

The Cause and Cure of Diabetes

SVEN PETER MORITZ, M.D.

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We can change the medical paradigms of Diabetes. Healing, not only for the individual, but also for the common good is possible. Natural sugar is the key. All “sweet addiction” leads to disease. There is no need for artificial sweeteners with sweetness a few hundred times greater than natural sugar.

Healing is mainly a question of understanding. To get the help of Nature we need to communicate with our body. The more that so-called facts or details, numbers or specialized advice come between our consciousness and our body, the more difficult is it to find the way back to our God-given Health.



Carbohydrates and natural sugars are essential for our bodies. We need the natural gift of sweetness to stay healthy.

We are used to seeing medical problems as disease. So we spend a lot of money to find this disease, giving us concern. Most of the time we expect medical doctors to give us an answer that fits the symptoms we don't like.

So people coming to medical doctors are very often treated “as patient” in a “medical-system” of its own. If we take a closer look at these facts, we would realize that we know very well what it is all about. In the field of medicine we would call a similar system an “abscess” within an “abscess-cavity”.

To understand the basics of diabetes we have to look beyond that “closed cage”. We have to search for reasons why such a situation becomes a threatening challenge to so many people. Most of the time we don't take into account people's experiences.

As human beings we have the indescribable right to inhabit a physical body, serving us as a part of nature. There is no chance of understanding our bodies, as long as we look from the point of view of a self-established island or “abscess-cavity” made by human will.

To find the real causes of most uncomfortable situations within our bodies, we have to change

our point of view. These situations, usually filled with discomfort, are called *dis*-eases.

We have to understand that from the very beginning. Looking for the basic reasons leading to diabetes is only a small part of a whole endeavour. It is an endeavour to ground medicine in a natural way, to ground medicine as part of a service for the whole evolution.

It is not the sugar that is killing man!

To understand diabetes, we have to radically change our point of view. It is not the sugar that is killing man! It is impossible for natural sugar to kill our bodies. Our bodies as a part of nature are provided to serve as natural vehicles for our consciousnesses and they know very well how to handle natural sugar.

This seems to be easy, maybe too easy? ... and it is easy, because it is part of natural law: No natural material used with good common sense will harm our bodies. If natural material harmed the physical human body, this would be against natural law.

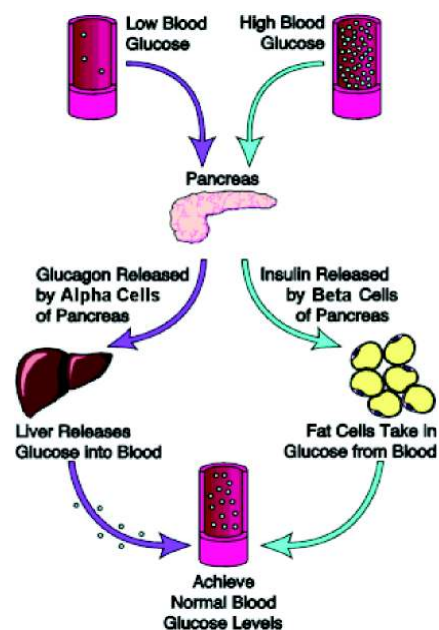
As a living organism our body is able to control the concentration or quantification of “the sugar-substance” within very narrow ranges. The body is intelligent enough to know how to handle the concentration with the help of two different hormonal systems: the insulin and the glucagon. But the system only works with the natural substance sugar.

It is not the sugar that causes the problem, but it is a question of natural or unnatural substances and regulation. It is obvious that there is some problem with what we are taking in, and what is happening in our bodies in taking that substance. Even when it seems to be easy, there are a few basic rules we have to under-

stand. One main problem for our bodies is to handle things we take into his or her “inner sphere”.

For example there is no other way for a human body to smoke except by human will, which forces him or her to put the cigarette into the mouth and to let the body inhale it. The reaction of the body itself is very well known during the first few times that people are so abusive to their bodies: vomiting, diarrhoea, circulatory problems and so on...

We are responsible for working together with our own bodies, not in the sense of explaining to it what to do, because the body knows much better than we do, but in the



Regulation of sugar plays an important role in our well-being. Two antagonistic hormones keep the blood sugar at suitable levels.

sense of taking responsibility for what we want it to take into its inner sphere.

We have to face a worldwide problem

The diagnosis “diabetes mellitus” is a worldwide challenge. The prevalence of diabetes in the United States is about 17 million Americans. That means 6.2% of America’s population suffers from diabetes. Out of this number only 11.1 million people are diagnosed diabetes and the other 5.9 million don’t even know that they suffer from diabetes.

Worldwide we have more than 135 million people diagnosed with diabetes (in 1995) and the World Health Organization estimates that worldwide around 300 million people will have diabetes in 2025.

The incidence of diabetes in the United States is one million people aged 20 years or older diagnosed as “new cases” a year. This incredible number might be part of the problem of “not understanding” what is happening.

Because of this unimaginable number most people accept the situation as unchangeable. The problem seems to be far beyond our understanding and we think that others have to find a solution.

Even physicians just believe in what they are told, not searching for the basic reasons behind such a situation. And most so-called patients are just waiting to be one more suffering from the long-term effects of diabetes. Having those symptoms a few years later seems to be a victory. For comparison the incidence of heart failure in the United States is “only” about 400,000 to 700,000 a year.

Our bodies know very well how to handle natural sugars as we find them in many fruits and naturally occurring nutrition. But that very well known way to handle sugar doesn’t work when it isn’t a natural sugar any more.

But what happens to the sugar?

If the thesis of “sugar-changes” is true we have to find significant changes between sugar provided by Nature and sugar used by man.



Natural sugar contains trace elements, minerals, and vitamins. The changes from natural sugar to crystallized white sugar during industrial processing is the key to understand the beginning of Diabetes. (l.: sugar cane; r.: sugar beet)

Maybe most of the scientifically trained people these days are used to looking for chemical changes. We are talking about carbohydrates: “Plants manufacture the structural carbohydrate cellulose and the storage form starch from the energy captured during photo-synthesis.

In animals, the carbohydrates glucose and glycogen are sources of energy. Carbohydrates are aldehyde or ketone derivatives of alcohols having more than one OH-group.

The simple sugars (monosaccharides) are the simplest form of carbohydrate and include

between the raw-sugar and the crystallized white sugar we usually use.

The original sugar cane contains 14% trace elements, minerals and vitamins, plus chlorophyll. The sugar we can buy in the supermarkets is chemically the same sugar. It is sugar cane heated up in chalk-milk to extract calcium and protein. During this step all vitamins are destroyed and most of the minerals are washed out.

Then the product is mixed with acid chalk, carbonic gas, sulphur dioxide and sodium bicarbonate. This mixture is heated and cooled off several times, and thereafter crystallized and centrifuged. It is chemically still a carbohydrate or $C_{12}H_{22}O_{11}$. That’s the chemical way of looking at it.

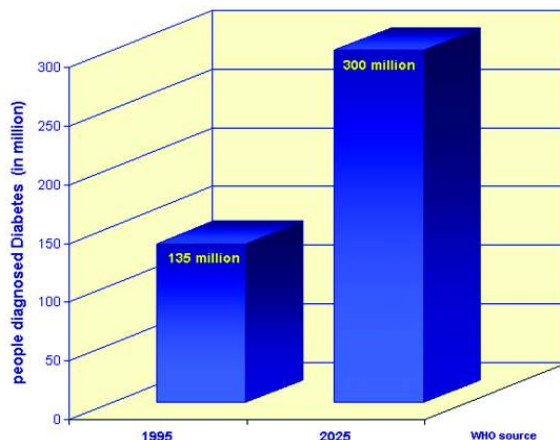
So there are no significant chemical changes. Much more interesting is that there is a physical process going on that might change the quality and so we might not get the sugar quality originally contained in the sugar plants.

Sugar as we usually use it, is industrialized crystal or granulated sugar. And we can show very important differences in energy.

Studies with GDV-photography show that difference. Gas Discharge Visualization is a computerized form of the Kirlian photography that uses photography to show the same effect. Dr. Konstantin Korotkov of Saint

Petersburg, Russia, is professor of Physics at the State Technical University and the leading head of the GDV-research.

Prevalence of Diabetes worldwide



The World Health Organization (WHO) estimates that there will be worldwide over 300 million people diagnosed Diabetes in the year of 2025. It’s presumed that only half of the affected people are diagnosed.

the pentose, ribose and the hexoses, glucose (blood sugar) and fructose (fruit sugar). Pentose sugars are important parts of nucleotides and

This technique, called the Gas Discharge Visualization technique (GDV), is a breakthrough beyond Kirlian photography. GDV can do direct, real-time viewing and capturing the energy emanating to and from an individual, plants, liquids and other things and translate this into a computerized model. The system used was a GDV-Camera for digitalized Kirlian-photography built by Dr. Korotkov. The different solutions were examined using the cup device from the material testing kit.



Modern Gas Discharge-Camera shows energetic images known as Kirlian-Photography.



The water-device enables the camera to examine fluids

What we can see are the different shining-areas reproduced with plain water and different solutions. When we analyse it by mathematical reproduction we see the difference between raw sugar and white crystal sugar.

So the question becomes more and more evident: What happens to the sugar? Although we still have the same chemical structure you definitely see a significant difference of energy.

So I looked at the processing of raw sugar into white crystal sugar. Water and calcium carbonate are the main substances added to the raw sugar. Then the liquid is centrifuged. The hypothesis was that centrifuging is the main destabilizing factor during this processing.

When we take the same raw-sugar solution as before and centrifuge it for 20 minutes we can see that the shining area of the GDV-gram shrinks. The result is just between the results

for a raw-sugar solution and the white-crystallized sugar solution.

So I can come to the conclusion that the changes of energy are the result of the centrifuging process and we don't have the same sugar after processing! This conclusion shows that looking at things in a different way than usual may be the right way to understand the problem.

But, hopefully I believe that many scientifically trained people realize that we can always arrive at an understanding as long as we go

To our highly sensitive body-systems it makes a significant difference to get one or the other form of sugar! That is one of the important facts we have to focus our attention on, for the understanding of diabetes.

What is the "sugar story?"

The natural components our bodies need are carbohydrates. We all know that this is "THE ENERGY" for our cells. But not only this!

There is a whole new branch of scientific research called glucosciences. This is because the scientific world is starting to realize that all major information-systems of our bodies work with polysaccharides.

As the American Diabetes Association writes: "Sugar is the basic fuel for the cells in the body". But it is much more a basic quality our bodies really need. Real sweetness provided by natural sugar without changes of energy is what we need.

And what is enough, is enough! Our bodies are well trained friends. They take whatever they need to do their job and that's it! As we can see in many situations, our bodies are intelligent enough to do the best possible with the least possible use of natural resources.

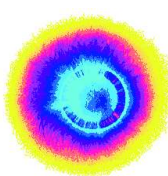
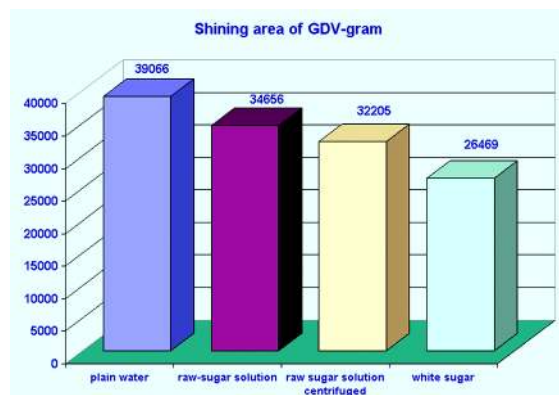
But there are certain groups that want us to use more and more sugar. Marketing strategies make us believe that "a sweet life" needs sugar. But what they offer

us is not the natural sweetness we find in Nature. They sell us a modified substance we get addicted to, without getting the quality we need.

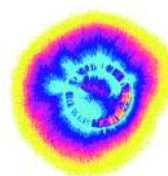
The world-sugar production of today is more than 135 million metric tons. The U.S. sugar production expanded from 6.1 million short tons, raw value in 1986 to 9 million tons in 2000 meaning an increase of one third in 14 years. (see diagram 'World Sugar Balance', page 5).

And all this sugar is centrifuged sugar! The sugar we are offered for nutrition has gone through the whole industrializing process and differs from natural sugar.

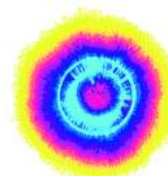
Yes our bodies need to have carbohydrates. But not as excessively as we might desire. We have been trained by marketing strategies to



Raw-sugar



Raw-sugar centrifuged



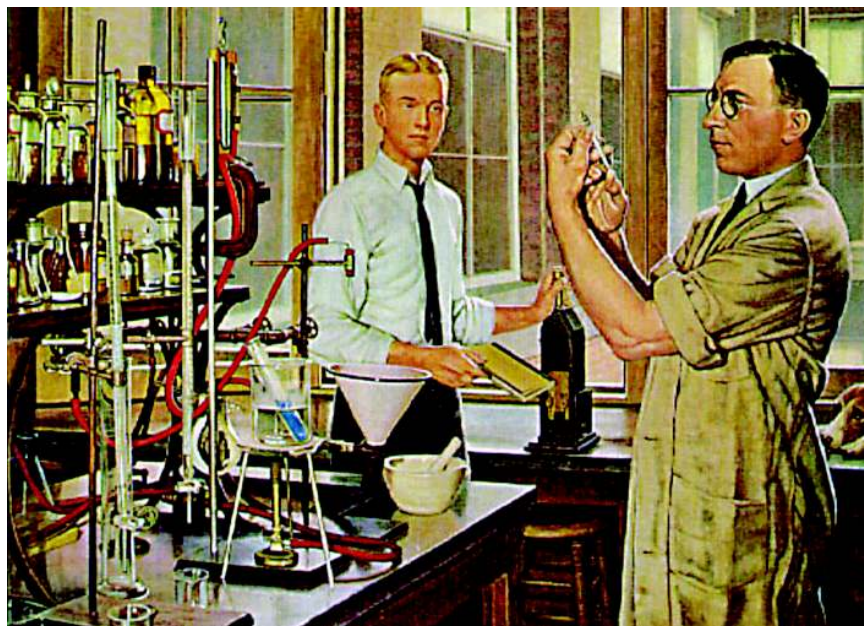
white sugar

Even though there are no significant chemical changes, pictures taken with the GDV-Camera do show different energetic fields, because of the industrializing process of natural sugar. The energetic loss by processing is made visible by the decrease of the shining areas (light blue).

with natural laws! Maybe the questions are not the right ones or maybe we do not understand the answer we get.

But always there is wisdom in Nature and when we start to understand Nature we start to understand our bodies and we also will understand medical problems.

Therefore, in this case, I had to go beyond the first idea about chemical changes, because what happens in the body showed that there had to be a significant difference, that could not be found that way. The only question was how and where to find that little factor that makes all the difference. And in this case it is the physical processing that seems to change the energetic value of natural raw-sugar.



Dr. Banting with his assistant Dr. Best discovered insulin in 1921. From this time on the common opinion that insulin is the key to the understanding of diabetes was established, and no further attention was paid to the actual cause of the disease. Nobody realized the energetic “sugar-changes” which are caused by industrializing processes of natural sugar.

get used to large amounts of sugar, far more than our bodies need.

It is not only the “sugar-industry” that is making a profit. There is an even greater business with all the candies, food-stuff industry and merchandising machinery. But by selling and consuming more and more sugar one problem becomes more and more evident: Diabetes.

Medical research scientists started to warn that there is a creeping disease. Because there is no direct symptom in the beginning, the disease goes unnoticed with fatal damage to the whole body. And very early in the 1900's the link between sugar and diabetes was described.

A problem occurred for the industry: You can not sell large amounts of sugar if it's obviously the cause of so serious a disease! How to continue making profits?

First you have to make sure that there is no link between the production you are responsible for and this horrible disease. Who else is involved in the story and where can we find other reasons for this situation?

An immense research was started regarding all the problems experienced by the human body, with regards to diabetes. During this research the centre of attention would be on everything, except the production itself. So step by step you focus on the body's insufficiency and make sure that it is not the sugar that is

responsible for the disease but the insulin.

It is a typical “not me” reaction, which is the prevailing attitude until today. This reaction is responsible for most of the physical problems people have to face. We proclaim that we are not responsible for the situation.

In the case of sugar, medical research has started to show that it is the body which is no longer capable of producing insulin. Do not blame the sugar-production or the industry providing mankind with sweetness in a way they never knew before. The body is blamed for the disaster.

So until today in the medical world researchers are looking at the insulin and hardly anyone is starting to look at the product leaving the factories.

But as said before: No natural material will harm our body. That's how we have to look at Nature! Our bodies as a part of Nature will work together with it because of the strong link of love between all parts of nature.

That is the ground on which you will find a firm stand again and from which you can take a

different look at the world and start to understand.

In the 1940's researchers recognized the link between diabetes and the long-term complications. It was proclaimed that people with diabetes have a high incidence of vascular and neurological damage with consecutive damage to kidneys, feet and eyes.

In the late 1950's diabetologists found that there are two types of diabetes. And they described that overweight is one of the main risk factors for type 2 diabetes. That is the beginning of another story:

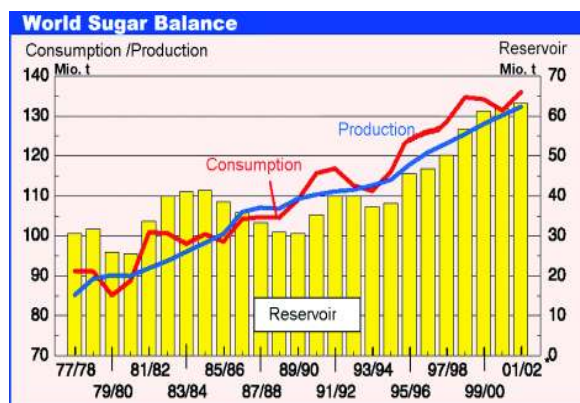
The story of non-caloric sweeteners and artificial sweeteners

Today the worldwide artificial-sweetener market is estimated to be more than 1.2 Billion US \$ a year. And the artificial sweeteners are much more of a problem than denaturalized sugar itself. All over the world there are three major substances used:

Saccharin, which has no calories yet is 300 times sweeter than sugar and the oldest artificial sweetener.

Aspartame, which has the same amount of calories as sugar (four per gram) yet is 180 to 200 times as sweet, is available to help satisfy Americans' twin cravings for sweets and slimness.

Cyclamate, calorie-free yet 30 times sweeter than sugar, was banned by the Food and Drug Administration in 1970 because of concerns over its safety.



The sugar industry sells more industrialized sugar every year. Our bodies cannot handle the large amounts of energetically changed sugar and are still starving for the right quality of sugar.

Beside all the side-effects, one of the major problems is that these substances are up to 300 times sweeter for our body taste. So for the same amount of carbohydrates we get so much more

sweetness. Our bodies need natural carbohydrates and that is what they are looking for. And what do they get? The same illusionary feeling of sweetness that natural sugars would provide. But at the same time our bodies get no carbohydrates and no quality of sweetness! From our bodies' point of view they try to get used to the unnatural sweetness.

They do it in their never-ending loving way as they try to do their job in spite of all the addictive things we do to them. For our bodies get used to it, it is their only chance to survive and thereby serve mankind!



The symptoms of the body show the way to be healed.

I don't want to refer to all the numerous problems Aspartame, as one of the most commonly used artificial sweeteners, has brought into our lives. That is well documented and can be easily found for example on many internet sites.

Aspartame accounts for over 75 percent of the adverse reactions of food additives reported to the US Food and Drug Administration (FDA). Many of these reactions are very serious including seizures and death as reported in a February 1994 Department of Health and Human Services report.

In relation to diabetes we have to face the fact that artificial sweeteners are no solution to the described link between diabetes Type II and overweight. They do not reduce weight! In truth they are part of the problem, because of weight gain and tricking the body.

From symptom to disease

Most of the medical knowledge starts because of symptoms we feel within our bodies. Then during medical examination more and more related facts are added to the "basic-symptoms" and we get the diagnosis. The history of diabetes is very quietly related to such a change of perspective.

The earliest known records from 1552 B.C. mention the symptom polyuria which is one of the major symptoms we find related to diabetes. So physician Hesy-Ra in the 3rd Egyptian Dynasty was very right with the symptom as we find it until today.

During the following centuries details were added until in 1869 Paul Langerhans from Germany described two different excretion

systems of the pancreas. The outer secretory-system for the digestion function of the intestine and the inner-secretory function was not yet understood. But later they named these specific pancreas-cells after this man as "islands of Langerhans". And the medical world looked more and more for these details and didn't realize the relation between a person's life and the changes in his or her body.

Now the World Health Organisation (WHO) explains: "The term diabetes mellitus describes a metabolic disorder of multiple aetiology characterized by chronic hyperglycaemia with disturbances of carbohydrate, fat and protein metabolism resulting from defects in insulin secretion, insulin action, or both."

The reason is established: "...resulting from defects in insulin secretion, insulin action, or both..." As a medical doctor you are not even asked to interpret the symptoms to understand

diabetes is characterized by the following symptoms:

- ❖ unusual thirst
- ❖ frequent urination
- ❖ unusual weight loss
- ❖ extreme fatigue or lack of energy
- ❖ blurred vision
- ❖ frequent or recurring infections
- ❖ cuts and bruises heal slowly
- ❖ tingling, numbness in hands or feet

The word "diabetes" comes from the roots of the Greek and Latin language. diabetes derives from the Greek word "Diabainein" standing for "to the siphon (flowing off)". This

means the characteristic signal of a diabetic is frequent urination. The necessary water runs through the body of a person and is flushed down the toilet.

And the word "mellitus" comes from Latin and means "Sweet as honey". The urine of a diabetic contains glucose and so it tastes sweet. That's the difference to other forms of diabetes ("diabetes insipidus").

In former years this sweet urine was THE SYMPTOM showing the practitioner very strongly the relation to sweetness. Today the diagnosis will be made in laboratories by blood-testing.

Blood test for diagnosis

Blood tests are taken for diagnosis and the glucose will be estimated. There are several different tests to obtain information:

❖ **The fasting plasma glucose test:** Is done in the morning before eating. Normal fasting plasma glucose levels are less than 110 milligrams per decilitre (mg/dl). Fasting plasma glucose levels of more than 126 mg/dl on two or more tests on different days indicate diabetes.

❖ **Random plasma glucose test:** Differs from situation to situation and is done the same way as the fasting glucose test but without fasting. It shows different levels depending on the time difference of food-intake.

Because of more and more problems of low-level glucose by diabetics in the morning, medical doctors change from tests after fasting to this kind of testing.

❖ **Oral glucose tolerance test (OGTT):** For the oral glucose tolerance test (or Impaired Glucose Tolerance Test, IGT), you must fast overnight (at least 8 but not more than 16 hours) and go

Symptoms of "aspartame intoxication" include:

- | | |
|----------------------------|--|
| - severe headaches | - mild to severe depression (often reaching suicidal levels) |
| - Nausea | - Hyperactivity |
| - Vertigo | - Numbness |
| - Insomnia | - mood changes |
| - loss of control of limbs | - loss of energy |
| - blurred vision | - ringing in the ears |
| - Blindness | - loss or change of taste |
| - memory loss | - and symptoms resembling heart attack. |
| - slurred speech | |

what is behind them. You should make the diagnosis by the later on explained different blood tests and after that you have to know what the disease results from.

But the symptoms are still the same and

to your doctor's office or the laboratory in the morning. First, your fasting plasma glucose is tested. After this test, you receive 75 grams of glucose. Blood samples are taken up to four times during the following hours to measure your blood glucose.

There are many known conditions with false positive testing. So be sure: For the test to give reliable results, you must be in good health (not have any other illnesses, not even a cold). Also, you should be normally active (for example, not lying down as an in-patient in a hospital) and taking no medicines that could affect your blood glucose. For 3 days before the test, you should have eaten a diet high in carbohydrates (150-200 grams per day). The morning of the test, you should not smoke or drink coffee.

Diabetes will be diagnosed when two diagnostic tests done on different days show that the blood glucose level is high.

❖ **The blood test with a memory:** The blood test with memory is the so called A1C test, or a glycated haemoglobin (GHb) test. This test requires only one sample of blood, which can be taken at any time of the day, even right after a meal. Although a high glycated haemoglobin level almost always means IGT or diabetes, people with IGT or diabetes can have normal levels.

Haemoglobin is the protein in red blood cells that carries oxygen. Glycated haemoglobin forms when glucose in the blood attaches to the haemoglobin. Because blood cells stay in circulation for 2-3 months, the glycated haemoglobin level is a good measure of a person's average blood glucose level over the previous 2-3 months. The rate of formation of GHb is directly proportional to the ambient glucose concentration. Since erythrocytes are freely permeable to glucose, the level of GHb in a blood sample provides a glycaemic history of the previous 120 days, the average erythrocyte life span.

This test is not used to diagnose diabetes but to monitor blood glucose control.

After all, Diagnosis will be a matter of numbers!

From this moment on, the focus is no longer on the symptoms that help us to understand the situation. The symptoms would help a person to understand the changes in relation to his or her body.

Now we have reached a point when the "controlled examination" shows who you are. Don't worry about realizing this. It is just important to understand the system, so you

Short history of Diabetes and Insulin

1552 B.C.	Earliest known record of Diabetes mentioned on 3rd Dynasty Egyptian papyrus by physician Hesy-Ra
1908	German scientist Georg Zuelzer develops the first injectible pancreatic extract to suppress glycosuria
Summer 1921	Insulin is "discovered"(Dr. Banting)
January 23, 1922	Insulin extracts first tested on a human being
1983	First biosynthetic human insulin is introduced

Insulin substitution is the basic treatment in the case of Diabetes Type I, mainly caused by so-called "auto-allergic reactions". To overcome this ten percent of all diagnosed Diabetes, we have to change the technologies which lead to immune-suppression.

know what will happen when you go to your physician and when you have one or more risk factors for diabetes. You will be examined and it might be a question of numbers whether you get diagnosed having diabetes. Don't take this system for more than it is: a system of numbers to establish different groups.

And beside this "number-system" don't lose your relationship to your body. It is because of the symptoms that you have a chance to understand your way back to being healed again.

Different Types of Diabetes

There are different types of diabetes. Besides the gestational diabetes we know the Type I



So called modern technologies like microwave and power lines are supplementary burdens to our body's immune-system.

diabetes. It was usually diagnosed in children and young adults, and was previously known as juvenile diabetes. In Type I diabetes, the body does not produce any insulin. And as the American Diabetes Association says: "Insulin is necessary for the body to be able to use sugar. Sugar is the basic fuel for the cells in the body, and insulin takes the sugar from the blood into the cells."

Type I diabetes without any production of insulin is according to this understanding a severe problem for the body and will lead definitely to death. Today the most commonly discussed relation is an auto-allergic reaction against beta-cells of the pancreas.

To understand the real importance and reason for this disease we have to understand the different circumstances leading to auto allergic reactions. It is not enough to describe the destruction of pancreatic cells without looking for the cause!

This presentation refers mainly to diabetes Type II and so I can only mention a few ideas about auto-allergic reactions. Artificial sweeteners are depressing our immune system as a side effect of their use.

Dr. Batmanghelidj refers to the self-destructive system of the body in case of dehydration and shows the beginning of insulin-dependent diabetes.

In addition our so called "modern life" is full of unnatural things, stressing our immune system until it breaks down. We also have to mention here the most destructive technologies of microwaves used in ovens and as telecommunication systems with their expansion all over Planet Earth.

But that is not our body's fault. It does not decide to incorporate microwave ovens or alternating current supplies or to produce all the useless food additives. It is our body that has to handle all these unnatural things! Do not

Complications (long-term effects) of Diabetes

Heart disease is the leading cause of Diabetes-related deaths. Adults with Diabetes have heart disease death rates about 2 to 4 times as high as those of adults without Diabetes.

Nervous system diseases are found in about 60 to 70 percent of people with Diabetes.

Stroke risk is 2 to 4 times higher in people with Diabetes.

Amputations caused by Diabetes accounts more than 60 percent of lower limb amputations.

High blood pressure is estimated in 73 percent of people with Diabetes.

Dental disease like Periodontal disease or gum diseases occur in almost one third of people with Diabetes.

Blindness caused by Diabetes is estimated between 12,000 to 24,000 new cases of blindness each year.

Complications in pregnancy are caused in 5 to 10 percent of pregnancies and spontaneous abortions in 15 to 20 percent of pregnancies, by Diabetes.

Kidney diseases are caused in 43 percent of the new cases of end-stage renal disease by Diabetes.

Others: People with Diabetes are more susceptible to many other illnesses. For example, they are more likely to die of pneumonia or influenza than people who do not have Diabetes.

blame it when the immune system breaks down and when it doesn't recognize anymore the difference between its own and other foreign tissues.

Anyhow, we definitely know that this type of diabetes has nothing to do with "sugar" itself.

Type II Diabetes

Diabetes Type II accounts for 90 to 95% of diagnosed diabetes cases in the major group of "sweet-diseases". Today's most common interpretation is that the body reacts to higher blood-glucose by producing more and more insulin and the pancreas will be exhausted after a few years of intensified production. At the same time the insulin-corresponding cells get less and less effective so the body needs more insulin for the same reaction.

The concept of an exhausted organ must be based on the belief in a "fixed maximum amount" of insulin. After using most of the insulin the body will not produce any new insulin. Think about it! When you use your common sense you will immediately understand that this is against normal experience.

The other part is the effectiveness of the receptor site. Here is the linking to body-weight. The idea that more weight means "relatively less" receptors is now being discussed. This might be a real cause explaining why a wrong understanding of Nature, one of the inner causes of diabetes, is related to diabetes Type II.

Strategies to cure Diabetes

Whenever "a new Diabetic" is diagnosed the medical doctor will take several minutes of his or her time to explain to the "new patient" what it is all about. So you normally will hear:

- ❖ You might not have realized it
- ❖ You have to take serious care not to incur terrible damage
- ❖ Most of the people in the same situation as you will experience severe damage
- ❖ You have to be very careful about everything you eat and do
- ❖ You have to stop all use of sugar
- ❖ and so on ...

The link to long-term effects is in the main focus of today's medical treatment. So most strategies try to reduce sugar-level-changes for this reason. So the patient has to undergo a strict control of blood sugar measurements and adapted diet.

These long-term effects which are said to be attached to nearly every "diabetes-case" after 15 to 30 years are the major cause for a lot of suffering. Isn't it horrible that this disease called diabetes is responsible for so many people suffering?

Yes indeed! As long as you are dependent on "closed cage thinking". One of the problems is the dependence on information from people making profits out of a situation they brought you into.

There is no need to produce an overwhelming artificial sweetness. There is no sense in producing artificial sweeteners to stop overweight at the same time as you depress the immune system. And if that's not enough, the same industry produces pharmaceutical and health care products for diabetics.

Treatment of Diabetes

With a great amount of resources today's medical science is looking for better medicine. One of the main pathways being followed in relation to diabetes Type I is the protection of the body from its own immune system.

There are new drugs being researched for preventing the fragmentation of insulin. So we can go on believing that the body is destroying itself without any deeper cause. We have to ask what are the reasons for this self-destruction and not just take it as given. Yes there might be situations when it is impossible for bodies to see the difference between his or her own cells and foreign cells.

But that's always a reaction of a former treatment that creates this immune-deficiency. And it is the short cut to a way of ignoring these facts and searching for new synthetics that block the body once again.

For a real cure we have to support all forms of strengthening the immune-system. In that way we can give the body an understanding of reasons, or in other words, we give the body a chance to learn and to get healed. That's the way of the inner nature of a body, serving human beings! So please don't believe in quick, sometimes simple medical solutions.



Because of quick changes in a favorable direction, we often confuse relief of symptoms with healing.

Yes it is seductive to have a medicine you might only take once a day and your physician can say to you: "Now, there is no more need to fear the long-term effects of diabetes".

This is one of the main traps so-called modern medicine can lead us to: Because of the quick relief of symptoms and the change from dis-comfort to "well-being" we in our personality confuse it with proper healing. Sometimes to be truly "healed" requires a little

detour. And it is important not to lose confidence at any time.

Pancreas Transplantation

It is like a competition to be one of the first to transplant islet cells successfully for a longer time. But the idea is limited by the immune system of our bodies. Whenever surgeons implant foreign tissue they have to block the immune system. And all these drugs have very uncomfortable side effects. So maybe the winner of the competition will not be the best surgeon but the one with the best connections to the pharmaceutical industry. And the side effect on the immune system will be worse from deliberate synthetic immune-suppressors than it would be from artificial sweeteners.

It is the same delusion we find by using so-called self-protecting medicine to prevent the body from her or his own reactions. It is a quick way to stop symptoms but it is a pathway to addiction and to blocking healing. In this case medical science will look forward to new problems likely to be related to the symptoms we see with diabetes Type I.

Dietetic Treatment

In the past, avoidance of sugar has been the major focus of nutritional advice for people with diabetes. The other parts deal with a long list of nutritional facts you have to learn. Mostly you get trained in calculating carbohydrates and fat. So your decision what to eat will be more and more a question of your state of intellectual training. Your body can try whatever it can to give you any help but you will not realize that help.

Besides this basic problem of separation between a human being and his or her body, medical research clearly shows that sugars are an acceptable part of a healthy diet for those with diabetes, particularly sugars obtained from fruits and vegetables. Up to 10% of total daily energy requirements may consist of added sugars, such as table sugar and sugar-sweetened products, without impairing glycaemic control in people with Type I or Type II diabetes.

Prevention of Diabetes

The link between lifestyle and Type II diabetes has been shown by different medical re-



Prevention of Diabetes on a “global level”: Stop the production of denaturalized sugar and artificial sweeteners. On a “personal level”: Coming into motion, realizing new horizons and working together with Nature.

searchers. So different authors in the March 2003 edition of “Diabetes Research and Clinical Practice” wrote repetitively: “Lifestyle intervention studies have consistently shown that quite modest changes can reduce the progression from IGT to diabetes by 50-60%”.

Lifestyle changes is one area individuals can focus on to help their bodies in preventing or delaying the onset of the disease. This advice includes most commonly a healthy diet, weight control, exercise and reduction in stress as important prevention steps.

I might add that you have to start to understand your body's needs and messages. To respect the body's own intelligence gives you the chance for a revolutionary new point of view and the possibility to satisfy its needs.

Reasons behind so-called Diabetes

To understand more of the basic reasons behind the diabetic constitution we have to understand what will happen without treatment. In case of a “non-functional” pancreas, when the hormone production of the pancreas stops, we get the full symptoms of a Type I diabetes.

The symptoms are as shown previously. After a short while without any treatment,

the person with diabetes Type I will have the full aspect of emaciation. We see the full image of a starving body unable to build any kind of physical substance. It is not the sugar that is killing this person. It is as an “inner starvation” of the body while at the same time we have an overflow of carbohydrates in the blood stream.

The inability to use sugar as the natural provider of energy within the body-cells causes the problem. So the body is dying although there is enough sugar!

That is the key to understanding the diabetic constitution. It is the inability to use the natural gift of sweetness. We find overflowing sugar or carbohydrates in the blood stream and

at the same time the body will die because of the so-called “sugar-disease”!

The main difficulty for the body in this situation is not knowing how to use the overwhelming energy. So some of the basic inner reasons for the symptoms you find within diabetes Type I are:

- ❖ Excessive Amount
- ❖ Inability to use the surplus
- ❖ Lack of the required quality

We find the same symptoms on different levels in the so called developed countries. There is an inner starving alongside overwhelming new chances and possibilities. But how to use this freedom without inner wisdom? In the macrocosm as in the microcosm, this is a hint to the links to so-called prosperity-diseases.



A large range of fruits provide Fructose, a natural sweetener that provides our body not only with sweetness, but also with colorful taste.

When we come to understand the one, we are on the right track to solving the other.

Diabetes Type I is aggravated by the poor quality of sugar or by artificial sweeteners which don't have the quality your body needs. They suppress the immune system.

For Better Health

To understand the necessary changes in regard of diabetes Type II we have to primarily focus on prevention.

Changes are possible. There is a personal level where every individual has to start prevention. On this level we also have to face the question: what can I do when I have been diagnosed with diabetes.

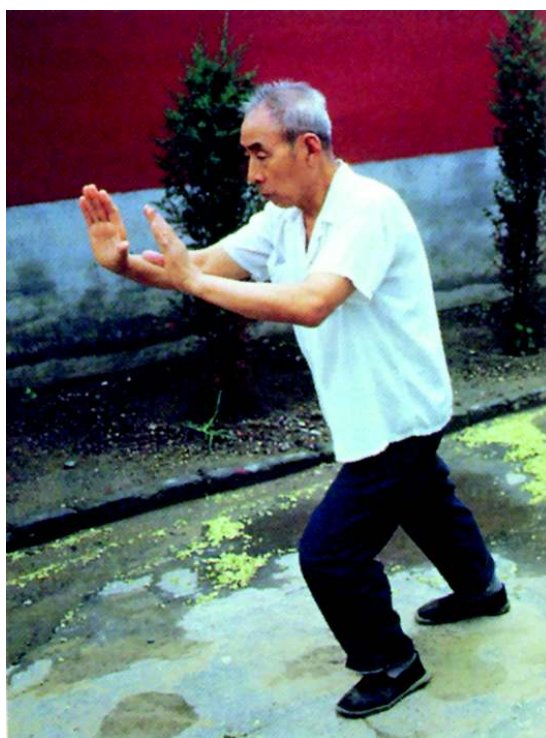
And there is a "global level" where we find it necessary for changes to be made by responsible statesmen, industry and health-care systems.

Thank you to all of you who have been going along with the ideas of this text. You have taken the first step in a new direction to overcome this so-called disease. Maybe you have been challenged by your thoughts, while you were reading, and so you might now see things in a different light than before. And this will not be restricted only to diabetes, as "diabetes" is very much related to many other subjects.

So the first medical advice is to change the way you look at life. That's the best way not to starve whilst immersed in abundance and it definitely is the best way to start loving Nature and the body that has been given to you. This will be the shortest and safest way to prevent you from having diabetes.

Besides you have to give your body physically the sweetness it needs. So take the desired

amount of natural sugar, e.g. maple syrup or unrefined sugar. You also need a balanced amount of minerals and vitamins.



Chinese wisdom: "There are many ways you come from, so there are as many ways to go back."

The Cure for Diabetes

There are as many forms of advice as people who may get diabetes. It's one of the great "wrong-ways". There are no common forms of advice you have to fulfil and that have guaranteed wellness. That focuses on one of the problems with synthetic medicine: because of their strong mandatory power they urge our bodies to go in one direction.

We have to go the individual path to health, and medicine has to be the first advice-giver without forcing us to go in only one direction.

So there is no other way than to become friends with your body and to learn to talk with it as well as finding a doctor willing to work with you.

The following paragraphs may give you a few guidelines about possible natural pathways to prevention and healing of so-called diabetes.

Chinese Wisdom

According to Chinese wisdom, sweetness is one of the necessary flavours to maintain balance within the body.

The traditional Chinese medicine describes different factors in association with diabetes:

1. The spleen and stomach are damaged by overeating greasy food or by over-consuming alcohol, causing failure of the spleen in transporting and transforming which, in turn, causes interior-heat to be accumulated and food and body fluids to be consumed, finally resulting in diabetes.

2. Anxiety, anger, mental depression, etc. injure the liver, causing the liver Qi to stagnate. Protractedly stagnated liver Qi turns into detrimental heat which consumes body fluids and eventually leads to diabetes.

3. Deficiency in the kidneys caused by intemperance in sexual life or congenital essence defect causes the kidney Qi to wane; as a result, the kidney Qi fails to maintain the functioning of the bladder in restraining urine discharge, thus polyuria occurs.

So we have to avoid greasy food (not because of the calories!), excessive eating and alcohol.

We have to avoid anxiety, anger and mental depression.

There are specific Chinese herbs or Acupuncture for those who are diagnosed with diabetes. For individual treatment you need to look for a trained and experienced person.

Minerals

Because of the immense loss of water (Polyuria) the body loses all water-soluble minerals and vitamins. So we will certainly find only a low-level concentration of those important

List of daily nutrients that may be beneficial in the treatment of diabetes (modified from Clinton J. Choate, Journal of Chinese Medicine No 58, Sep 1998)

Nutrient	Dose	Action
B3 (Niacin)	Up to 100 mg	Positive effect on glucose tolerance
B6 (Pyridoxine)	500-1000 mg	Normalises blood sugar, protects nerves
Biotin	200-400 mcg	Enhances insulin sensitivity
Flavonoids (mixed)	1-2 gr.	Promote insulin secretion, uptake of Vitamin C
Vitamin D	400-800 IU	Essential for proper functioning of islets cells
Vitamin E	400-1200 IU	Improves glucose tolerance and insulin sensitivity
Chromium	150-200 mg	Improves glucose tolerance and insulin sensitivity
Manganese	30-50 mg	Cofactor involved in glycaemic control
Potassium	300 mg	Maintains insulin sensitivity, responsiveness, secretion
Zinc	100-150 mg	Improves synthesis, secretion, utilisation of insulin
Spirulina	3-6 gr.	Stabilises blood sugar levels
Vanadyl Sulfate	100-150 mg	Mimics insulin and improves the cells' sensitivity to insulin

Note: Quantities shown are not prescriptive; Individual needs and tolerances will vary according to body size, metabolism, age, diet and ailment.

and vital substances. It was found that Type 1 diabetics generally had deficiencies in zinc, calcium, magnesium and the more active form of vitamin D.

Those with Type 2 diabetes generally were found to be low in zinc and magnesium and often low in vitamins B6 and C. So we have to add these vitamins and minerals.

Magnesium: For magnesium it is shown to have a relationship to long-term retinopathy. There might be evidence that the long-term effect is more related to the low level of mineral than to diabetes.

Chromium: Also chromium is one of the important minerals. It has been shown that trivalent chromium, given on a daily basis could improve blood sugar metabolism.

Brewer's yeast: Brewer's yeast has also been shown to have significant benefits for diabetics. Both brewer's yeast and trivalent chromium are helpful to lower elevated total cholesterol and total lipids. Very often you find lipid-disorders accompanying diabetes. So you can improve both disorders.

Vanadium: It has been shown that vanadium is helpful, because it lowers blood sugar by mimicking insulin and improving the cells' sensitivity to insulin. Vanadium compounds, most notably vanadyl sulfate, consistently improve fasting glucose and other measures of diabetes.

Vitamins

B-Vitamins: Most of the B-vitamins will be washed out due to polyuria. So you have to add the vitamins B-1, B-6, B-12.

Vitamin D: There is evidence that vitamin D is essential for the islet cells in the pancreas to be able to secrete insulin properly.

A study has shown that individuals with the lowest vitamin D levels experienced the worst blood sugar-handling problems and had a greater risk of developing diabetes.

It is recommended to give at least those people with the greatest risk of developing vitamin D deficiency, including the elderly who are either institutionalized or staying indoors, up to 800 IU/day vitamin D3 supplements.

Vitamin A: Researchers have found that the diabetic is unable to convert carotene into vitamin A. It is advisable therefore for the diabetic to ingest vitamin A from

a non-carotene source such as fish-liver oil.

Other Vitamins: Also recommended is a vitamin E supplement and a vitamin C supplement to help prevent small vessel-disease of the extremities.

Homeopathy

Many homeopathic remedies have been applied to the treatment of diabetes mellitus. The specific way of homeopathy is, however, to treat YOU, and not just your disease.

It is a very individual medicine that does not primarily look at the fixed diagnosis, but at the individual's symptoms and situation. The homeopathic physician must carefully assess your entire symptom picture, figure out your personality, your hopes and fears, and so on...

Going on with that treatment will not only lead you to an improvement in diabetes but also in your total well-being.

Plants

It seems as if today's medicine has forgotten the roots of medicine. Long before chemistry took over, men and woman of medical science knew about plant medicine and how to use it for mankind's benefit.

So also diabetes has been treated with different plant remedies. There are reports about the following:

European Blueberry:

Results have shown that the leaves and berries have an active ingredient with a remarkable ability to reduce excess sugar in the blood. It is a natural method of controlling or lowering blood sugar levels when they are slightly elevated.

Ginkgo is not only one of the oldest trees, but also improves blood flow, preventing diabetic retinopathy.

Gymnema sylvestre: This plant is found in the tropical forests of India. It is used to lower blood sugar and help repair damage to pancreatic cells.

Bitter melon: Is a mixture of several compounds with confirmed antidiabetic



Many common plants have remarkable benefits for our bodies. The European Blueberry reduces excess sugar in the blood in a natural way.

properties. Charantin seems to be the key ingredient and is said to be more effective than the often used synthetic drug Tolbutamide.

Onion and Garlic: The common bulbs, onion and garlic, have significant blood sugar-lowering action as well as lowering lipids, inhibiting platelet aggregation, and reducing blood pressure.

Salt Bush: Rich in fibre, protein, and numerous trace minerals, including chromium. Studies in Israel have demonstrated improved blood glucose regulation and glucose tolerance in Type 2 diabetes.

Ginkgo biloba: Ginkgo biloba extract improves blood flow in the peripheral tissues and it has also been shown to prevent diabetic retinopathy.

Ginseng: Ginseng could show reducing fasting blood sugar levels.

Other natural sugar substances

There are also other natural sugars that might be better to use than the sugar cane or sugar beet we use today. They need less industrialized processing before we use them.

Xylitol: Xylitol was first manufactured in 1891 by a German scientist. But it was during World War II when Finland was suffering from an acute sugar shortage; that it was re-discovered: Xylitol is a low-calorie sugar made from birch bark. Researchers discovered at that time the insulin-independent nature of Xylitol, because it metabolises in the body without using insulin.

It is even produced naturally in our bodies during normal metabolism. It builds immunity, protects against chronic degenerative disease and has anti-ageing benefits.

Xylitol is an antimicrobial, preventing the growth of bacteria and it is alkaline enhancing.





Beside all individual or well balanced healing there is no other way to prevent diabetes than the use of natural sugar

In the 1960s, Xylitol was being used in Germany, Switzerland, the Soviet Union and Japan in diabetic diets and as an energy source for infusion therapy in patients with impaired glucose tolerance and insulin resistance.

It has been relatively unknown in the USA and Australia, primarily because cheap supplies of cane sugar made the more expensive Xylitol less economically viable.

Approved by the US Food and Drug Administration (FDA) in 1963, Xylitol has no known toxic levels.

Panela: The raw sugar cane is crushed to extract the juice. The juice is boiled to evaporate the water leaving pure whole unrefined non-centrifugal sugar cane called Panela.

None of the natural minerals or vitamins are removed and Panela retains all of the natural ingredients making it a wholesome and healthy food. It is also known under the names of "Gur" or "Gur Jaggarey" in India or "Raspadura" in Ecuador and Brazil.

There are natural sweeteners which do not

need the processing of our widely used refined sugars. And because of their lower carbohydrates they are also a natural source of low-caloric but not-artificial sweeteners.

Widest possible variety of foods

There are many natural ways to find help. A global "nutrition-advice" may be to eat the widest possible variety of foods so you ensure that you get the full range of trace elements and vitamins. There is a good chance of stimulating production of insulin within the body by taking enough minerals and vitamins along with small frequent meals containing some carbohydrate.

But besides all these natural ways to prevent or cure diabetes we have to realize that it is not only a different path we have to go on, but we have to understand and get rid of the real cause.

The inconceivable number of people diagnosed diabetes has to be changed

We have to change the medical paradigms of diabetes from saying that it is an inevitable outcome.

Healing not only for the individual but also for the common good is possible. Natural sugar is the pathway. All "sweet addiction" has to be stopped. There is no need for artificial sweeteners with sweetness a few hundred times greater than natural sugar.

There is no sense even in taking those artificial sweeteners to lose weight. Therefore it will be better to understand the reason behind overweight. It is always the same: we have to understand the situation's cause to get rid of the dis-ease.

So if you are overweight and are frightened because of the link to diabetes ... ask your body for the cause for its need to be overweight. There is a reason behind it. Many bodies have a

tendency to increase body weight to detoxify. Others need the surplus for protection. Others are not sure whether they can trust the human being to give the needed resources, so they build up reserves from whatever they can.

There is a way to overcome that overweight as well as the problems of diabetes. First of all it is necessary to learn how to use the overwhelming richness of Nature in harmony and with respect. Nature provides us with all the substances our bodies need.

Mainly it is a question of asking. How can Nature help us when we don't communicate with our bodies? The more so-called facts or details, numbers or specialized advice come between our consciousness and our bodies, the more difficult it will be to find our way back to our God-given health. ♦



There is the beginning of new light in medical science when we start realizing that everything our bodies need is already provided as a part of creation.



Sven Peter Moritz, M.D. earned his 'Practicing Certificate' as medical doctor from Freiburg University, Germany in 1987. Besides his work in hospitals and doctors' offices, he finished his training in nature cure and acupuncture in 1996. Since 1994 he has been teaching nurses and physiotherapists at different places and schools. Since March 2003 he has been working in his own office for nature cure.

The World Foundation for Natural Science

World Headquarters
P.O. Drawer 16900
Washington D.C., 20041 / USA
☎ (001) 703 631 1408
© (001) 703 631 1919



The World Foundation for Natural Science

European Headquarters
Postfach 632
3000 Bern 31 / Switzerland
☎ (0041) 33 438 11 58
© (0041) 33 437 48 16