HEAL YOUR DIABETES VIA THE INTERNET

We have helped many people of all ages, with diabetes, heal themselves, world-wide, completely and permanently, via the Internet. Contact us NOW and we will help you heal your diabetes, via the Internet.

<http://www.healsef.org> E-mail: drbernarr@aol.com

For Personalized Care by telephone, call 1-310-396-2914 (USA). We request a

\$3 dollar (USA) a minute donation to our nonprofit charity for this personalized care. Please send this tax-deductible charitable donation to:

Dr. Bernarr, D.C., D.D.

God Healing, Inc.

Natural Hygiene Society, Inc.

P.O. Box 1523 Santa Monica California 90406 USA

A single conversation with a wise man is better than ten years of study. - Chinese Proverb.

Have Faith in God and Dr. Bernarr.

You are beautiful. We love you!

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TREATMENTS

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INSULIN PUMP IS NOW BEING USED

The pharmaceutical manufacturers have come up with a new form of insulin that is supposed to simulate functions of the pancreas, in that it supplies insulin constantly, at low doses. It is called an insulin pump and is worn on the belt. It constantly infuses a low dose of rapid-acting insulin subcutaneously or

intravenously, with additional boluses of insulin, pumped in immediately, prior to meals.

CAUSE OF DIABETES IS ENERVATION (EXHAUSTION) & TOXEMIA

Diabetes occurs as a result of too much stress of incorrect lifestyle, incorrect mentality, incorrect emotionality and incorrect spirituality, that causes enervating toxemia. Once a diabetic person has become enervated (exhausted), recovery of nerve energy is needed for healing. This requires conservation of energy and removal of all enervating experiences.

WHY ALL DIABETICS CAN BE HELPED TO HEAL WITHOUT DRUGS, SURGERY NOR TREATMENTS

Fortunately, the pancreas possesses a great excess of functioning power over that needed for the ordinary activities of life, so that even after part of the islets of Langerhans have been destroyed, the remainder will be able to function sufficiently to meet the regular needs of life. The pancreas has an enormous reserve functioning capacity. This has been proven experimentally in animals where large amounts of pancreatic tissue have been removed. In these experimental animals, diabetes mellitus has been induced by different methods. The method most often employed is depancreatectomy. In order to attain significant diabetes, at least 90 to 95% of the pancreas usually must be removed. Otherwise, the islets of Langerhans in the remaining pancreatic tissue, will often be able to hypertrophy significantly, to supply enough insulin for normal metabolic needs. This indicates that the islets of Langerhans normally have a tremendous reserve capacity.

EXERCISING CORRECTLY HELPS HEAL DIABETES

Since the diabetic cannot store glucose as glycogen, nor use it for fuel, he/she has a tendency to lose weight. He/she is lacking in energy, despite the inordinate eating. No true diabetic has a well toned and muscular body. The only places that sugar can be stored are in your muscles and liver. Bodyweight is 50% muscle. Anaerobic strength training has the effect of increasing muscle mass. Anaerobic strength exercise improves sugar metabolism. This takes up some of the excess glucose from the bloodstream. Anaerobic exercises are exercises not using oxygen, i.e., without oxygen. Anaerobic exercise is exercise of such intensity, that you can only do it but for a few seconds. Anaerobic exercises are sprinting, running up stairs rapidly, jumping high, long and vertically with intensity, rapid cycling, rapid rowing, rapid swimming, weight throwing, weight lifting with low repetitions, hand balancing, gymnastics, chins, parallel bar dips, roman rings, rope climbing, tubing, bands, pulleys, wrestling and martial arts. A study shows that intense exercise is effective in preventing and helping heal diabetes (Journal of Applied Physiology, January 2006). A study published in the American Physiological Society's Journal

of Applied Psychology in 1994, indicates that weight training helps the body make more efficient use of the insulin it produces. The American Journal of Epidemiology, 1994, vol. 40, no. 4, reported a test done on men with the highest level of physical activity. These men had significantly lower insulin levels during the glucose tolerance test as compared to men who had low physical activity. The Journal of Applied Physiology, 1994, vol. 77, no. 3, reported that 11 men underwent a strength-training program. Results showed that fasting insulin and insulin levels during the glucose tolerance test, were significantly lower after the training program. The Journal of Applied Physiology, May 1990, showed that when men over 60 stopped exercise and lead sedentary lives, their glucose intolerance, which is an early sign of diabetes, increases. In 1971, F. J. Buys and his associates in Johannesburg, South Africa, reported their work with 8 diabetic patients. Each of the 8 individuals completed vigorous exercises for half an hour each day, for a period of 8 months. At the end of this time, symptoms of diabetes, disappeared for 7 of the 8 patients.

DIABETES IS NOT CAUSED BY A DEFECTIVE PANCREAS

In the late 1960's, GM Reaven and his associates at Stanford, discovered that diabetics often had more insulin present in their blood than nondiabetics. It was furthermore discovered, that a diabetic's pancreas could produce just as much insulin and just as quickly, as that of a normal person. In one stroke, the cherished theory that diabetes is always caused by a defective pancreas, was thus swept away. For how could a pancreas be "defective", if it could produce just as much insulin and just as quickly, as a normal pancreas, as is very often the case? Often at autopsy, the medical examiner is unable to find any damage to the islets of Langerhans, in the pancreas of some diabetics. Yet these individuals, when alive, had been given insulin, because of the appearance of sugar in the blood.

MANY BODILY ORGANS ARE INVOLVED WITH DIABETES

Many other factors are involved in abnormal sugar metabolism: the liver, because of overactivity in its many functions, or "dullness" in its capacity, may not store glycogen; the pituitary gland in the brain, secreting the hormonal diabetogenic factors, A.C.T.H., and thyrotropic factors, may not be functioning properly; the thyroid and adrenal glands may be in malfunction. When insulin is given, it robs the specific insulin-producing cells of their stimulative impulses, and they atrophy quickly.

CASE HISTORIES OF PATIENTS WHOM WE HELPED HEAL OF DIABETES 1

Joan B., age 29, in 1985, had Type 1, Juvenile Diabetes, for 17 years. She took insulin daily. She was always thin, no matter how she ate, had increased urination, blurred vision, vaginal itching, nocturnal enuresis, was very thirsty and weak. After

she was under our care, she never took insulin again, her vision became normal, never had vaginal itching, never had increased urination nor nocturnal enuresis again, exercised daily with intensity, gained muscular bodyweight and looked beautiful. We have successfully helped heal many cases of Diabetes 1, i.e., Insulin Dependent Diabetes. To our knowledge, we are the only health practitioners in the world, to have helped heal Diabetes 1. There are no other health or spiritual practitioners in the world who have ever written or lectured about their having helped heal Diabetes 1. A description of one of our Diabetes 1 cases that we helped heal, was described in David Wolfe's "Sunfood Lifestyle" first edition. David Wolfe met her and knew her before and after her Juvenile Diabetes. Her case was also described on David Karas Internet, Raw-Food@Maelstrom.StJohn.Edu message board. David Karas met her and knew her before and after her Juvenile Diabetes. She was 25 years old. She had Juvenile Diabetes for 10 years. She attended our monthly raw food potlucks-lectures-discussions, before and after her being insulin free.

CASE HISTORIES OF PATIENTS WHOM WE HELPED HEAL OF DIABETES 2

Michael S., age 67, in 1963, had Type 2, adult onset diabetes for 21 years. He took insulin daily. He was 100 pounds overweight, had blurred vision, had peripheral neuropathy, was always fatigued and generally thirsty. After he was under our care, he never took insulin again, lost the fat in his body, developed muscular tone throughout his body, exercised intensely daily, developed normal vision, his peripheral neuropathy and constant thirst disappeared.

UNSOLICITED DIABETES HEALING TESTIMONIAL ON THE INTERNET

Raw Times Message Board

Date: 4/28//2001 4:58:30 PM Pacific Daylight Time

From: Marie T Betz <bill-marie@juno.com>

Subject: Diabetes, Heart Disease, High Blood Pressure, Arthritis, Hiatal Hernia, Edema, Chest Pain

Three days ago I received posts from Dr. Bernarr regarding diabetes. His posts gave me the confidence to quit the insulin. Only a day later I started to improve. My blood pressure which was 208 over 160 a week ago was now down to 130 over 50, without my blood pressure medicine. my heart which had been skipping beats, sometimes after only 1, 2 or 3 beats, hasn't skipped since then. The swelling in my ankles and legs was so bad a week ago I couldn't wear shoes or socks. They are back to normal now. My sugar readings are very good, well below the 150 that the

doctor was striving for.

When my husband checks my sugar twice a day he is confounded. We couldn't get these kinds of readings with all the many pills I was taking.

Date: Mon, 30 Apr 2001 01:11:11-0400

You'll be happy to know that since I received Dr. Bernarr's post re: diabetes I went off insulin ALTOGETHER! That's 4 days now! And my sugar readings are always under 150, something the medics couldn't do WITH insulin!

And...I'm feeling stronger every day!

Date: 5/2/2001 7:24:48 PM Pacific Daylight Time

Dr. Bernarr gave me good advice when I was about to give in and "call it quits." For that I am very, very grateful.

Date: Fri, 4 May 2001 10:31:57-0400

Today is my 8th day of no insulin and no medications. I feel better every day...all my symptoms appear to be gone. Normal sugar readings, 90 to 135 (even after I've eaten an all-fruit meal), no swelling in the legs, blood pressure is very good (compared to the 208 over 160 that it was 2 weeks ago), no chest pains, my heart no longer skips beats every 1, 2 or 3 beats, no hiatal hernia problems, arthritic pains in the knees and hands are gone.

Date: Fri, 4 May 2001 20:40:30-0400

As of last Thursday (8 days ago) I read Dr. Bernarr's paper on Diabetes. I went off insulin, AND all my prescription drugs...nitro, Lasix, Topril (high blood pressure), and a few others. A DAY later I was getting relief. Knock wood...I haven't had a single pain or irritation coming from the hiatal hernia site since then.

going off the drugs worked like a charm! Every one of my symptoms went away.

Date: Sat, 5 May 2001 11:24:55-0400

Today is day #9, my bp (blood pressure) was 115 over 67 (compared to 208 over 160 a week ago. Pulse 78, Sugar 92...after a whole day of fasting yesterday.

So, Dr. Bernarr, I feel was a gift from God...God's "messenger." He gave me the courage to go off the insulin. But at this particular time I felt like I had nothing to lose. In fact, I even thought...gee, maybe I'll go quicker if I stop the insulin? And believe me, I was ANXIOUS to get it over with at that point.

Date: Mon, 7 May 2001 19:28:07-0400

It was only after I listened to Dr. Bernarr, stopping all the drugs and insulin, that I saw improvement.

Marie T. Betz, bill-marie@juno.com, 4/28/01, Hackettstown, New Jersey, USA

"FEELING MEDITATION" WILL HELP YOU HEAL YOUR DIABETES

Meditation is listening to the God within, the inherent intelligence. The God within is always talking to you, not with words, but with communicating with you via "feelings" throughout your body. Prayer is becoming silent, going within, aligning with and acknowledging God as All-in-All. Meditation and prayer are 2 steps with the same ultimate goal, communion with the God within. You are an expression of the image and likeness of the God within. You are whole and perfect. As you are already perfect, all you need do is to commune with the God within, become aware of that perfection and become healed.

LET GO AND LET GOD!

If you have diabetes, STOP worrying. Do nothing intelligently. Let go of your diabetes and let your God within, work it out. Your God within always will help you heal your diabetes. No matter what is your diabetes problem, release and let go, knowing that your God within is right now filling your diabetes healing need.

I AM PERFECT & HEALTHY. MY DIABETES IS HEALED. THIS IS TRUE PRAYER

Our God within our bodies is constantly telling us what our bodies need. All disease, pain and suffering are caused by our negative thought patterns. The beliefs we were taught, that have convinced us that we are separate from God, perfection and health, are false ideas that have no power. The only power these beliefs have is the power we give to them. These false beliefs can be dissolved instantly, understanding that I am perfect and healthy. My diabetes is healed. This is true prayer.

THE BIBLE SAYS, WATER FASTING, WITH "FEELING MEDITATION", HELPS YOU

HEAL YOUR DIABETES, IMMEDIATELY & PERMANENTLY

The Bible says, "Not by prayer alone but by fasting too." Water fasting (physiological rest) with "feeling meditation", immediately helps you heal your diabetes, while mental calm produced by your prayer, is a great aid to restoration of your poise.

"Fasting is better than prayer." St. Clement: Second Epistle to the Corinthians, in The Bible.

"The best of all medicines are resting and fasting." Benjamin Franklin, Founding Father of USA.

FASTING WITH "FEELING MEDITATION", HELPS YOU HEAL YOUR DIABETES

All who have diabetes, should lie down, close your eyes and keep your eyes closed, water fast (physiological rest), with "feeling meditation", as the surest and most rapid means of helping heal your body of diabetes. When we close our eyes, concentrate, meditate, feel, think on our pain, discomfort or depression as intensely as we can. When we are sick, we should lie down, keep our bodies inactive, keep our eyes closed and concentrate, meditate, think on, keep our mind on our pain and discomfort, till our pain and distress completely disappear. We should open our eyes only to satisfy our important needs, whether our needs be biological, physical, mental, social, economic or spiritual. Water fasting, with "feeling meditation", helps healing of our disease immediately and permanently.

BIBLE SAYS "LAY YOUR HANDS ON THE SICK AND THEY SHALL BE HEALED"

The Bible says that laying on of hands on the sick was a common practice in early times. Jesus often laid His hands on people before healing them (Mark 6:5; Luke 4:40; 13:13). Paul laid his hands on a sick person and the sick person was healed (Acts 28:8). Jesus said concerning His followers, "they will place their hands on sick people, and they will get well" (Mark 16:18).

"LAYING ON OF HANDS", I.E., HEALING DIABETES BY TOUCHING WITH YOUR HANDS, HAS BEEN USED SINCE ANCIENT TIMES, TO HELP HEAL YOURSELF & OTHER HUMAN BEINGS, OF DIABETES

The influence of "laying on of hands", i.e., healing diabetes by touching with your hands, has been used since ancient times, and is being used right down to the present time. In our time, there are many evangelists and "healers" who help "heal" diabetes in themselves and in other people, via transmitting God "healing" energy, through their hands, to those with diabetes, they help heal by touching with their

hands. With the "laying on of hands", there are many evangelists, Protestant ministers, Catholic priests, Jewish rabbis, Islamic imams, clergy of many religions and "healers", who help heal diabetes in themselves and in other human beings.

YOU CAN HELP HEAL EVERYONE OF DIABETES, YOURSELF & OTHER PEOPLE, YOUNG & OLD, NO MATTER HOW "HOPELESSLY" SICK, EVEN TERMINALLY ILL, SKEPTICS & UNBELIEVERS, BY "LAYING ON OF HANDS", I.E., TOUCHING THEM WITH YOUR HANDS. EVERYBODY CAN LEARN, HOW TO HELP HEAL DIABETES, BY TOUCHING WITH THEIR HANDS, THEMSELVES & OTHER PEOPLE, & HELP HEAL THEMSELVES & ALL OF THEM, OF DIABETES

I can teach you, how to help heal diabetes by touching with your hands, yourself and any other human being, and help heal yourself and all of them of diabetes immediately. I have helped heal diabetes by touching with my hands, in many human beings, and they always immediately, begin to heal, feel better, look better and get better, permanently. Everybody can learn, how to help heal diabetes via transmitting God "healing" energy, through their hands, by touching with their hands, themselves and any other human being, and help heal all of them, of diabetes.

EAT A CONSTRUCTIVELY BENEFICIAL DIET TO HELP PREVENT YOU EVER DEVELOPING DIABETES & TO HELP YOU HEAL YOUR DIABETES

Our inherent intelligence, our God within, is always talking to us. If we "feelingly meditate" and pay attention to our inherent intelligence, we will always know homeostatically, the best foods to eat, when and how much to eat. If we depend on our "civilized" ideas of how to eat, we will become sick. We should eat as constructive and beneficial a diet as is possible. We should eat only natural foods, that we would eat in the wild. We should eat only fresh, natural, unprocessed, raw foods that are palatable to us and that agree with us, with all the essential minerals and essential nutrients. Every bit of agricultural exploitative commercialization and soil depletion, bioengineering, experimental breeding, processing, cooking, hybridizing, mutation and pollution, destroys vitamins, enzymes, minerals, nucleic acids, chlorophyl, damages fats and makes the fatty matter a local irritant. This agricultural exploitative commercialization and soil depletion, bioengineering, experimental breeding, processing, cooking, hybridizing, mutation and pollution, excessively stresses every cell of our bodies, results in our impaired nutrition and results in our impaired health.

DR. BERNARR IS THE ABSOLUTE AUTHORITY ON FASTING. DR. BERNARR IS PROBABLY THE ONLY TEACHER/PRACTITIONER TODAY, WHO THOROUGHLY

UNDERSTANDS NATURAL HYGIENE.& FASTING

"Jennings, Graham, Trall, Tilden, Carrington, Shelton, Fry, all the wise ones, wrote about Natural Hygiene. Since the demise of Shelton, the only person who has truly done any significant "updating" of Natural Hygiene, is Dr. Bernarr. Dr. Bernarr is probably the only teacher/practitioner today, who thoroughly understands Natural Hygiene, the immutable principles discovered by the true Natural Hygienists of the past. Dr. Bernarr has not tried to re-write Natural Hygiene to suit himself, but instead has stayed completely true to it, and has gently added a few more invaluable pieces of the puzzle, to add to the actual body of knowledge. Dr. Bernarr is the absolute authority on fasting, there is no one who knows fasting like he does, and the result is the recovery of real health."

Written by Miss Zsuzsa Blakely, Natural Hygiene writer, teacher and lecturer, vegan activist, animal activist E-Mail: southladogs@yahoo.com, 10/19/05, Los Angeles, California USA

HOW WE CAN HELP YOU HEAL YOUR DIABETES VIA THE INTERNET

We have helped many people of all ages, with diabetes, heal themselves, world-wide, completely and permanently, via the Internet. Contact us NOW and we will help you heal your diabetes, via the Internet.

<http://www.healself.org> E-mail: drbernarr@aol.com

For Personalized Care by telephone, call 1-310-396-2914 (USA). We request a

\$3 dollar (USA) a minute donation to our nonprofit charity for this personalized care. Please send this tax-deductible charitable donation to:

Dr. Bernarr, D.C., D.D.

God Healing, Inc.

Natural Hygiene Society, Inc.

P.O. Box 1523 Santa Monica California 90406 USA

A single conversation with a wise man is better than ten years of study. - Chinese Proverb.

Have Faith in God and Dr. Bernarr.

You are beautiful. We love you!

[RETURN TO MAIN PAGE](#)

By Dr. Bernarr, D.C., D.D.

Diabetes mellitus is now the number 5 cause of death. About 12 million Americans suffer from diabetes. 200 million world-wide are effected by diabetes. Most cases of diabetes occurs in people over 40. The word diabetes is from the Greek word, meaning to siphon and refers to the marked loss of water by urination, polyuria. The word mellitus is derived from the Latin word for sweet and thus diabetes mellitus-sweet urine disease.

When you become enervated (fatigued) due to unhealthful living habits, a state of systemic toxicosis develops. Diabetes is a symptom and result of this total body toxemia. By toxemia, I mean autogenously poisoned, that is, poisoned from within by toxins taken in, from without. Only when there is a deficiency of the excretory function, does body waste accumulate in the fluids and tissues of the body in sufficient quantity, to constitute a menace to the integrity of the body. Toxemia arises out of inhibited elimination (excretion), which in turn, grows out of enervation, a state of lowered nerve force. Enervation is the result of a mode of living that uses up nerve force in excess. When the pancreas of an enervated and toxemic individual is overworked by excessive eating of starches and sugars, there is, first, irritation, then inflammation, then enlargement and finally degeneration (destruction) of the islets of Langerhans, with loss of power to oxidize sugar. This is diabetes. The toxemia of the pancreas is secondary to this entire bodily toxicosis. Being continually stressed because of these bad living habits, you become exhausted. This leads to decreased insulin output. Diabetes is a disorder associated with an impaired metabolism of carbohydrates.

Diabetes is a degenerative disease wherein the beta cells of the islets of Langherans in the pancreas have been impaired or destroyed. The beta cells secrete the sugar carrier called insulin. Impairment or destruction of the beta cells and the islets of Langherans results from toxic substances or drugs. The islets of Langerhans are little organs within the pancreas (sweetbread). The pancreas is a tongue-shaped gland located behind the stomach.

There are 2 types of diabetes. Diabetes Type 1 is juvenile diabetes, i.e., childhood onset diabetes or insulin-dependent diabetes in children. Type 1 produces too little insulin. 10% of all diabetics are Type 1. Diabetes Type 2 is adult onset diabetes, i.e., noninsulin-dependent diabetes. This produces near-normal levels of insulin. 90% of diabetics are Type 2. They both have high levels of glucose in the blood.

The pancreas secretes a hormone called insulin directly into the bloodstream. Insulin picks up sugar in the bloodstream and must first transport the sugar through the interstitial walls. The cells are bathed by interstitial fluid.

Insulin enhances the transport of glucose through the cell membrane, into the cell, particularly the skeletal muscles, adipose tissue cells, the heart muscle, the uterus and other smooth muscle organs. The only areas where it does not enhance transport of glucose, is into the brain cells, through the intestinal mucosa, or through the tubular epithelium of the kidney. Insulin plays a highly important role in the metabolism of glucose inside the cell. In this manner, glucose is used by the body for energy and heat. Insulin enables the body to store glucose as glycogen in muscles and the liver. If the insulin does not pick up the sugar in the blood, it will go to neither the interstitial fluid nor the cells. Since the body tissues are not properly nourished by the lost sugar and starches, the diabetic is always hungry and eats constantly. When sugar is not made available to the cells, several events and changes occur.