

The scourge of diabetes

Preventable

Treatable ?

Curable

Nothing happens without a cause

It is your body, your life,
it is up to you.

The experts are busy looking for some drug to treat the symptoms of diabetes, whilst they have for many years been treating the effects and they go on from year to year ignoring the cause.

It is a simple thing to understand that if we remove the cause the effect will cease, so then we must have a look for the causes.

Diabetes is in the main, a problem with the kidneys in older people, at the onset of the problem; however other things become evident as the disease advances.

It has been stated by the world cancer research federation that 'dietary imbalance is a cause of cancer'.

This is also true of all DISEASE, whenever there is a food balance disorder, the natural consequences are disease.

To determine the correct balance of the bodies needs, we would do well to examine the food that is supplied to the body for the growth and development of a baby being fed by its mother.

Mother's milk is made up of the following, **10 percent is sugar**, simple single sugar, which is for **energy**, there is also **4 percent of fat**, which is in the form of oil , both the Oil and the Sugar are used in the body for heat and energy.

{The body is made up of a large number of **minerals**, these minerals are taken into the body to develop, form and also to repair the body, in mothers milk there is **one percent of minerals**,}

There is one other thing of great importance for growth and repair in the body and that is **protein**. The amount needed is **one percent**, and the balance of mother's milk is **84 percent** and this is **water**.

You'll see that a baby who will double its size in six months does not need a very high protein diet. You will notice that there was only one percent of protein in mother milk which is not high and **this is the growth factor for the baby who doubles its size in six months**.

The rate of growth is never so much as in first six months of life, when the protein rate is very low, only one percent.

When the human body is fully developed the amount of proteins needed in the body is not as large as that needed in the initial growth.

An article written by the World Health Organization some years ago stated this, that the adult body did not need one percent of protein for growth or repair, and one must not take in more than 3 percent if they wanted to keep in good health.

They went on to show that the only people in the world ever to be found free of disease was a tribe of people in the Amazon jungle who lived on the fruit of the jungle. The protein intake was less than one percent and they were in perfect health.

Now you'll wonder why a high protein diet is destructive; the fact is that we do not need a high protein diet, and every quantity of protein over the necessary amount is destructive. The body does not store protein as it stores fat, all protein taken into the body above the required amount needs to be changed within the body by the liver to be stored as fat or used as energy. But there is a problem with this change, that being the side product of the change which is **uric acid**.

Uric acid is a very destructive substance. You have seen how the body is made up of a highly alkaline substance. The bones are calcium, and a large amount of the human body is made up of mostly alkaline substances, so you'll see that when a highly **acid** substance is put into the body the result is destructive. The pH in the body is destroyed or completely unbalanced.

First we will look at the work of the kidney.

The kidneys are given the job of cleaning up the bloodstream, that is to take out of the bloodstream all offending material. Because of the excess proteins taken into the body, there is a large amount of acid produced and the kidneys are going to break down, the bloodstream becomes loaded with acid wastes and the whole body starts to be affected, the weakest areas being the first to break down.

Those organs that are very closely related to the kidneys will be first to show signs of weakness. The bloodstream becoming impure will affect every other organ. One of the first things that is noticed is energy flow drops. The body is

running out of energy, because the energy giving material which is **sugar, is being drained off by the kidneys.**

One organ that is very closely related to the kidneys are the eyes, and it is well-known that diabetic people suffer with eye problems, some even go blind. Now the real problem is that because the circulation of the blood, is affected the feet can go gangrene.

All the organs of the body will be affected by the amount of **uric acid** that is coming into the body because of the large amount of protein that is being used.

. The more protein taken into the body the more uric acid will be produced and distributed throughout the system.

Now I suppose you're wondering where you get all this **high protein from, so we had better give you some idea.**

We will look first at the Food you eat =

Grains and animal products are of an acid forming nature.

The grains are **Wheat, Rye, Barley, Oats, Corn, Rice**, all of these grains in their dry state leave an acid reaction in the body. These grains contain from **8 to 16 percent protein.**

Animal products, **Meats of all kinds fish, fowl, beasts, animal of all kinds, and all seafood are very high in proteins, being about 14 to 40 percent protein** yielding in the body a very high amount of **acid**, and so a large amount of **Uric acid is developed in the body.**

Do not think you'll die if you stop eating this high protein food,?

So what should you eat? **There are many delicious life giving foods.** The foods that will give you life are all **the fruits and vegetables**, and the more you eat of them **raw** the better you will do,

It has been well noted by the experts that foods cooked under high pressure, and especially great heat causes the development of cancer.

If you follow the recommendations here below you should find that you gain really good health.

. I read some years ago a report that was published coming from Sweden, a lady

Dr who not only knew how to get herself well but many others. Sometime after reading this report I also had a visit by a lady who had worked in the establishment of Dr Christine Nolfy in Sweden. This lady was travelling the world and came to visit me at Nature's Health Centre, Coffs Harbour

Some 30 to 40 odd years ago a medical doctor by the name of Dr Christine Nolfy after clearing herself from breast cancer by eating raw fruits and vegetables, decided that she could do a lot of good for those who are diabetic.

So she set up a place "Humlegaahen" where she could take those who are sufferers of diabetes and keep them for a period of time for treatment.

In this establishment she had a good garden where fruits and vegetables were grown, and those who came to stay could get exercise daily, and fresh air..

This was to give them exercise for their well-being and as well, help to provide their food.

Dr Christine had many people coming to stay to follow the program of eating raw food which consisted of fruits and vegetables, including some almond nuts.

This system was very successful having many coming to stay, and over time she was renowned for her activity. Then came the time when somebody brought along a lady who was very sick and they required treatment for her.

Dr Christine Nolfy felt that she was too ill to treat, but those who brought the lady along pleaded with her to take her in, and so she took her. Having had an overnight stay, in the morning the lady was much worse and she died.

When the other doctors of the area heard that someone had died under the hand of Dr Christine Nolfy they then took action through the court to prosecute, on the grounds that she did not treat the people according to orthodox medicine.

When the matter came to the court the doctors where given the opportunity to tell how many cases of those suffering with diabetes they had cured . Then they gave the answer, 'it is incurable'.

Then the court required of Dr Nolfy how many cases she had cured, she then handed to the court records of 1000 patients who had been to her had been freed from their diabetes, and their own doctors having given an all clear record.

The case was dismissed from the court.

This above is ample evidence of the fact that right treatment is effective in treating diabetes.

After reading the above if you suffer from diabetes and you want to come in harmony with the natural methods you should see that your body is supplied the correct food.

The plan to good health.

Fruits and vegetables mostly eaten raw

No animal foods

Exercise in the fresh air

Pure water

All these contribute to having a healthy body

Dr F J Steed Ph. D. Ns

See our publication 'A NEW WAY OF LIVING'