

Natural Remedies for Diabetes *Guide*



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Section I: Natural Remedies – The Truth And How To Spot It.

If you are reading this report, chances are you are facing the possibility that your child has Diabetes. You want to know if there is anything you can do to:

- Help reverse it
- Cure it
- Control it

You've learned the difference between Type I and Type II – and you know that **Type I** (Juvenile Onset Diabetes) can only be controlled **not cured**. It's a **lifetime genetic disorder**, which leaves the pancreas unable to produce insulin naturally. (Though the rate research is advancing these days, who knows what may be possible a few years from now?)

If your child has with Type II (rarer – but it used to be completely unheard of, in children), you know there is a great deal you can do, to help make their diabetes go away or stabilize under control. With both types, a balanced diet and regular exercise are crucial – but nothing is ever quite as black and white as the textbooks would have you believe...

Sometimes, no matter how careful you are with your child's diet and insulin, Diabetes can spiral out of control, causing a host of problems.

Sometimes, you read on the web about children who were miraculously "cured" of both types.

As a mother, you want to be sensible, and not take chances playing with your child's well-being by trying this natural remedy and that... but you also need hope. And really... you are just trying to help your child be as well – and as medically stable – as he or she can be.

What Is The Real Truth About Diabetes And Natural Remedies?

You've already taken the most important step towards giving your child the best chance of all: You've downloaded this report, in order to arm yourself with the facts. You intend to find out what works, what doesn't – and what has (or hasn't) been properly tested.

First and most important: Don't give your child any natural remedies until you have discussed it with your chosen medical professional. He or she may instantly realize some reason why a particular remedy is contra-indicated – not good for – your particular child.

What do I mean by "medical professional?"

Well, I don't mean your health store clerk or owner, knowledgeable as they may be. Nor do I mean your chiropractor. Let me explain: I have absolutely no issue with chiropractors who treat what they are trained to treat, or who have bona-fide supplemental medical accreditation – but in my neck of the woods, I know of or have heard about an alarming number who also SELL natural supplements these days – claiming these will cure everything from hangnails to cancer.

And while it's true some supplements may be generally good antioxidants, and some chiropractors may know as much as an informed layman, **you really**

need to consult a medical professional who is thoroughly familiar with, and trained in, disorders of the endocrine system.

This would include:

- Your child's paediatrician
- family doctor
- endocrinologist
- board certified naturopath
- board certified homeopath

But be careful, if you are investigating alternative medicine for Type I diabetes... Nothing can cure it. Nothing can replace insulin treatment – the cause is **a defective gene**.

Trying to “cure” Type I Diabetes solely by using a natural remedy is comparable to trying to put gas in a car that doesn't have a gas tank – and expecting it to run.

Keep Your Eyes Wide Open

Now before you start thinking: “*What is this? Is this writer actually against natural remedies?*” - let me assure you, this is absolutely not so! We will go on, after this short section, to explore some **really effective, proven natural remedies** that may help manage your Type I child's Diabetes.

However, there is a vast amount of misinformation spread by some very sincere (and very wrong) people. I would be negligent if I did not include a caution against the hazards of blindly accepting credentials from alternative practitioners, without thoroughly cross checking these. And your child's life is too important for me to take anything for granted.

You may be surprised to hear how easily people can buy medical degrees from spurious "colleges" ...which exist only on **someone's computer**; and for every valid alternative college, with a code of ethics and regulated, well-structured, sound training, there is evidence of a hundred more where you can get your "degree" in a few weeks – for a fee, without ever having taken a class.

The sad truth is, the mainstream media is loaded with well-documented (and not so well-documented) stories about "alternative" practitioners who have convinced parents to stop their child's insulin in favor of some "natural" herbal alternative... and these poor children have promptly gone into a diabetic coma and died within days.

You also need to be on your guard against treatments based on emotional reasons, rather than objective.

Here is just one of the stories that have been in the news, over the last few years. Unfortunately, it is an all-too-common scenario:

- [Asheville Citizen Times](#) (Note with this one the "Naturopath" was **unlicensed**, and so should not have been identified as such.)

Many of these were not “stupid” parents or “evil” practitioners, either: They were **parents who desperately wanted their children to have a normal life**, who put their faith in misguided individuals who sincerely believed in the treatments they were proposing.

And if you have the heart and stomach for it, the following site holds a sobering and very sad eye opener on what can happen, when people don’t thoroughly check credentials (among other errors I know *you’re* not likely to make); or put their faith in the wrong “professionals” and untested methods:

➤ [What’s The Harm](#)

It’s not pretty reading. But there’s nothing there you’re ever going to do – or you wouldn’t still be reading this report right now.

And now the part you’ve been patiently waiting for: **Actual natural remedies** that have been proven to help stabilize, control and sometimes (with Type II) even send Diabetes into remission...

Section II: Natural Remedies – The Good, The Bad And The Just Plain Weird

In this section, I'm going to introduce you to remedies that have been proven to work, ones that have been long accepted... and some that can actually do harm. Let's start off with what you really need to hear about...

Proven Natural Remedies

Prickly Pear (Opuntia)



"Photo courtesy PDPhoto.org"

Long used by Hispanic Americans in conjunction with formal medical treatments, there seems to be some evidence that science may be able to support its efficacy as a supplement. A 1996 study performed by the International Society of Technology Assessment in Health care concludes with admitting there is *"a strong possibility of a true metabolic effect for persons with diabetes and ingestion of prickly pear cactus."*¹

Not only does it have known anti oxidant properties, it contains both valuable fiber and mucilage, providing a complex carbohydrate proven to slow down glucose absorption.

¹ **Opuntia (prickly pear cactus) and metabolic control among patients with diabetes mellitus.** Aguilar C, Ramirez C, Castadede-Andrade I, Frati-Munari AC, Medina R, Mulrow C, Pugh J; International Society of Technology Assessment in Health Care. Meeting. *Annu Meet Int Soc Technol Assess Health Care Int Soc Technol Assess Health Care Meet.* 1996; 12: 14. UTHSC, San Antonio, TX, USA.

Usually taken in capsule form for diabetic treatment purposes, it has long been a staple, traditional vegetable in Mexican cuisine, and can also be prepared as an infusion.

There are two parts of the plant you can eat: The pads (“nopalitos”) and the pear fruit (called – I kid you not – “tuna” in Mexico.)

Here is a link to an excellent and informative .PDF booklet which will tell you everything you want to know about [Prickly Pear](#), by Armando González Stuart, Ph.D. He reports the results of several studies, and advises that although there is strong evidence that it does indeed have hypoglycemic (blood sugar reducing) effects, medical treatment not be discontinued.

Remember – if you are planning to give this supplement to a child, do double check with a medical professional **who is familiar with this supplement** first! One of the biggest dangers of supplements that are effective can lie in inadvertently altering the effect of regular medications (which should not be discontinued.)

Benfotiamine (Vitamin B1)

Better known as Vitamin B1, this fat-soluble substance is currently being tested, with favorable results in helping repair or prevent typical diabetic blood vessel and nerve ending damage. There is hope for it as a treatment for **retinopathy**, **neuropathy**, and **nephropathy** complications: specifically in combating AGE damage.