

DIABETES (Blood Sugar Imbalance)

Diabetes is the leading cause of cardiovascular disease and premature death in westernized countries today. Diabetes causes low energy and persistently high blood glucose.

Type I Diabetes usually manifests by age 30 and is often considered to be genetic. Type II Diabetes generally manifests later in life and may have a nutritional origin.

Single Oils:

Coriander, cinnamon, fennel, dill, cypress, rosemary, clove

Blends:

Thieves, EndoFlex, JuvaFlex, JuvaCleanse, Di-Tone

EO Applications:

INGESTION:

CAPSULE, 0 size, 3 times daily

Dietary Supplementation:

VitaGreen, Stevia, Master His/ Hers, Essentialzyme, Carbozyme, Super B, BodyGize, Power Meal, Longevity Caps, Mineral Essence, Sulfurzyme, Wolfberry Crisp Bars

Regimen for diabetes:

- BodyGize and Power Meal, at least one serving of each daily
- VitaGreen: 8 to 16 capsules daily.
- Sulfurzyme: 1 to 4 Tbsp. daily.
- Mix equal amounts of Thieves, coriander, fennel and dill and massage this blend on pancreas Vita Flex points of the feet 2-4 times daily. Alternatively, this same blend can be applied in a warm compress over pancreas area.
- Cleansing Trio, JuvaTone, JuvaFlex, JuvaCleanse, JuvaCleanse. Use these as recommended to help the body detoxify

VitaGreen is high in plant protein, which helps balance blood glucose. The MSM/sulfur found in the Sulfurzyme promotes insulin production.

Essentialzyme supports enzyme production, which helps keep the pancreas from premature wasting and enlargement, a condition linked to diabetes and premature aging.

Super B is a good source of B vitamins to support pancreas function.

The Stevia leaf extract is one of the most health-restoring plants known. It is a natural sweetener, has no calories, and does not have the harmful side effects of processed sugar or sugar substitutes. Stevia increases glucose tolerance and helps normalize blood sugar fluctuations.

Wolfberry balances the pancreas and is a detoxifier and cleanser. Diabetes is not common in certain regions of China, where wolfberry is consumed regularly.

An East Indian herbal formula was shown in a *Journal of the National Medical Association* study to possess hypoglycemic activity. The herbs are: *Cinnamomum tamale*, *Pterocarpus marsupeum*, *Momordica charantia*, *Azardichta indica*, *Tinospora cordifolia*, *Aegle marmelose*, *Gymnema sylvestre*, *Syzygium cumini*, *Trigonella foenum graecum*, and *Ficus racemosa*.

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