

Diabetes Is Reversible!

Most diabetics have been told that, "You are a diabetic. You will always be a diabetic. You can try to control it with diet, medications or insulin but you can not reverse it or cure it. Once you have diabetes you will always have diabetes."

But the startling truth is that diabetes is reversible!

Adult onset, Type 2 diabetes is the most common form of diabetes affecting over 15 million Americans who are walking down a seemingly inevitable road to disability and early death. Ahead of them lie blindness, painful neuropathy, and frequent infections. One hundred and fifty diabetic legs are amputated every day in this country and another 70 diabetics start on dialysis for the first time every day. And at any turn in the road a stroke or heart attack may strike them with paralysis or death. It is a road dark with shadows that the diabetic sees stretched out before him or her.

But the exciting news is that diabetes can be *reversed*! It is no longer inevitable that one must walk down this road of pain and misery. One can do an about face and literally walk away from all of these terrible complications. And we are not just talking about delaying the onset of these problems. Everyday now more and more diabetics are finding that they can literally reverse this disease. The burning pain of neuropathy that has been described by some as "standing in boiling oil" or "walking on razor blades" disappears. Blood sugars return to normal and medications and insulin must be discontinued.

Dr. Milton Crane, an endocrinologist who works with diabetics helping them to reverse their condition was challenged once by another physician: "You can't really say that their diabetes has been reversed can you? Aren't they still diabetics?" He responded: "Well, what would you call it if they no longer take medications or insulin and their blood sugar is always normal?"

This website is dedicated to sharing this concept and the resources available to help you reverse your diabetes.

1-800-525-9192

(Outside the US and Canada 530-637-4111)

Diabetes Is Reversible!

Milton Teske, M.D.

It's what we eat

Type 2 diabetes is a *lifestyle* disease. That means it is caused by the way we live. The typical American lifestyle of inactivity and too much to eat is the major factor in bringing on this disease. True, some have inherited a genetic predisposition to develop diabetes. But genetics is like a loaded gun, it doesn't hurt anyone unless you pull the trigger. And it is our couch potato lifestyle together with our high fat, junk food diet that pulls this trigger bringing on diabetes.

Understanding *how* lifestyle causes diabetes will explain how it is being reversed. This understanding will allow us to make sense of all the exciting real life stories of those who have reversed their diabetes. And it will be the basis of hope for more diabetics every day.

Sugar is the fuel we run on

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We all use carbohydrates (sugar) for energy to live. The potato as well as the candy bar are all converted into glucose (blood sugar) circulating in our blood stream. This sugar will be taken into the cells and “burned” to supply the energy to move a muscle or to think a thought or whatever it was that the cell is designed to do.

But to get into a cell sugar must pass through a special sugar door in the cell’s wall. These doors are how a cell tells the body it is hungry. A hungry cell will have thousands of these sugar doors all over its surface.

But sugar by itself has no way to open these doors to get into the cell. Here is where insulin has its job. Imagine insulin as a little guy with two hands. With one hand he grabs the doorknob and opens one of these sugar doors and with the other hand he shoves a sugar through the door into the cell. That is what insulin does, it opens the sugar doors.

Where does insulin come from? It comes from special cells in the pancreas called beta cells. These beta cells constantly taste your blood to see just how sweet it is. And when they taste your sugar level rising after a meal they release more insulin into your blood. This insulin can then open more doors and put the extra sugar into the cells. And thus, the amount of sugar left in the blood is brought back down to normal. This is how your body normally controls its blood sugar level.

So what causes diabetes?

Imagine sitting on a couch following a heavy meal. All of the calories you just ate are being absorbed into your blood. As your blood sugar level rises insulin is released. And this insulin goes around from cell to cell trying to open doors to get all of this sugar out of your blood and into your cells. But your leg muscle cells are still full of sugar from lunch. So they say to the insulin, “We are full and we aren’t going for any exercise tonight so we don’t need anymore sugar. Maybe you could take some to the finger muscle. He will be busy working the TV clicker.” But how much sugar can a finger muscle use? And so eventually all the muscle cells are stuffed and don’t want anymore sugar.

But how does a cell tell the body that it doesn’t want any more sugar? It *removes the doors* from its surface! Now we have a problem. Where will the insulin take all of its extra sugar? Some cells can store extra sugar in the form of glycogen or fat. But day after day of no exercise while continuing to eat a high calorie diet eventually overloads these cells also. Not only do you get fat but even the fat cells are feeling stretched to their limit and don’t want anymore calories. And now the problem gets worse.

How does a fat cell tell you he is full and doesn’t want anymore? He *removes the doors* from his surface too. Now you have a serious problem. Where will the insulin take all of that extra sugar that you are eating? The answer is it has nowhere to go. It just backs up in your blood and your sugar level gets higher and higher. You go to your doctor and he does some tests and then he tells you that now you are a diabetic.

The Rx

Your doctor probably did something else for you that first visit. He got out his prescription pad and wrote you a prescription for some pills to lower your blood sugar. Pills like DiaBeta or Micronase. Do you know how these pills work? They go to the beta cells in your pancreas and say, “Make more insulin!”

So the beta cells, whipped on by the medications, start to put out more insulin. And all this extra insulin rushes around your body looking for a few last doors somewhere that they can force more sugar through.

But after a time even these last few doors are removed. And your sugar levels continue to rise in spite of increasing doses of medications. Finally one day your doctor says to you, “I guess you’ve become resistant to your medications so we are going to have to start you on insulin.” In other words, we can’t whip enough insulin out of your exhausted pancreas so we are just going to start injecting more insulin into you.

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But day after day there are less and less doors for the ever-increasing amounts of insulin to find. And so with your diabetes still out of control you rush down the road towards blindness, amputations and death.

The road back

If you will think carefully about how this disease has progressed to this point you will begin to see what all the excitement is about. What is the real problem here? Is it a lack of insulin or is it a lack of these sugar doors? There are not enough doors! The cells have removed all the doors because they aren't hungry anymore.

So can you see that what we really need is not more insulin but more doors.

But your doctor can't prescribe a pill or injection of new doors for your cells. So how can we get more doors back on our cells. It is really quite simple. We have to make the cells hungry! A hungry cell will make thousands of doors all over its surface.

How do we make a cell hungry? Exercise! Walk, walk, walk, walk.

And this is the simple secret that is allowing diabetics to walk away from heart attacks, dialysis, and daily insulin injections.

The rest of the story

The other half of the secret is that you have to learn to eat right so your body is not overloaded with calories. And the lifestyle treatment centers that are specializing in reversing diabetes have found that a simple unrefined vegetarian diet is the answer. In real life situations this is the diet that actually works. It allows diabetics to eat three meals a day and never go hungry and never count calories or exchanges again. This may seem surprising to some but the proof is seen in these patients' success.

One of these centers, Weimar Institute in California, has developed a program using their own special version of this diet together with walking all under close physician supervision and testing. They report 50% of Type 2 diabetics off of all medications and insulin with a normal blood sugar in just 21 days. 80% of patients with neuropathy are pain free in just 17 days! No pill in the world can do that.

And now Weimar Institute is taking their Reversing Diabetes program across the country in the form of three-day seminars held at major conference centers across the U.S. The seminars include vegetarian meals and cooking classes as well as walking in addition to lectures by a team of several physicians. And it is exciting to find that in just three days diabetics can learn all they need to know to reverse this disease on their own.

If you or someone you love is a diabetic the good news is that with an about-face in lifestyle *diabetes can be reversed*. Heart attacks, strokes, neuropathy, blindness, dialysis, infections and amputations are not an inevitable part of your future. You can literally walk away from all of these. The sun of hope is shining at the end of the road when you turnaround and walk in the opposite direction.

Some Good News for Type 1 Diabetics!

Milton Teske, MD

Lets start with a brief overview of this disease.

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Diabetes is two different diseases:

There are two completely different diseases that cause a high blood sugar. We call them: Type 1 diabetes and Type 2 diabetes. But you may have heard other names used for these two diseases. Because it usually begins during childhood, Type 1 is also called juvenile onset or childhood onset diabetes (although adults can get it). Type 2 is called adult onset because it usually begins in adults (although today more and more young people are coming down with this form of diabetes). Type 1 is sometimes called insulin dependent diabetes because it requires insulin injections. Type 2 is sometimes called non-insulin dependent diabetes because it is often treated with oral medications (although Type 2s can often end up on high doses of insulin – much higher than type 1s). It may be a little confusing when you still hear all of these different names being used. But the scientific community has now accepted **Type 1** and **Type 2** as the correct terminology for these two diabetic diseases.

Type 1 diabetes:

Type 1 diabetes is a disease where there is no insulin. The beta cells in the pancreas are dead and gone. So there is no way for the body to make insulin.

Normally insulin would attach to the insulin-receptors and thus open little sugar doors allowing the cells of the body to take in the sugar they needed. Let's follow through what happens when the body can't make the insulin that it needs. As the sugar level rises in the blood after a meal there is no insulin to open the sugar doors so the sugar cannot get into the cells. So all of the sugar just backs up in the blood and the blood sugar level gets higher and higher. Much higher than it should.

What can the body do to get rid of all of this sugar in the blood? It must wash it out through the kidneys. That takes a lot of water. Which makes a lot of urine. But it also dehydrates the body in the process and so we get very thirsty. And these are the first symptoms of diabetes. Excessive thirst, which leads to drinking lots of water, and passing lots of urine. And if you test the urine it will have lots of sugar in it. (Normal urine doesn't have any sugar.) Long ago they would just pour some of the urine on the ground near an anthill and if the ants would come and eat it the diagnosis of diabetes was made.

What is happening to the body's cells in this type 1 diabetes? Without insulin to open the doors there is no way to get sugar inside of the cells. The cells are getting very hungry. Actually they are starving to death in a sea of sugar.

What does a starving cell do? It starts to disassemble and eat itself. It can start to burn proteins and fats instead of sugar for energy. But this can create some problems. Imagine you were locked in a room during a freezing blizzard with only a wood stove for heat. Now imagine that you have run out of firewood. What can you do to keep from freezing? You could start to bust up the furniture and burn it for fuel. You could tear the paneling off of the walls and burn the doorframes and window frames. You could burn the seat cushions and peel up the carpets

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to burn. But now you have some serious problems. Not only are you destroying some important and badly needed structures you are also probably making a lot of smoke. Those seat cushions and carpets don't burn clean. They give off some toxic fumes. And this is what happens when you burn fat without sugar. It burns dirty. Some of the toxins are called ketones. And as the ketones build up in the blood it becomes acidic and we call it diabetic ketoacidosis or DKA.

A child in DKA is very sick. Before the discovery of insulin they all died. But today we can give them IV normal saline to correct the dehydration and we can give them antiemetic medication to stop the vomiting. And of course we can give them insulin to open the doors and let the sugar into the cells once more.

And then we can give them several injections of insulin every day to keep opening these little sugar doors on all the cells for every meal they eat. This is type 1 diabetes.

Who Killed the Beta Cells?

But there is another question we must ask. What happened to the beta cells? Why are they dead and gone? Who killed them?

Sometimes we think it might be a viral infection which attacks the beta cells and destroys them. I met a woman once who was in an automobile accident which destroyed her pancreas and she has been a type 1 diabetic ever since then. But today scientific research is pointing its finger at a new culprit. Cow's milk. We now know that most type 1 diabetics inherited a trait where they make certain proteins on the beta cells which are very similar to a certain protein found in cow's milk. We have found this particular protein to be present in about 80% of the dairy herds.

So how does this work? First we need to understand how the body's immune system works.

Your immune system is your body's security services. Your military and police forces. It is their job to protect you from your enemies, bacteria, viruses, cancer cells, anything that is not part of your normal body.

When a baby is born it has a weak immature immune system. So God has designed a special way to protect the baby from all of the threats from different bacteria and viruses in its environment. Mother has lived in this environment for many years and she has been exposed to lots of different bacteria and viruses. Her immune system has identified them and made antibodies against them. These antibodies are special protein molecules that are coded for a specific part of a virus or bacteria. If mother is ever exposed the same virus again these previously coded antibodies identify the enemy immediately and it is destroyed before it can spread and cause an infection. We say that she is now immune to this virus.

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So how does this help her new baby? Her body packages a supply of these antibodies in her breast milk. When the baby nurses it receives a supply of these antibodies in the mother's milk. Remember that these antibodies are made of protein. What normally happens to protein when it is eaten? When it reaches the stomach it is digested. That means that stomach acid and various enzymes cut up the protein into hundreds of little pieces we call amino acids. These little amino acids are then absorbed through the intestines into the blood and can be used by the body to make new proteins. So why doesn't the baby just digest these protein antibodies? Because mother has packaged them in special little packages in the milk so that they cannot be digested. These little packages of antibodies pass through the stomach undigested and are absorbed through the intestinal wall intact and release their whole intact antibodies into the baby's blood. Now the baby is immune to whatever mom was immune to. A very nice arrangement!

So what's the problem? We are not baby cows! Mother cow packages her proteins for her baby calf and then we feed this milk to our children. Now we are releasing whole intact cow proteins into our children's blood. As our children grow and their immune systems mature the day comes when they recognize that these cow proteins don't belong in the human body and so they start to make antibodies against them. They become allergic to cow's milk. Ask an allergist what is the most common allergy in humans and they will tell you it is dairy products.

How can this cause type 1 diabetes? Some children inherit a trait where their beta cells make certain proteins on their surfaces that are very similar to certain proteins found in cow's milk. This cow protein has been identified and it is found in about 80% of the dairy herds. The problem is that if they become allergic to this cow protein then because it is so similar these antibodies will start attacking their beta cells and destroying them also. Research studies have shown that all type 1 diabetics have developed high levels of this particular antibody. And when most of the beta cells are gone these children can't make enough insulin anymore and now they are type 1 diabetics.

An interesting study that can be done is to find the incidence of type 1 diabetes in the different countries of the world. Then compare this data with the per capita consumption of dairy products in these same countries. When you plot this data you will get a direct correlation! Those countries that have almost no access to dairy products have a very low incidence of type 1 diabetes. As the consumption of dairy products in a country increases so does the incidence of type 1 diabetes. In countries like the US where the consumption of dairy products is very high the incidence of type 1 diabetes is also very high. Can you guess which country has the highest incidence of type 1 diabetes? Finland, and it also has the highest consumption of dairy products.

Prevention and treatment of type 1 diabetes . . .

So what can be done about it? Prevention should be fairly obvious by now. Don't feed your children dairy products. Especially if there is a family history of type 1 diabetes. With a relative

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who is a type 1 diabetic the risk is quite high and these children should definitely be on a dairy free diet for life.

Really good news for children just recently diagnosed:

For children with a recent diagnosis there is some very good news. In the last few years it has been discovered that if we will take these children off of all dairy products and place them on niacinamide we can get a remission of the diabetes in close to 90% of these children. Niacinamide (not niacin) is a vitamin that can be obtained in any health food store. The dose is 12.5mg of niacinamide per pound of body weight every day. [For a child this would be about 100 to 200 mg per day and for an adult the dose would be about 1500 to 2000 mg per day.] Apparently there is a time period (maybe a few months) when the beta cells are mortally wounded but not dead yet. And if we can revive these beta cells before it is too late we can save these children from a lifetime of insulin injections as well as all of the complications that shorten a diabetic's life.

It may also be reasonable to take niacinamide as a preventive measure (in addition to a dairy free diet) if there are any known relatives with type 1 diabetes.

What if I've been a type 1 diabetic for many years?

What if the diabetes has been going on for a while? Insulin injections will be important to maintain the blood sugar levels in the normal range. The best diet and exercise plan to help normalize these sugar levels is the simple whole plant food diet we will share with you in these seminars and regular daily exercise. Three meals a day should be adequate. Snacks between these meals should not be necessary if you are getting sufficient complex carbohydrates and fiber in your meals. If the sugars are still dropping between meals you are on too much insulin. Exercise is a powerful medicine and if you get a jump in your sugar level consider additional exercise to bring it down instead of increasing the insulin dose.

Type 1 diabetics who adopt this diet and exercise program typically see a reduction in their insulin dosages and stabilization of their sugar levels making it much easier to stay within the normal range. If you want to get started on the diet right away just get a copy of one of the NEWSTART® cookbooks and start trying some of the recipes.

Surprisingly about 10% of the type 1 diabetics we have treated at Weimar Institute's NEWSTART® lifestyle treatment center with this diet and exercise program actually are able to discontinue their insulin completely and still maintain a normal sugar level with diet and exercise alone. That is powerful good news for type 1 diabetics.

So whether you are just recently diagnosed or have been a diabetic for many years you have every good reason to find out all you can about the NEWSTART® diet and exercise program at one of these seminars.

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"Medical research confirms that up to 50% of Type 2 diabetics can eliminate diabetes risks and discontinue medication within three weeks by adopting a low-fat, plant food diet and regular daily exercise."

Anderson, JW and Ward, K: High Carbohydrate, High fiber diets for insulin-treated men with diabetes mellitus. Am J Clin Nutr, 1979; 32:2312-21.

About the Food

At the seminars you will be fed six delicious vegetarian meals. When we ask at the end of the seminar if the participants would enjoy eating this way the rest of their life we hear a unanimous "Yes" from them. Most are totally surprised that healthy food could taste so good. You will never go hungry and never skip a meal. You do not count calories or exchanges. You will lose weight – slowly and permanently. Blood sugar levels will drop requiring the decrease and eventual discontinuance of oral medications and insulin.

The Diet that Works

The diet that has been proven to work is very simple. It can be described as a whole plant food diet. It is based on complex carbohydrates such as whole grain breads and cereals, potatoes, brown rice, yams, lentils, and more. This provides the proper fuel for the diabetic to run on. It is the way your body was designed to run. To this base is added vegetables and some fresh fruits to provide all of the vitamins and minerals that the body needs. The diet is low in protein. A high protein diet puts a tremendous strain on the kidneys and most diabetics can avoid going on dialysis by keeping the protein intake below 40g per day. This diet eliminates meat and dairy products, which are high sources of protein as well as high in fat and the carriers of many diseases. This diet is low in fat but it is not a fat free diet. It contains all of the essential fatty acids in the right proportions by including nuts olives and avocados. It avoids all of the harmful saturated fats and cholesterol found in animal products.

No Refined Foods

It takes 15 ears of corn (a very healthy food) to make one tablespoon of corn oil or margarine. At the factory all of the fiber (very important for diabetics) has been removed and the essential vitamins and minerals have also removed. Then it is often heated to high temperatures that further alter its chemical structure. This concentrated, altered, and vitamin depleted chemical is now added back to the diet in larger amounts than the body was ever designed to handle. Two or three tablespoons of oil in a meal are the same as 30 to 45 ears of corn!

We can do the same thing with sugar cane. It takes 30 feet of sugar cane to make a candy bar. It would take a month to eat that much sugar cane. But how long does it take to eat a candy bar? White flour is wheat with over 20 essential vitamins and minerals removed as well as all of the fiber. It has been found that when we come back to eating plant foods the way they were created with all of the fiber and vitamins still in them that diabetes will reverse.

Science Agrees... Tests confirm low-fat diet

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alone reversed type 2 diabetes in laboratory animals.

In a scientific study released on September 9, 1998, " . . . While doctors have long known that weight loss can control diabetes, this is the first scientific study to show that type 2 diabetes can be completely reversed in animals by cutting dietary fat. Moreover, the findings suggest that reducing fat, not just weight, is a primary mechanism behind the reversal."

*Richard Surwit, PhD et al, September '98 **Metabolism**. Duke University*

A concurrent program at Weimar's NEWSTART® Lifestyle Center, in which type 2 diabetic patients eat a low-fat diet and exercise daily, is experiencing a similar success in reversing diabetes. Many are completely off all insulin and medication with a normal blood sugar. Neuropathy has been reversed and renal function improved in many. Atherosclerosis, the big killer of diabetics, also responds favorably to the NEWSTART® program.

50% of type 2 diabetics have normal blood sugar without medication in as little as three weeks.

80% with diabetic neuropathy have no more pain in their feet and hands.

Other benefits of working this plan include:

- 80% of men have normal blood pressure without medication.
- a 25% drop in cholesterol is common.
- a 35% increase in exercise capacity occurs.

Crane, MG and Sample, C: Regression of diabetic neuropathy with total vegetarian (vegan) diet. *J Nutr Med* 1994; 4:431-439.

Scientific research supports use of a low-fat, plant-based diet, plus exercise, in the prevention, treatment and reversal of type 2 diabetes.

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Barnard RJ, Lattimore L, Holly RA, Cherny S, Pritikin N. Response of non-insulin-dependent diabetic patients to an intensive program of diet and exercise. *Diabetes Care* 1982;5:370-74.

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Parekh P, Petro A, Tiller J, Feinglos M, Surwit R. Reversal of diet-induced obesity and diabetes in C57BL/6J Mice. *Metabolism* 1998;47, 9:1-8.

In 1997, Pastor William Erving, a retired Christian Missionary Alliance pastor from Beaver, PA, was suffering from painful diabetic neuropathy in his feet. He reported that the discomfort was so great he had difficulty sleeping at night. He was being treated with oral medication for his elevated blood sugar, but nothing was helping the neuropathy pain. Two years ago, Pastor Erving attended the NEWSTART® Reversing Diabetes seminar at Sandy Cove Conference Center, near Baltimore. His blood sugar quickly returned to normal. On August 26, 1999 he reported that the pain in his feet has now been gone for two years, his blood sugar level remains in normal range, and he requires no medication. He walks daily and enjoys the recommended plant-based diet.

"It was with great need and much apprehension that I attended your "Reversing Diabetes" seminar in Wheaton, IL. My fears were inappropriate. I highly recommend this seminar for those with diabetes or heart disease. As I have experienced both, this session was extremely timely."

- Greg Anspaugh, Grand Rapids, MI
- Kit Carson was taking 85 units of insulin daily. He was a big guy - 6'8" and 440 lbs. He relied on his pickup to go even short distances. Two days into the NEWSTART® Lifestyle Program his blood sugar, which had been as high as 500, returned to normal. In two years he lost 135 lbs. and has never used insulin again. He says, "*This program has changed my life.*"
- John Rowe, R.N., E.R. nurse and a diabetic for eleven years, was injecting up to 144 units of insulin a day. Within two days of adopting the NEWSTART® Lifestyle, his blood sugar returned to normal without medication. He lost thirty-five pounds in four months. His hypertension is gone and his vision is greatly improved.

"For thirteen years I have lived with adult onset diabetes. At first, I controlled it with diet. Then it was a single pill and then up to two pills a day. Kidney problems began and I was put on another pill. The fear of dialysis and other pieces of my body failing was overwhelming. I knew there must be a better way.

At the seminar, Drs. Lukens and Teske explained so well what was happening in my body, I saw I was living on a dead-end street. I could only see more pills or the needle and failure of one organ after another. I listened, prayed and understood the program.

I so enjoy the freedom from any medication for my illness that I cannot imagine ever eating any other way. My doctor verifies my neuropathy is completely gone" LeRoy Hill, Bothell, WA

"I recently attended a seminar offered by Weimar Institute where I received training in the NEWSTART® Lifestyle Program, and would like to share my wonderful experience with you. I am a 62 year-old physician with a history of adult onset diabetes for ten years. I am blessed with a busy orthopedic practice and have a hectic schedule. I chose to attend the seminar in order to seek a way to manage my condition without continued reliance on medications."

- Robert W. Hunt, M.D., Orthopedic Surgeon

The risk of diabetes can be reversed with lifestyle intervention!

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"...(I) was able to show the nurse and the doctor that... I had quit taking my medications, but my glucose was still normal. I had lost 15 pounds. My doctor's exact words were, 'I couldn't be happier. Keep it up.' " – Bob Mitchell of Millbrae, CA.

Bob's wife, Gaylene Mitchell, MSN, RN, says, "At first, I was very skeptical that diabetes could be reversed. As a nurse case manager I had seen only the steady downward progression of its complications. The seminar lectures were well supported by research and yet made a complex disease simple to understand. This approach to diabetes offers hope and motivation, averts the complications, and can reduce health care costs. NEWSTART® offers much better results for diabetes management."