

Diabetes Type 2  
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Its a sunday night - with nothing to do - with everything to do. I look around and see. I see people walking. I see people sitting-and what the heck- am I doing. Writing, fulfilling my passion of writing my words of wisdom - my opinion of what causes disease. Tonight it's about diabetes. Not because I want to - which, I do - not because I have else better to do, which may or may not be true, but because this is what I choose.

It all started from a single blurb I saw on my Facebook. The words were short - simple - to the point by a girl I knew and haven't seen in at least 5 years. What she said very simply "I'm going to die - I have all the symptoms of diabetes." Diabetes is very real - it affect a huge amount of people - a high percentage of people and it's getting worse. The medical system has nice words like "under control." This medication has to be taken for the rest of your life. That means like forever. The symptoms - dizziness - constant urinating - in early stages. As time continues, maybe loss of legs. Maybe kidney failure - maybe loss of eyesight. This girl who feared she had diabetes had every right to be scared. In a medical scale - one can never ever get better. Based on their knowledge their learning on how they are trained. The only treatment a doctor can offer are tests followed by medication - not once is a change in dietary habits an option. If it was most if not all of the diabetic medication for diabetes type 2 would become obsolete.

My friends - this is my opinion - for I have seen/read-experienced so many people who have had diabetes who have been on meds + more meds having so many tests with no results. They made one simple change. They remove the saturated fat from their diet - which includes all meat, dairy, eggs + cheese and anything that contains eyes or has a mother.

Once the dietary lifestyle has occurred. Once the saturated fat is removed from the diet, my friends, miracles occur - As quoted by Doug Graham - the subject of eating too much fat from an animal because the saturated fat coats the cells - because it's hard to process this fat - causing the cells to be coated. This my friends is the case of diabetes. Since the coated cell can no longer uptake transport + deliver the vital nutrients - which is the cause of diabetes - is insulin. It's not an insulin shortage - but a coated cell factor. The cell is so coated with the animal fat - that it can't receive the insulin, over loading the kidneys and causing the dizziness and nauciousness - and every other symptom associated with diabetes. In my world, from my experience, from my reading as god's way to ultimate health by dr. George Malkmus, all one has to do is remove the cause and the diabetes will disappear. I am fighting the system. I am not a doctor nor do I want to be. I write from my opinion as I know it.

I share my words not as an absolute truth but as an option for those seeking one. If there is an option of giving up all meat products as a possibility for healing of diabetes, of a possibility of never have to take

meds again or losing your eyesight or losing your legs or having the fear of no hope. If this sounds too extreme - then by all means continue taking your drugs till the day you die and hopefully there will be no loss of eyes or limbs. This my friends becomes the impasse. This my friends is where push comes to shove and there is nowhere to turn. This my friends is where giving up meat makes perfect sense and the only question that remains: If I give up meat what does one eat? If one changes their dietary habits what should one eat? In an ideal world - based on what I know we should eat, food that is genetically designed for humans. Species specific diet. A diet rich in fruit. As a major source of calorie - since veggies have no calories and for that matter no sugar.

Which is the major source for fuel - but we are talking in an ideal world - where fruit is accepted as a major alternative. Where food is a source for fuel - not entertainment. My friends we don't live in that ideal world where fruit is a viable source of calories - energy and fuel. It is at this point where the former meat eater has to relearn his dietary life choices - what is acceptable to his body and what not. To all those who are open and willing to listen - I suggest just add fruits and smoothie with calorie rich fruit - bananas, dates, apple, pears, pineapple, mango. This my friends is the beginning where one develops more clarity in what foods are important. What foods are necessary. What food will field my body the best. Then real rejuvenation will take place. Your switch over - your food enjoyment that most satisfies you - have fun in the sun!