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## Healing by Design

### Diabetes

#### 10 STEP PROTOCOL TO PARTNERING WITH GOD'S DESIGN

1. Nutrition is MOST important. We promote Genesis 1:29, all seed bearing plants should be our food. Follow the Eating by Design guide on our website. Eat RAW, living WHOLE foods. The documentary Simply Raw shows diabetes reversed within 30 days! For another great program try Body Ecology.
2. Avoid pharmaceuticals. They promote sickness and disease by allowing your body to weaken while covering up symptoms. Avoid Metformin and insulin shots. Avoid all nutrition recommendations by the American Diabetes Association and all "professionals" in the health field who are mis-informed.
3. Try some intermittent fasting and change your eating habits. Have a juice or smoothie for breakfast, something light. Have a large lunch with substance like avocados, olives, nuts, seeds or maybe some chicken or fish if desired. But keep dinner LIGHT. This is the key to healthy blood sugars and health!
4. **Inner Vitality Plant Minerals by Morningstar.** These minerals will provide trace minerals and other essential minerals needed for proper function of all muscles, nerves and organs.
5. **Metabolic Vibrance by Vibrant Health.** This is our favorite formula for blood sugar balance. It combines minerals and herbs to help with insulin to function more efficiently, metabolize sugar properly and strengthen and heal the pancreas.
6. **Pancreas Tonic by Dr Morse (alcohol based) or Pancre-Aid by Cedar Bear.** These are two wonderful pancreas tonics that will help strengthen the pancreas and control sugar cravings.
7. **Aloe Boost by Aloe Life.** A nice blend of Aloe, Nopal Cactus, gymnema, cinnamon, zinc, chromium and other blood sugar balancing nutrients.
8. All wild Mediterranean spices are excellent for blood sugars. You can add turmeric, garlic, oregano, cumin, sage, fenugreek, fennel and of course, cinnamon to your daily routine. If you want all of these in a concentrated blood sugar balancing formula, try **Oregulin by North American Herb & Spice.**
9. Stevia is a favorite sugar substitute. It is a sweet plant and contains no sugar. You can use the powder or liquid varieties.
10. **Black Seed Oil by North American Herb & Spice or Amazing Herbs.** Black Seed Oil has been well researched to restore beta cell function of the pancreas to help reverse diabetes.