

Suggested times for Taking Nutrients and Eating

Package 8 bottle is intended to last a maximum of 30 days for most people. If you need more nutrients you can get replacement bottles as needed.

Overview

Start Your Day: The time you get up and go to sleep is unimportant. Check your blood sugar no less than two times per day. When your body indicates that your diabetes is under control you can lower or discontinue your use of medications.

Diabetic Mender Instructions

Two capsules per meal should be consumed for a total of 6 capsules per 24 hours.

8 a.m. *Eat Breakfast*

- Diabetic Mender: Take 2 capsule.

12 p.m. *Eat Lunch*

- Diabetic Mender: Take 2 capsule.

6 p.m. *Eat Lunch*

- Diabetic Mender: Take 2 capsule.

Monitoring your Blood Sugar

Most people will not see any results for the first five days; continue to check your blood sugar levels during this time. On the 5th through 30th Day you should begin to see the diabetes slowly coming under control. You need to check your blood sugar levels 2-3 times daily during this time as well. Diabetic Mender will begin to work slowly. However, it is very important to continue to check your blood-sugar levels and adjust your prescription diabetic medication as necessary lest you become hypoglycemia- which is just as dangerous as diabetes. So tracking your blood sugar is a very important step in taking control of your health.

Insulin Replacement?

Diabetic Mender is not an insulin replacement product. Instead it helps to make your insulin receptors more sensitive. The fact is that if one consumes enough Diabetic Mender in one day the product can and will mimic insulin, but this is not the goal. Doing that would just be practicing allopathic medicine. What we want to do with Diabetic Mender is to reprogram your insulin receptors sites- this process will begin within the first dosage you take, but as stated above will not start work for typically 5 days.

Diabetic Medicine

One common question I get is, "Should I continue taking my current diabetic medicine while taking Diabetic Mender?" Answer: You need to check your sugar 2 to 3 times per day. If your body indicates that you need insulin, you should have it. If your body indicates that you do not need insulin then you don't need it. You should listen to the feedback of your body. This is the only safe way of correcting your body.

What Induces Diabetes

Diabetes is a multifunction deficiency / disease- keeping that concept in mind we can explore the what creates diabetes:

- **Pancreatic Enzyme Deficiency**
- **Vanadium Deficiency**
- **Chromium Deficiency**
- Potassium Deficiency
- Magnesium Deficiency
- Damaged Adrenal System.

Diabetic Mender addresses the first three conditions on the list, a free sample of Endocrine Mender should have arrived

with the product. Take as directed. If you are not sure if you are potassium or magnesium deficient, use the classic signs of mineral deficiencies to determine if supplementing with these minerals will aid in your recovery.

Pancreatic Enzyme Support

This protocol will for most people control, repair, and reverse their diabetes. If you need greater pancreatic support, that is to say, Diabetic Mender is helping but there is still a blood sugar issue after 45 days, the pancreas could be damaged and additional pancreatic enzymes are needed. To implement pancreatic enzyme therapy to repair the pancreas and the rest of your body, simply take *pancreatic enzymes to saturation*. You can determine if you need additional pancreatic support by following the directions below.

If after consuming Diabetic Mender for a minimum of 5 days yet you still have any of the following symptoms, you may have digestive issues:

- Heart Burn
- Constipation (or you are dehydrated)
- After bowl movement the fecal mater floats in the water (improper fat digestion)
- One should have 2-3 bowl movements per day. Consistency should be putty like.

12 p.m. *Eat Lunch*

- Formula 103X: Take 1 capsule, per 24 hours.
- One can increase enzymes as needed.

Successful Saturation/Equilibrium of Enzymes

If you take enzymes to therapeutic dosage, the enzymes will pass completely through the body- you will have an itching burning sensation around the anus. When this occurs clean around the anus with a disposable tissue and **vinegar, any vinegar will due**. The pH of vinegar is below 4 and this pH will neutralize the enzyme on contact, washing with water generally does not help relieve the itching symptom.

Potassium Deficiency: What We Need

Adults need 4.7g or 4,700mg of potassium per day. This level of dietary intake can improve diabetes, should maintain and lower blood pressure levels, reduce the toxic adverse effects of sodium chloride (table top salt) intake on blood pressure, reduce the risk of recurrent kidney stones, and possibly decrease bone loss.

Potassium Deficiency- Low Levels

At present, dietary intake of potassium by all groups in the United States and Canada is considerably lower than the healthy levels needed. In recent surveys, the median intake of potassium by adults in the United States was approximately 2.8 to 3.3g.

Diabetes and Hypertension

Many of the estimated 49 to 69 million adults in the United States with insulin resistance also have hypertension. Because of the strong correlation of both diabetes and hypertension with risk of cardiovascular disease, you should consider the possibilities that you are indeed potassium deficient. Optimal therapy should address with both conditions.

When Can I Quit Taking Diabetic Mender?

When your blood sugar has been normalized (70-150) for a week then you can quit taking Diabetic Mender to see if the minerals have been increased in your system. Most of the minerals a person needs can be found in green leafy vegetables. However, if you do not get the minerals you need in your diet you will need to take Diabetic Mender. Also, if your pancreas is damaged and you cannot properly digest your food then you will still need to take Diabetic Mender.

Discontinued Diabetic Mender

An important concept to note is that you **MUST** eat a healthy diet rich in minerals in order for your body to function correctly. If after 1 day to 1 year of not taking Diabetic Mender your diabetes has returned, then you have not been maintaining a healthy diet and lifestyle with needed minerals and support to your body.

Magnesium, What Do We need?

The average adult man requires 420mg of magnesium, while females require 320mg of magnesium.

Magnesium Loss and Insulin Resistance

Among the many actions of magnesium, insulin stimulation is a direct result of magnesium levels.

Insulin resistance type 2 diabetes is associated with reduced magnesium supplies and can be reversed with magnesium. It has been demonstrated that insulin resistance in skeletal muscle can be reduced by magnesium administration.

Allopathic Drugs That Increase Magnesium

Reduced magnesium levels in diabetes are caused by several factors. The link between magnesium deficiency and the development of diabetes is strengthened by the observation that several treatments for type 2 diabetes appear to increase magnesium levels. Metformin, for example, raises magnesium levels in the liver. Pioglitazone, a thiazolidinedione antidiabetic agent that increases insulin sensitivity, increases free magnesium concentration in adipocytes.

Allopathic Drugs that Induce Diabetes

Baillieres Clin Endocrinol Metab. 1992 Oct;6(4):849-66.

The only drugs which commonly cause diabetes during therapeutic use are the anti-hypertensive vasodilator diazoxide, and corticosteroids in high doses. Thiazide diuretics have in the past been used in higher doses than necessary to treat hypertension, and the lower doses now used probably carry only a slight risk of inducing diabetes.

The risk from beta-blockers is also quite small, but there is some evidence that thiazides combined with beta-blockers may be more likely to cause diabetes than either drug alone. The combination is probably best avoided in patients with a family history of non-insulin-dependent diabetes. The effect of the low-oestrogen combined oral contraceptive pill seems to be slight, and it presents a risk only to women who have had gestational diabetes. Bodybuilders who take enormous doses of anabolic-androgens can develop impaired glucose tolerance. Several drugs, including theophylline, aspirin, isoniazid and nalidixic acid can cause transient hyperglycaemia in overdose, but only streptozotocin, alloxan and the rodenticide Vacor are likely to cause permanent diabetes.

If one has used corticosteroids such as Prednisone this steroid can damage their endocrine system inducing diabetes. As listed above there are other drugs that induce diabetes, some as seemingly simple as aspirin. But as people overuse allopathic drugs, and even use allopathic drugs in combination, they increase the risks of inducing diseases such as diabetes. Despite all this, there is still hope.

Damaged Endocrine System

One thing you should consider in regards to diabetes, is that the disease could have been created by a damaged endocrine system. An easy way to determine if your endocrine system is damaged is try Endocrine Mender. You will be able to determine within the first day of taking the product if you need the nutrients to nourish your endocrine system.

How to Use Endocrine Mender

You should start with 1 capsule and wait one hour; increase by one capsule ever hour until your energy lifts, mood improves or you have a feeling of well being. If after 10 hours, e.g., 10 capsules, you do not feel any different, Endocrine Mender will not be able to help you. During any time while taking the product you start to feel jittery or uneasy then you have taken too many- lower by one capsule for your ideal dosage.

Finding your activation dosage can be done by increasing by 1 capsule every hour until you feel really good. Some people who have just experienced the loss of loved one or gone through other stressful situations have taken up to 17 capsules. So start with 1 and increase every hour until you hit your activation dosage.

Starting Back on Diabetic Mender

Just simply restart as you left off. Be aware that your body will recycle minerals as long as they are present in the body. Through natural means the body will demineralize whether through sweating, urination, or defecation. So you need to get healthy minerals into the body from your diet or by supplementation with Diabetic Mender.

Following Correct Dosage is Important

Although rare, Diabetic Mender has been reported to correct diabetes within the first day. Once you get the correct ratio of minerals inside the body, your body will become diabetes-free. Diabetic Mender minerals are safe to use every day for your entire life if needed- but at the correct dosages. However, you can become mineral toxic if you take too much; hyper-mineralization. This is why it is extremely important to take this product in the correct dosages, we want to correct your diabetes, but we want to do so safely.

Swelling & Infections

Swelling of the feet generally means that you have a damaged liver or your immune system is damaged. BioAnue L-Glutathione will help to increase natural Killer-T cells in as little as one 350mg capsule... or one can increase to therapeutic dosages as needed.

Detox Coffee Enemas

You may want to do a coffee enema or use herbs that will help support the liver. However once you get the minerals into the body the swelling will over a period of time go down because you are slowly repairing the body.

If once your diabetes is reversed and you still seem to get a lot of infections, then your pancreas is still damaged and you need to correct this issue. This can be done by taking pancreatic enzymes to support the pancreatic functions.

Understanding Your Numbers: Blood Sugar Guidelines

Blood sugar reading and what it means:

Above 180mg/dL

A blood sugar level greater than 180 mg/dL, one to two hours after the start of a meal, or greater than 130 mg/dL before a meal, shows that your diabetes is not under good control.

At 100 to 140mg/dL

This is your target blood sugar range at bedtime.

At 90 to 130mg/dL T

This is your target "fasting" blood sugar range before you eat.

70 mg/dL or below