REVITALIZE YOUR LIFE

REVERSE THE DAMAGE CAUSED BY DIABETES AND RESTORE YOUR HEALTH
<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Copyright</td>
<td>iii</td>
</tr>
<tr>
<td>Legal Disclaimer</td>
<td>iv</td>
</tr>
<tr>
<td>Introduction</td>
<td>6</td>
</tr>
<tr>
<td>Health Freedom: How the Body Works</td>
<td>7</td>
</tr>
<tr>
<td>Introduction</td>
<td>7</td>
</tr>
<tr>
<td>How The Body Works</td>
<td>7</td>
</tr>
<tr>
<td>Human’s Natural Diet</td>
<td>13</td>
</tr>
<tr>
<td>Introduction</td>
<td></td>
</tr>
<tr>
<td>You’re Overacid, Not Overweight</td>
<td>25</td>
</tr>
<tr>
<td>Fat Is Saving Your Life</td>
<td>25</td>
</tr>
<tr>
<td>What Being Over Acid Does To Your Body</td>
<td>26</td>
</tr>
<tr>
<td>pH &amp; Diabetes</td>
<td>28</td>
</tr>
<tr>
<td>Introduction</td>
<td>28</td>
</tr>
<tr>
<td>Curing Diabetes By Balancing Your pH Levels</td>
<td>28</td>
</tr>
<tr>
<td>Alkalizing Diet</td>
<td>31</td>
</tr>
<tr>
<td>What To Eat</td>
<td>31</td>
</tr>
<tr>
<td>Revitalize Drink</td>
<td>43</td>
</tr>
<tr>
<td>The Revitalize Drink</td>
<td>43</td>
</tr>
<tr>
<td>Conclusion</td>
<td>45</td>
</tr>
<tr>
<td>Revitalize Bath</td>
<td>46</td>
</tr>
<tr>
<td>Introduction</td>
<td>46</td>
</tr>
<tr>
<td>The Revitalize Bath</td>
<td>47</td>
</tr>
<tr>
<td>Mind &amp; Body Connection</td>
<td>52</td>
</tr>
<tr>
<td>21 Day Visualization Exercises</td>
<td>53</td>
</tr>
<tr>
<td>Conclusion</td>
<td>56</td>
</tr>
</tbody>
</table>
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Chapter 1  Introduction

If you have been struggling with diabetes for years, this book is for you. This book will not only accelerate Diabetes Free, it will also reverse any health damage that diabetes has caused you.

This book was not written with the intention to be a medical textbook style document. We've discovered that most people prefer and take action with a straightforward, no-nonsense book that acts as a practical hands-on guide on what you should and should not do to restore your health.

Don't be fooled, even though it isn't filled with medical jargon, if you've been suffering with diabetes or any other illness for quite some time, the information in this book will transform your life.

Getting your health back is easy and can be done by following the Alkalizing Diet and using the Revitalize Drink and Bath, outlined in this book. Revitalize is proven to be beneficial for your Immune, Lymphatic, Cardiovascular, Urinary, Digestive, Respiratory, Nervous, Endocrine and Reproductive system. Washing away any damage on your body caused by diabetes.

It's time to take the next steps towards a healthier, stronger, diabetes-free you!
Chapter 2
Health Freedom: How the Body Works

Introduction

Our bodies are complex beings, and are designed to heal themselves. It’s amazing how many people don’t understand how their bodies work. Getting a cold is simply your body trying to clear itself from toxins that you have put in your body. Just think of all the junk over the years that you’ve put in or on your body. Food is full of GMO and hormones, and lotions and household cleaners are full of toxic chemicals. All these toxins get absorbed in our bodies, and slow down our organs.

So, how do we clear our systems of these nasty toxins? Easy, by Revitalizing it. But before we jump into how to heal your body, let’s look at how our body works.

How The Body Works

Most people chew and swallow their food without thought of how our bodies use food and why we even need to eat. Our organs and cells in our bodies need energy, and food is where humans get this energy. Our bodies have four major functions – digestion, absorption, utilization, and elimination. When one or more of these functions is compromised, our body begins to suffer. You may not notice the symptoms right away, but eventually your body’s organs and cells become damaged to a point where these symptoms start to show. You may be overly tired, have bags under your eyes, are overweight or underweight, new rashes appear or you find you are constantly fighting a cold or flu.
The Four Functions Of The Body

Let's take a look at the four major functions of the body.

Digestion

First things first, we eat food. The food we eat goes through a digestive process. This process is where the body breaks down the food into fuel that the body needs for energy to build and repair itself. This breakdown of food is done through a series of enzyme processes. First carbohydrates, sugars and fats start to breakdown in the mouth, through an alkaline digestive enzyme. Next the stomach produces pepsin, which is an acidic digestive enzyme that breaks down protein. Finally the rest of the digestion is done in the small intestinal tract, where an alkaline digestive enzyme breaks down the remaining proteins, sugars, starches and fats. The body breaks down the foods we eat in the following way:

- Proteins are broken down into amino acids which are used for building and repairing cells
- Carbohydrates are broken down into simple sugars for fuel
- Fats are broken down into fatty acids and glycerol which are used for building, repairing cells and some are stored for emergency needs

When our digestive function is damaged, foods are not broken down properly. This can be caused by a weak pancreas, stomach, intestinal track or overall bad diet choices. When this happened you can experience gas formation due to fermentation of the food, as it sits waiting to get digested. The bigger the gas problem, the greater the digestive problem.
Absorption

Once we have digested our food, our body must absorb the nutrients. Fuel, vitamins, alkaloids, amino acids, flavins, fatty acids and glucerol need to be absorbed into cells all over the body. These nutrients are carried by the blood stream to the cells to be used for building and repairing or stored for future use.

Absorption of these nutrients is done through villi on the cells, and mucuous membranes in the small and large intestines. Villi are small fingerlike projections on the surface of cells. Nutrients when passed by the cells get stuck on the villi and are then absorbed.

When our absorption function is damaged, the nutrients do not get absorbed properly into the cells, therefore our body doesn’t get an adequate amount of fuel for repairing and building new cells. The main cause of absorption weakness is due to a thick rubber-like substance called “mucoid plaque”. This thick plaque starts in the GI tract, and is caused by refined sugars, grains, meats and dairy products. This mucoid plaque blocks the nutrients from our food from being absorbed by our body, causing malnutrition and muscle tissue loss.

Utilization

After our cells have absorbed the nutrients from digestion, utilization of the nutrients takes place. Utilization is the process of which the cells use the nutrients they have for their desired purpose – such as fuel, repairing, building, etc.

Usually utilization is rarely affected, as the cells in our bodies do remarkable things, and can easily repair themselves. However, if our body becomes more acidic than normal, the nutrients that the cells need start sticking and clumping together. This is because
most of the food we eat is acidic. Having an acidic body can cause inflammation on the walls of veins and arteries in the bloodstream, making it difficult for nutrients to flow freely to the cells for absorption. When this happens fat (lipids) begins to start forming on the walls of the vessels, to stop the inflammation. And as we discussed in Diabetes Free, nothing good comes from fat in our blood stream and coating our cells. When fat builds up in the blood steam it causes lipid stones such as; gallbladder and liver stones. Then minerals start clumping together causing kidney stones and bone spurs.

These clumped nutrients can’t pass through the cell membrane causing absorption issues. These absorption issues, especially when blood cells can’t pass through, cause oxygen depletion and starvation of the cells.

When cells can’t absorb and utilize the nutrients, organs being to slow down causing loss of muscle tissue and energy. If left untreated can lead to organ failure and eventually death.

**Elimination**

After the body utilizes the nutrients it has absorbed, the body must eliminate any waste. When the food is properly digested, absorbed and utilized by cells in the body, there are many byproducts that need to leave the body. These byproducts are: gases, acids, cellular wastes, undigested proteins and unused minerals and vitamins.

The body can eliminate waste in a number of ways. The most common, and the ways of proper elimination are: bowel movements, urinations, sweating and breathing. However when our bodies are run down from overworking cells, or inadequate digestion and cellular absorption, our bodies eliminate waste in different ways. Usually in the form of a
cold or flu, with sneezing, coughing, sweating, aching, fever, diarrhea and vomiting. These are the ways in which the body gets rid of harmful toxins.

Elimination is an important function of the body. If we do not eliminate harmful toxins and unused nutrients our cells become congested inside and out, causing further cellular decay and eventually cellular death.

Good elimination is 1 - 3 bowel movements a day, frequent urination, sweating and proper exhalation. You should never see undigested food in your stools, except corn. If you do, this means your digestive and absorption functions are damaged.

How Our Body Works

Our bodies are basically broken down into cells and two major fluids – blood and lymphatic fluid.

As we touched on earlier in this chapter, cells in the body need nutrients to fuel themselves. And since cells can’t move they also need to be able to eliminate any toxins or waste. This is where the circulatory and lymphatic systems come into play.

Circulatory System

Your circulatory system includes the heart, vascular system (arteries, capillaries and veins), and the blood. Your circulatory system accounts for 25% of the fluids in your body. This system is used for transporting nutrients, building materials and fuel throughout your body for cellular life and activity. It also regulates temperature, helps keep the body alkaline, carries oxygen throughout the body and works with the lymphatic system to remove waste from the body.
**Lymphatic System**

Your lymphatic system includes your spleen, thymus, tonsils, appendix, lymph nodes, lymph vessels and lymph fluid. The lymphatic system accounts for 75% of the fluids in your body. The lymphatic system is one of the most important systems in the body. This system is used for removing cellular waste and excessive fatsoluble compounds, and is the base for the immune system. In the immune system, white blood cells and antibodies are made to help attack pathogens or viruses within the body. When your body becomes infested with a virus or over-run with toxins, then the lymphatic system becomes congested with excess mucus and lymph fluid. A sinus or chest congestion is a good sign your lymphatic system is battling something.

In the next chapter you’ll discover our true natural diet. A diet without chemicals, hormones and GMO.
Many, many years ago, our great ancestors led a very different life. Although our digestive systems haven’t evolved much since then, it is important to note that our diets have changed tremendously. In this section we will explore how this affects all of us and explain the true cause of diabetes.

Our Natural Diet

Many of us picture early man chasing animals and slaughtering them for food, then sitting around a campfire cooking meat with sticks. But is this true? Did ancient man eat a diet primarily of meat?

Before I answer that, remember what we learned in the previous chapters. Could it be that the meat industry has pushed this scenario on us?

If you look at unbiased research and use logical thought, you’ll quickly realize that thousands of years ago, people ate very little meat.

Let’s imagine for a second that you’ve traveled back in time thousands of years and you’re dropped in the middle of a field. How likely is it that you would catch an animal? Remember you don’t have any fancy weapons.

Okay, let’s say you have a spear and you’re pretty good at using it. Well, even experienced hunters using old techniques have a very difficult time catching prey. On top of that you’d have to find something sharp to cut the meat and then build a fire.
Unless, of course, the thought of ripping open a little bunny with your bare hands and eating it to the bone with blood and other bodily fluids gushing all over you sounds enjoyable. An animal designed to eat meat wouldn’t hesitate, so why should you? Because that would be wrong ~ right?

Let’s do an experiment. Put a plate of raw meat and a plate of bananas in front of a young child or baby. Which one do you think it would eat based on pure instinct? Definitely the bananas.

It is my belief that if we were responsible for catching and killing animals for food, the majority of us would never eat meat again. The thought of killing another being is repulsive to most of us. Thank goodness!

In fact, I think the evidence is very clear that humans were not designed to eat meat.

You see, unlike animals that prey on and catch other animals for food, our teeth weren’t designed to eat meat. Animals, such as tigers, have very sharp pointy teeth to rip through skin, we don’t. Our teeth are basically flat ~ designed to chew or pulverize our food.

The acid levels in meat-eating animals are much higher than humans which allow them to digest flesh. They can even manufacture their own Vitamin C ~ something that humans need to get from the food they eat.

Also, animals that eat meat have very short digestive systems and even have stomachs designed for eating old meat that has been left out for days. Try doing that with a piece of uncooked chicken.

If you were to do a little research, you would find there are a vast number of differences between natural carnivores (meat-eaters) and humans; such as...
<table>
<thead>
<tr>
<th></th>
<th><strong>Humans</strong></th>
<th><strong>Carnivores</strong></th>
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</thead>
<tbody>
<tr>
<td><strong>Teeth</strong></td>
<td>Short and sharp</td>
<td>Flat and spade-shaped teeth</td>
</tr>
<tr>
<td><strong>Chewing</strong></td>
<td>Extensive chewing necessary</td>
<td>None, swallows food whole</td>
</tr>
<tr>
<td><strong>Tongue</strong></td>
<td>Smooth tongues</td>
<td>Rough tongues</td>
</tr>
<tr>
<td><strong>Saliva</strong></td>
<td>Carbohydrate digesting enzymes</td>
<td>No digestive enzymes</td>
</tr>
<tr>
<td><strong>Arteries Clog</strong></td>
<td>Yes. Low tolerance for fat</td>
<td>No. Thrive on high fat</td>
</tr>
<tr>
<td><strong>Nails</strong></td>
<td>Flattened Nails</td>
<td>Sharp Claws</td>
</tr>
<tr>
<td><strong>Sweat</strong></td>
<td>Sweat from pores</td>
<td>Sweat from the tongue only</td>
</tr>
<tr>
<td><strong>Sleep</strong></td>
<td>Sleep 33% of day</td>
<td>Sleep 80% of day</td>
</tr>
<tr>
<td><strong>Stomach</strong></td>
<td>Acidity with food pH 4-5</td>
<td>Acidity with food pH 1</td>
</tr>
<tr>
<td><strong>Small Intestine</strong></td>
<td>Small intestine 10-11 times body length</td>
<td>Small intestine 3-6 times body length</td>
</tr>
<tr>
<td><strong>Colon</strong></td>
<td>Long, sacculated</td>
<td>Simple, short and smooth</td>
</tr>
<tr>
<td><strong>Liver</strong></td>
<td>Cannot detoxify vitamin A</td>
<td>Can detoxify vitamin A</td>
</tr>
<tr>
<td><strong>Vitamin C</strong></td>
<td>Required from food sources</td>
<td>Make their own vitamin C</td>
</tr>
<tr>
<td><strong>Eating Habit</strong></td>
<td>Repulsed by raw, old meat</td>
<td>Love raw meat, even days old</td>
</tr>
<tr>
<td><strong>Legs</strong></td>
<td>2</td>
<td>4</td>
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</tbody>
</table>

If we did eat meat, we ate very little of it. Usually, it was scrapes left over from other animals. But when we found it, we ate it all at once, since it’s a high calorie food that goes bad. We’ll get to why this is important later in the book.

In addition to not eating much meat, early man probably didn’t consume dairy products. Think about it, if you can’t catch the cow, it’s going to be very unlikely that you’re going to be able to drink its milk.
Did you know that humans are the only animals that consume milk after weaning? Moreover, humans do not drink human milk, but drink the milk of other species, and do so commonly throughout their adult lives. Does that sound natural to you?

What about grains? Do you think early man ate wheat, rice, oats, or rye? Not likely. In their natural state, humans cannot chew or digest grains. Grain-eaters (usually birds) have a pouch in their throats, where grains sit and germinate, thereby making them digestible. Humans cannot digest grains in their raw state.

What else is left? Vegetables, right? Yes, most likely.

However they only ate raw vegetables, and since vegetables do not have many calories, there would not be enough substance in an all-vegetable diet.

Also, can you imagine a life of just eating vegetables all day? Especially with no dipping sauce or dressing ~ talk about bland!

I know what you may be thinking. You need meat, dairy and grains to be healthy...my goodness, they’re major food groups!

But wait...remember what we learned in the last chapter. There’s the real truth and then there is truth for profit.

So what did early man eat? What did they naturally gravitate towards?

Before I get to that, let’s talk about the qualities and characteristics of our ideal food.

Our ideal food would...

- taste great raw and unseasoned
- be easy to digest by humans
- be easy to find and obtain
• nourish our body and supply it with enough vitamins and other nutrients required to live
• and have enough calories (especially in the form of simple sugars) that our bodies crave and need.

So what food satisfies all of the above?

There has been extensive research by scientists studying fossils of early man, specifically their teeth, to get an idea of what they ate and surprisingly this is what they found.

They ate a diet of almost entirely fruit!

When you research the preferences of animals that have the closest genetics to humans ~ the Bonobo chimpanzee ~ you will find too that their diet consists almost entirely of fruit.

While this might shock you ~ it does make sense and here’s why.

1. Nutritionally, fruit comes closer to satisfying all of our needs than any other food.
2. Fruit tastes great raw, especially when it is ripe
3. Fruit requires no preparation and is ready to eat in its natural state.
4. Fruit digests faster than any other food
5. Fruit satisfies our desire for sweet tastes and smells
6. When ripe, fruits convert carbohydrates into glucose and fructose ~ simple sugars our bodies can use immediately without further digestion.
7. Fruit sugar or fructose requires no insulin for it to enter our cells. Your body can use it right away.

8. Fruit enzymes convert proteins into amino acids and fats into fatty acids which are essential for life and energy for your body to move, think, talk, breathe, produce body heat, and everything else your body needs to do to survive.

9. Fruit is colorful and easy to find ~ just walk up to a tree and pluck it from a branch. In fact, once fruit is ready to eat, it falls to the ground. (No slaughtering necessary!)

10. Your brain is powered by guess what, simply sugars, fruit is the perfect food. There’s even a lot of evidence to support our brains rapidly developed when we started eating fruit and since we’ve stopped, they’ve been slowly shrinking.

This may shock you, but by every indication, our digestive physiology was designed to process the soft, water-soluble fibers in fruits and tender leaves, almost exclusively.

So what does this mean to you?

Does this mean that if you want to succeed with Diabetes Free you can no longer eat anything else but fruit?

Not at all. But it’s important you understand this so you can understand the next section.

**Fat/Sugar Balance**

As we learned above, early humans ate mostly fruit. And because they weren’t eating any fats, the sugar in fruits was easily digested and absorbed into the cells without the
need of insulin. So even though they ate way more sugar than we do now, their pancreas wasn’t overworked and they stayed diabetes free.

Although once in a while, when they did eat some meat, or find some calorie rich avocados, they stopped eating fruit. For one, meat would spoil, so they had to eat it right away. They didn’t have a refrigerator. And two, these types of foods were very rare, so when they found them that’s all they ate until they ran out.

Here’s the key. They only ate sugar or fat. Never both together. Although there was some overlap, this is where insulin’s real purpose kicked in.

**Industrial Farming**

You might be thinking, “Diabetes didn’t really exist 100 years ago and they didn’t just eat fruit and meat?” That’s true, but people back then ate a lot better than we do and were generally a lot healthier. They weren’t exposed to chemicals and didn’t eat processed foods. Let’s see how industrial farming and the food industry changed all that.

**Meat**

The way cattle is raised has changed tremendously in the last 50 years. Back then, animals were raised on small farms and ate the food God intended for them. Cows roamed large fields and ate their natural food ~ grass. They were healthy, strong and very lean on fat. Not only that, their fat is much different than it is today.

Grass feed cows have fat in a 3:1 ratio of Omega 6 to 3. Today’s commercial farmed cattle have a ratio of 20:1. Why is that important? Omega 6 fats are the fats that coat
your cells and make it near impossible for them to absorb blood sugars. Whereas omega 3 fats are free flowing and clear the blood of this stickiness.

Plus, since commercially farmed animals are cooped up in a cage and eat unnatural food, they’re all sick. So they inject them with a constant stream of antibiotics. Not to mention growth hormones they use to make them bigger and fatter, which is faster for profits. All this leads to problems for diabetics. If you choose to eat meat, pick grass fed, organic meats.

**Dairy**

Did you know dairy is basically full of fat and sugar? It’s true, and it’s the reason why we say *No* to dairy in the Diabetes Diet. Milk is one of the worst things people can drink. I personally don’t believe that we are meant to drink another animal’s milk. I mean if you really think about what other animal drinks another animal’s milk? None!

It’s naïve to think that cow’s milk is doing anything by harm to our bodies. Not to mention the amount of fat that’s found in milk is astonishing. 2% milk has approximately 35% of fat in it. That’s down right disgusting. And what’s more disturbing is the type of fat that milk contains. Most of it is saturated fat, which is the fat that’s been linked to high cholesterol levels and insulin resistance. Milk is something we should eliminate in our diets, for good.

But what about other dairy products – like yogurt, cheese and ice cream? Well these are a no-no also. Yogurt, sour cream and ice cream are all products high in fat. Cheese is
basically just fat and should never be touched. Most of these products take about 70% of their calories from fat. That’s a lot!

What about all the non-fat cheeses, milks, yogurts etc.? Well, if you take all the fat out of these products (and let’s be honest, can you really take all the fat out of something?), your basically left with sugar! Everyone knows the word “lactose” and usually associate it with lactose intolerant. But do you know what lactose is? It’s basically dairy’s sugar! Lactose can be broken down into two smaller sugars, glucose and galacose. These account for 55% of fat-free milk. People who are lactose intolerant have a hard time digesting the sugar that’s in the dairy. This is because the enzymes used to digest lactose are inefficient or lacking. Therefore the lactose from dairy passes through the intestinal track undigested. It makes its way to the lower intestinal track where bacteria starts to flourish on the unbroken down sugars. This causes all sorts of stomach upset, such as: abdominal cramps, gas and diarrhea.

While on the Diabetes Diet we recommend you stay away from dairy all together. Instead try unsweetened soy milk, hemp milk, rice milk or almond milk. All these yummy and healthy options are available at most supermarkets or health food stores.

**Grains**

The problem with grains is that our bodies have difficulty digesting them, as our digestive systems weren’t designed to eat them. In fact, we only started eating them about 10,000 years ago according to researchers. On top of that, the grains we eat today are far worse then what they ate then. By the time we eat them, most grains have been...
- Stripped of most of their nutrients
- Sprayed with toxic pesticides
- Surrounded by fertilizer made primarily out of crude oil and since crops cannot utilize these synthetic minerals properly so much of our produce is nutrient deficient like the soil
- Irradiated which kills any remaining life in them, essentially making them dead food
- Some crops such as corn are grown from heavily genetically modified seeds which have been linked to numerous health issues.

And that’s not all. Once they’re harvested, instead of using stone mills like they used to, they use high speed metal presses that grind everything to a fine power. This flour causes our blood sugar to spike really quickly and requires our body to produce much more insulin than it used to.

**Vegetables**

As mentioned earlier in this chapter, potassium is something your body needs. And will usually crave sugar when this nutrient is lacking. Potassium is needed to help store sugar cells in the body. For every sugar molecule that needs to be stored, your body needs one potassium molecule. So feeding your sugary cravings, when your body really needs potassium, will only cause your blood sugar levels to rise and do nothing to help balance out your insulin levels.

With the Diabetes Diet, we recommend consuming all the vegetables you can get your hands on. Vegetables, especially dark green vegetables are high in potassium and
should be consumed on a daily basis. The following are great potassium rich vegetables that are easily found in your supermarket:

- Tomatoes
- Spinach
- Swiss Chard
- Mushrooms
- Sweet Potatoes
- Kale
- Brussels sprouts
- Zucchini
- Green Beans
- Asparagus

To incorporate these potassium-rich vegetables into your Diabetes Diet, try consuming a salad or two a day. Or make a veggies smoothie for lunch or a snack. Later in the chapter we’ll give you some nutrient-rich recipes to help make it easy for you stay on the Diabetes Diet.

**Fruits**

Fruits use to be picked off the tree and eaten ripe. They were delicious. Now with the rise in globalization. Fruit is picked weeks in advanced, unripe, so it won’t go bad in transport. This does 3 things:

1. Fruit taste worse every year because most fruits can’t properly ripen after they are picked. An exception is bananas.
2. Fruit picked early lacks all the nutrients ripe fruit contains

Finally, unripe fruit isn’t finished developing so its sugars haven’t converted to fructose. Instead it’s still stored as glucose. And that causes a bigger problem for your blood sugar levels.

In the next chapter we’ll go over why you’re overweight. You’ll be surprised that it has nothing to do with how much fat you’re eating.
Obesity is quickly becoming the leading cause of death in the United States. The number of overweight children in the United States is continuing to rise, causing all sorts of health problems including Type 2 diabetes that before 30 years ago, was never found in children.

Even though there has been over 30 years of continuous information on how bad obesity is for you and how to live a healthy life by exercising and eating right, obesity is still increasing. But what is really causing this increase in obesity?

Yes, fat has something to do with it. But surprisingly it isn’t the thing that is harming us. Fat is actually the thing that is saving us right now!

**Fat Is Saving Your Life**

Your body uses fat to neutralize its excess acids, protecting the tissues and organs from acid damage. Once the fat binds the acid, it can then be eliminated out of the body, or stored. Here’s the catch, storing acid in the fat is good and bad! The good news is storing acid in the fat keeps the acid away from vital organs in the body. But the bad news is acid stored fat can cause serious long term health problems on the body.

The real root cause of obesity is ACID. The more acidic your body is, the more fat your body will make to gather up the acid, to protect itself. On the contrary, the less acidic your body is the less fat you will have in your body, making you thin. Your problems
don’t come from being overweight, they come from being over acid! Fat isn’t your enemy here, an acid diet is.

Actually if you really look at the role of fat in your body, you will notice it’s actually saving your life. Fat is stored under the skin for insulation to keep our bodies warm. It surrounds our joint and nerves and is in-between muscle fibres to help protect them against injury. Fat also helps hormone production, and even keeps organs, like the kidneys in their rightful place.

But this doesn’t mean ALL fat is good fat. You still have to be careful what you eat, and need to exercise daily to limit the bad fat and increase the good fat.

**What Being Overacid Does To Your Body**

From now on you should never blame your fat for your health problems. Fat is what is keeping your organs and cells from becoming damaged by the acid in your body. It really is your lifesaver! Losing weight may reduce some health risks, but you won’t be able to have a true healthy body until you get rid of the acid!

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<th>FLUID</th>
<th>ALKALINE OR ACID</th>
<th>EFFECTS OF OVER ACIDITY IN THE BODY</th>
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<td>Saliva</td>
<td>Alkaline</td>
<td>Canker sores</td>
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<tr>
<td>Urine</td>
<td>Alkaline</td>
<td>Urinary track infections, Kidney or Bladder cancer</td>
</tr>
<tr>
<td>Stomach</td>
<td>Acid</td>
<td>Ulcers, Stomach cancer</td>
</tr>
<tr>
<td>Intestines</td>
<td>Alkaline</td>
<td>Ulcers, Intestinal cancer</td>
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<td>Blood</td>
<td>Alkaline</td>
<td>Death</td>
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Most of the major health concerns associated with obesity are linked to over acidity in the body. These health risks include; hyperglycemia, hypoglycemia, arthritis, heart disease, liver disease, kidney disease, skin irritations, and of course diabetes.

For example, arthritis is the buildup of calcium in the joints, which causes excruciating pain. This calcium build up is due to the body being over acidic. When the body becomes too acidic, the body uses calcium as a way to gather up the excess acid. The calcium binds to the acid, causing microcalcifications, which then build up in joints causing stiffness and pain.

The liver also plays a role in filtering the body of acid and toxins. But when the acidity in the body becomes too much for the liver to filter, the liver starts to breakdown, causing a string of health problems. The next line of defense is the kidneys. The kidneys also can only take so much and eventually will get overrun but the acidic levels in the body, leaving the skin susceptible to the acid, which causes all sorts of skin irritations such as; acne, blemishes, eczema, psoriasis, rashes, and more.

So it’s clear to see our bodies need fat! We need fat to keep our organs and tissues safe from acid and to keep our bodies running healthy. It’s important to point out that fat and diabetes are associated. I know... you hear that everywhere. But the thing to remember is fat is useful and needed in our bodies and without it our bodies wouldn’t be functional. Acid is the main culprit and is what is actually causing diabetes and the long list of other health problems most of us are fighting.

In the next chapter we’ll look at how you can speed up Diabetes Free and heal your body from other health problems, all by reducing the acidity in your body.
** Chris – in the book under PH & Diabetes, it just gives a 10 step process of the phMiracle system. So I just made our own 3 step process like we do in most books. – Might want to change the Chapter title though if you end up keeping it. **

**Introduction**

We learned in the last chapter that the true root cause of most health problems is high amounts of acid in the body. In this chapter I will explain what you need to do to re-alkalize your body and eliminate diabetes for good. You'll also learn how you can start eliminating stored toxins and help your body rebalance your hormone levels.

None of the steps below are optional. If you want to rid your body of excess acid and revitalize your health, you'll have to follow them as closely as you can. Although, this is a demanding protocol, most people find it easier to follow than the traditional no sugar, no carbohydrate diet.

**Curing Diabetes By Balancing Your pH Levels**

Below are the 3 steps you need to take to balance your pH levels and cure your diabetes for good.

**Step 1: Follow the Alkalizing Diet**

The first step to revitalizing yourself is following the Alkalizing Diet. This diet is similar to the Diabetes Diet, in that you need have an 80 -20 food plate. Focus on eating a good
amount of alkaline foods, and consuming less acidic foods. Our main goal here is to get you eating a healthy diet designed to neutralize the acids in your body on a regular basis. Every body is different, and will react to food differently. Eventually you won’t need to follow this diet exactly and will be able to make your own healthy food choices, that are best for your own body.

**Step 2: Drink the Revitalize Drink**

The Revitalize Drink is used with the Alkalizing Diet to help neutralize the acids in your body. This is an amazing, power packed drink that does a number of incredible things. It balances your pH level, it cleanses your liver and digestive system, and it restores alkaline minerals. Along with the Alkalizing Diet, you’ll soon see your health problems disappear.

**Step 3: Enjoy the Revitalize Bath**

Finally the Revitalize Bath. This bath is used to accelerate the results of the Alkalizing Diet and Revitalize Drink. The Revitalize Bath is a special bath that you can use daily to pull large amounts of toxins and acids out of your body while at the same time re-mineralizing it. It works especially well when your digestive system has been compromised which makes it difficult for your body to absorb nutrients, because with the Revitalize Bath, the minerals are absorbed through your skin.

**Bonus: Use Your Mind to Heal Your Body**
Your mind is a powerful thing. So powerful it can actually help to heal your body. Using Dr. Bruce Lipton theory, which proved that your mind can affect the cells of your body and even your DNA, we’ll teach your mind to rid your body of diabetes. This easy 21 day visualization exercise will have you thinking healthy and will help to cure your diabetes for good.
Chapter 6  Alkalizing Diet

The Alkalizing Diet is here to help boost Diabetes Free and help reverse any damage diabetes has had on your body over the years. Keeping a food journal of what you eat and how you feel is a great way to determine what parts of the diet is working and what parts need to be tweaked a bit.

Follow the diet as best as you can and I’m positive you’ll see amazing results. Remember you can always contact our support team with any questions at support@DiabetesFree.org.

What To Eat

What you eat is probably the most important factor in staying healthy and reversing almost any illness. Doctors are just clueless about nutrition and its role with health. It’s not their fault, their curriculum is designed by the pharmaceutical companies whose primary goal is selling drugs.

Overall you need to eat a small portion of less acidic foods and skip the more acidic foods all together. Focus on green vegetables and good fats and drink lots of water. In this section I will focus on what you can eat and give you an understanding of some important health principles.

Food Principle 1: The pH of Food

All food that we eat can be classified as acid, neutral or alkaline.
There is a standard scale called pH to show how acid or alkaline something is. It ranges from 0 to 14, where 7 is neutral. Anything below 7 is acidic and anything above 7 is alkaline. Pure water has a pH of 7.

Just as our body temperature is maintained at 98°F, our body fluids must be maintained at a 7.3 - 7.4 alkaline pH. Ideally, blood pH is 7.365. Over-acidification of body fluids and tissues signal a state of imbalance, opening the door to sickness and disease.

Foods which create an acid in the body include meats and other fresh proteins, eggs, dairy products, refined breads, and sugars. As well, coffee, black tea and soft drinks are highly acidifying.

Foods which create an alkaline residue are vegetables - especially greens of all kinds, such as spinach, cucumber, lettuce, grasses, celery, broccoli, avocados etc.; soaked and sprouted seeds, nuts, and low-sugar fruits such as, lemon, lime, grapefruit and coconut.

In general, most vegetables are very alkalizing where as heavy starches and proteins are acidifying.

**Food Principle 2: The 80/20 Rule**

This principle is similar to the Diabetes Diet found in Diabetes Free main book. To maintain a balanced and alkalized pH in blood and tissues, the diet should contain at least 75% alkalizing foods, and no more than 25% cooked or acidifying foods. Ideally, you would strive for 80/20.
Ask yourself how many family member you’ve seen suffering from one of the top three killers: cancer, heart disease, or diabetes. Something needs to change. The USDA food pyramid currently taught in the schools is quite behind in teaching alkaline principle and promotes many of the diseases that are so common today. The alkaline food pyramid promotes alkalinity of the blood and tissue by basing the diet around alkalinizing vegetables, sprouted and soaked nuts and seeds, essential oils, and low-sugar fruits.

Remember that when you build an alkalizing meal, raw vegetables are going to be the most alkalizing and energy-packed (life-force) foods you can eat.
Food Principle 3: Eat Food That Is As Close To Its Natural State As Possible

If you suffer from indigestion, heartburn, gas, bloating, or constipation this diet will help. Although in the beginning, you may need to add supplements to support your digestive system. This doesn’t mean taking Tums or Pepto-Bismol. There is a lot of misinformation provided by advertisers.

Some people need to increase the amount of acid in their stomach to improve digestion. For example, when you get heart burn, contrary to what most doctors tell you, it’s a problem of low acid. Try a tablespoon of organic apple cider vinegar before your meal.

Enzymes are another important factor. As we mentioned earlier in this book enzymes are a necessary part of digestion. Your pancreas secretes enzymes into the small intestine as food passes through it. These enzymes work along with enzymes naturally present in raw food to break down proteins, fats, and carbohydrates into their most basic components (amino acids, free fatty acids, and glucose). Cooking vegetables destroys these enzymes which is why it’s so important to eat raw vegetables. Vitamins and minerals are also freed for absorption during this process. If the pancreas isn’t making enough enzymes, that means the food isn’t completely broke down or efficiently absorbed. You may notice a lot of undigested food in your stools if this is the case.

Raw foods are more alkalizing, while cooked food is more acidifying.

Also, don’t eat any processed foods. If it comes in a box, can, bag or out of a freezer it’s probably process. Use real, fresh food and make your own meals.
Food Principle 4: Food Combining

A more detailed look at food combining is covered in the Diabetes Diet, in the main Diabetes Cure book. Below covers the basics of how to combine food:

- Don’t eat carbohydrates and fat together
- You can eat as much vegetables as you want throughout the day
- If you eat a fatty meat, only consume vegetables for the rest of evening and no fruit/carbs. If you decide on grains, make sure your meal is fat free.
- Eat fruits alone, and in the morning

Food Principle 5: Your Body Needs Fat

As we previously mentioned, our body needs fat to survive. One of the most dangerous modern-day fad diets is the “No-fat” diet. People who don’t realize the great role GOOD fats play in our bodies, open themselves up to degeneration and nutritional deficiencies by choosing never to eat fat. The body needs essential fatty acids (omega 3s and omega 6s). The best source is probably filtered fish oil because the body doesn't need to convert it to use the omega-3. Other good sources are olives, raw nuts and seeds, avocados, free range organic eggs and natural grass fed meats. These animals are grown using the same principle as organic but can’t be called organic because the animals eat wild grass. Just make sure the farm doesn't use antibiotics, growth hormone or pesticides on the grass.

As their name implies, essential fatty acids are vital to good health. They are the building-blocks of necessary fats and strengthen the cell wall. They strengthen immune
cells, help lubricate joints, insulate the body against heat loss, provide energy, and are transformed by the body into hormone like prostaglandins.

Adding these good essential fats to your diet will also provide relief from arthritis, asthma, PMS, allergies, skin conditions, and improve brain functions and some behavior disorders.

**Food Principle 6: Eat Only Quality Food**

Organic foods are becoming easier to find each day. Organic foods are grown using natural methods. They grow in uncontaminated soil without the use of pesticides of any kind, without chemical fertilizers, additives and without sewage sludge commonly used in commercial farming.

Another important factor is that they are not genetically engineered which is increasingly being link to health problems. Conventional fruits and vegetables are heavily contaminated with Xenohormones and other poisonous compounds. Unlike organic produce, conventional produce is very low in nutrients.

Organic food is more expensive, so if you’re on a tight budget here are some strategies:

- Find a nearby natural farmers market. This is where local farmers get together and sell to you direct. Even though this is not considered organic because it is not certified, it’s often better than organic because it’s locally produced. Just make sure the farmers follow natural growing methods. Remember, it’s up to you to request organic foods at your supermarket and to support your local farmers’ market.
- You may find meat in natural markets (NOT major grocery stores) that is labelled free-range, hormone-free and drug-free. Smaller, local brands are preferable to large, national brands. This is a great option if it’s from a trusted natural source. When in doubt buy organic.

- Consider growing your own fruits and vegetable in a garden. Just make sure you follow organic practices.

**Use a Refractometer:**

Not all fruits and vegetables are equal. The nutrients in fruits and vegetables depend on the soil, the farming methods and many other factors.

The health benefits or eating fruits and vegetables are dependent on how well mineralized the soil the plant was grown in, when it was picked, whether or not it's fresh.

The depletion of minerals in the soil means fewer nutrients in your food. The major problem is industrial farming methods. Many crops are grown on the same fields over and over again, pulling all the minerals from the soil. Traditionally, crops were rotated. Today, farmers add tons and tons of fertilizers to make their crops still grow. Unfortunately, this method of adding minerals to the soil does not result in high mineral fruits and vegetables.

The first step is to choose organic foods whenever possible. Current research shows that they are 5 - 10 times higher in nutrients than conventional produce. Even the quality of organic can vary widely depending on the source. As large industry farming corporation look for ways to reduce the cost of organic to meet consumer demand, they are sacrificing quality.
Luckily, there is an instrument that can really help you out of this dilemma. It is called Refractometer. Fruits and vegetable juices are denser than water because of dissolved sugars, minerals and other nutrients. Refractometers measure vegetable and fruit juices and indicate the sugar and mineral content of that juice.

**Where to Purchase it:**

Search it on Ebay.com or Ebay.co.uk for “Refractometer 0-32 Brix”. You can get it for around $40 (or under £30 in the UK).

**Food Principle 7: Food Allergies Are More Common Than You Think**

Food allergies is an important subject that is poorly understood by physicians. In fact, if you ask your doctor he may consider it nonsense. The truth is, many conditions are related to food allergies, such as irritable bowel syndrome, Crohn’s disease, colitis, eczema, acne, fibromyalgia, arthritis and depression. Their attitude should come as no surprise as most doctors are taught virtually nothing on nutrition in medical school.

Food allergies don’t generally cause major symptoms immediately, although there are some exceptions such as peanuts. Food allergies affect your body over time, particularly your digestive track and only produce symptoms after your body has been continually exposed to them.

Food allergies can affect digestion, muscles, joints, emotional well-being, energy levels, skin, lungs, and water balance, causing headaches, rashes, muscle and joint aches, fatigue, hay fever, asthma, mal-absorption of nutrients and indigestion. It’s amazing how many people struggle through every day feeling generally sick and tired, thinking that’s just the way life is.
To fully restore your health, you’ll need to identify and eliminate foods that you are allergic to. If you’ve had symptoms consistent with irritable bowel syndrome like constipation, diarrhea, excessive gas or bloating, you’re probably allergic to a common food allergy.

### List of Common Food Allergies

- Milk
- Eggs
- Peanuts
- Tree Nuts
- Fish
- Shellfish
- Soy
- Wheat
- Citrus Fruits

Other food allergies stem from preservatives and additives that are very irritating to some people. Look out for nitrates, benzoates, food dyes or colors, MSG (monosodium glutamate), and anything else that you can’t pronounce or sounds like something made in the chemical laboratory rather than by Mother Nature.

In fact, it’s best to avoid anything that comes in a box, bag or can.

Another method in identifying foods that are incompatible with your body is to test your urine pH level after you eat a meal.

Before you start, you should go down to the local pharmacy and buy some pH strips so you can test yourself at home and monitor your body’s pH changes with your dietary changes. pH strips are little pieces of special paper that when urinated on, change color. By comparing the pH strip to the provided color chart, you’ll know your pH level.
Test your pH on the first urination after a meal. Let some urine flow before testing as this will give more of an average reading.

For urine, a healthy pH level is between 7 - 7.5. Someone who eats a typical Western diet would be more likely to have a urine pH average of about 5.5 - 6.0. This may not seem too much lower, however it is important to remember that the pH scale is logarithmic - meaning each step is ten times the previous i.e. 4.5 is 10 times more acidic than 5.5 which is 100 times more acidic than 6.5 and so on.

If your pH is lower after a meal, record what you ate that meal and look for a pattern and remove that food from your diet.

On the next page is a daily monitoring chart you can use to help keep a record.
<table>
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<tr>
<th></th>
<th><strong>Breakfast</strong> (Record pH &amp; What you ate)</th>
<th><strong>Lunch</strong> (Record pH &amp; What you ate)</th>
<th><strong>Dinner</strong> (Record pH &amp; What you ate)</th>
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<td>Monday</td>
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<td>Sunday</td>
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In conclusion, try your best to follow the diet as closely as you can. Remember organic food, especially fruit, vegetables and meat are important to consume. You may also want to go long periods of time with just fruit and vegetables to accelerate healing, as the pH in the fruits and vegetables will help balance your pH levels quicker.

In the next chapter you’ll be introduced to the Revitalize Drink. This drink will not only help speed up the balancing of pH in your body, it will also eliminate any stored toxins and help your body rebalance your hormone levels.
The Revitalize Drink

While eating nutritious, live, unprocessed whole foods is the most important factor in helping balance the excess amount of acid in the body, it will also help cure virtually every disease, there is something else that will help accelerate your body’s ability to heal itself. The Revitalize Drink.

The Revitalize Drink is extremely powerful at alkalizing your body and removing toxins.

You are already familiar with pH imbalance and its role in overall health. One of the best and quickest ways to restore healthy pH balance is to use a special drink that helps restore the alkaline balance in the body.

This is an amazing, power packed drink that does a number of incredible things. It balances your pH level, it cleanses your liver and digestive system, and it restores alkaline minerals.

Gradually these drinks will neutralize acidic imbalance in the body. Eventually it will be just natural for body to neutralize itself.

The Revitalize Drink will also improve general health and make it easy for your body to eliminate toxins.

There are three ingredients to this drink, they are:
**Baking Soda:**

Baking soda is also called sodium hydrogen carbonate and has a chemical formula of \( \text{NaHCO}_3 \). It is a white solid that is crystalline but often appears as a fine powder. It has a slightly salty and alkaline taste.

Baking soda can be mixed with water to be used as an antacid for indigestion or/and heartburn. But its primary effect in this drink is to help alkalize your body.

**Lemon:**

Lemon acts not only a sweetener to the drink, but also helps add a kick of acid to the body.

**Probiotics:**

**The Revitalize Drink Recipe**

This is a great drink that restores the alkaline balance in the body in a natural manner. The synergy of all the ingredients is what makes this drink so powerful. This drink is the source of many minerals that the body needs to restore health.

You should begin slowly as this drink is extremely powerful. Start with one glass per day and slowly increase it until you are drink 2 glasses per day. It's best to sip the drink throughout the day instead of just "chugging" them.
What You Need:

- … baking soda
- … lemon
- … probiotics
- Pure, clean, fresh water.

Recipe:

When someone has been chronically ill for a while, a drink like this might create a powerful reaction and start to release acids from organs and tissues too quickly, that is why I am suggesting you start slow.

**Conclusion**

By following the food guidelines and using the Revitalize Drink, you'll quickly begin to restore your inter balance. You'll hardly believe how good you feel and may notice many of your other illnesses improve.
Chapter 8  Revitalize Bath

Introduction

Similar to the Revitalize Drink, doing a full body cleanse is a great way to rid your body from any harmful toxins. To help cleanse your body you can take a Revitalize Bath.

The Revitalize Bath is a special bath that you can use daily to pull large amounts of toxins and acids out of your body while at the same time re-mineralizing it. It works especially well when your digestive system has been compromised which makes it difficult for your body to absorb nutrients, because with the Revitalize Bath, the minerals are absorbed through your skin.

It's very important that you take a cold shower right after your bath. If you don't do this, you may overload your body with too many toxins and acids and end up feeling worse.

The ideal way is to start off slow, with a shorter soak time and build up. I suggest you start with 10 minutes and build up to 30 minutes. You may want to start with the foot baths at first and work your way to the full body bath.

The Revitalize Bath will help you alkalize and remove acidic wastes from your body. Sometimes you will feel invigorated and sometimes you will feel drained.

You can do these as often as you want. Do not attempt these baths until you have read ALL the notes below!
It's important to do this bath with the hottest water you can stand comfortably. If during your bath the water temperature doesn't feel hot enough, add more hot water.

**The Revitalize Bath**

Ingredients:

- 2 cups of Epsom Salts (Magnesium Sulphate)
- 2 cups of Sodium Bicarbonate (Baking Soda)
- 2 ounces of 35% solution Hydrogen Peroxide (H2O2)

Directions:

Run a hot bath, you want to SWEAT!! Make sure you filter the water you use to fill the bath. (The easiest way to do this is to buy a bath water filter.)

Add all your ingredients apart from the H2O2 - add that at the end and swirl it into the bath. Try and stay as submerged as possible but do NOT get the water into your eyes.

After 10-30 minutes, take a freezing cold shower for 1 minute, or however long it takes for you to cool down. **DO NOT USE UNDILUTED 35% HYDROGEN PEROXIDE ON YOUR SKIN DIRECTLY.**

Optional:

- If you can, skin brush before getting into the bath – this starts lymphatic movement and will help you detoxify more.
• You may add some oregano oil, cayenne pepper, ginger powder to make you sweat more.

Make sure you’re well hydrated before the bath, also take an herbal tea into the bathroom with you and sip whilst bathing. I like to take ginger and lemon, peppermint, elderberry or dandelion.

If you are extremely ill and weak, these baths can feel exhausting. Please make sure someone is around should you need to get some help out of the bath! Only stay in the bath as long as you can take it, if that means starting with 5 or 10 minutes, go for it! Alternatively, just try alkalizing foot baths to begin with.

Hydrogen Peroxide carries Extra Oxygen \((\text{H}_2\text{O}_2 = \text{H}_2\text{O} + \text{O})\). The Hydrogen Peroxide supplies the Extra Oxygen which is needed by the body for the Electrical charges. Oxygen is a strong oxidizer which neutralizes much acidity.

Baking Soda is called Bicarbonate of soda or Sodium bicarbonate \((\text{NaHCO}_3)\). The Baking soda provides extra Sodium in the water which may help neutralise the excess acids which the Epsom Salts pulls out of the body among other things, so helping the body to heal much faster.

These detox baths cause the body to get rid of toxins through sweating through the pores, and it is essential that the water is very warm/hot and can stay that way throughout the duration of bathing. It is the heat of the hot water which causes the Acidic Nitrogen Isotope to be drawn out of the body.

The reason people feel so exhausted after soaking is because of the amount of acids which have been released from your body fats, into your Lymphatic system on their way to be eliminated out through your skin pores. The Acids which would be causing the most problem may be the Nitrogen Acid Isotope along with any other toxins, which is
the reason for taking the cold shower afterwards, yet you only need to shower cold, long enough to take the heat out of your skin on the outer body!

Taking a cold shower afterwards, stops the release of any more acids so you may recover from having too many acids to overload the Lymphatic system, which may cause one to feel poorly, if the acid release isn’t stopped. Everything should be done in cycles, so the body may recover. Release some acids and allow the body to dispose of them and relax for a while and start the cycle over again.

You can do these baths as often as daily, but that may be too much for some.

People are cautioned to start out slow at first. If one does the Hot bath and then does not take the cold shower, then this allows the body to remain too acidic! The cold shower is very important in the end of the process or the body may be more acidic than in the beginning from all the Toxins and Acids which may have been released into the Lymphatic system!

Should you find you feel worse, (like having flu like symptoms) you may help yourself temporarily by taking one full tablespoonful of Baking Soda in an 8oz glass of water and drinking this over a 30 minute time period, not sooner! This may help correct the imbalance of your ratios between the Sodium and Potassium which you may suffer from. This may help neutralise the excess acids temporarily plus correct the sodium to potassium ratio. Make sure any baking soda you take internally is food grade quality.

**Revitalize Foot Bath**

If you generally feel sick all the time, you may want to start with the revitalizing foot bath.
For all the footbaths, you want very hot water, as hot as you can handle. It will be useful to have a kettle or flask with hot water handy so you can pour more hot water into the foot bath should it get cold.

You want another foot bath with ice cold water in it (add some ice cubes!)

You soak for several minutes in the hot, then alternate with cold for a minute and continue alternating like this several times. Take around 30 minutes of soaking for full benefits. Always end with cold.

Ingredients:

- 4 tablespoons Epsom Salts,
- 2 tablespoons Baking Soda,
- 1 pint 3% Hydrogen Peroxide or 0.75 ounces of 35% Hydrogen Peroxide

Bonus: Revitalize Shower

A very simple way to alkalize the whole body! Do this on days you are in a rush and don’t have time for a full Revitalize Bath.

Get yourself a spray bottle and get some 3% food grade Hydrogen Peroxide (or 1.5 oz of 35% Hydrogen Peroxide diluted with 1 pint of distilled water) and put this into a spray bottle.
Before you take a bath or shower, mist this 3% Hydrogen Peroxide over your body (make sure not to get it into your eyes!!!!), and leave it on for approximately 3 minutes. **DO NOT USE UNDILUTED 35% HYDROGEN PEROXIDE ON YOUR SKIN DIRECTLY.**

Then after bathing, spray another light mist on your body and let air dry, do not get in your eyes and use a white towel to finish drying off, because it may bleach out a color towel. This will help alkalize all of the surface of your skin.
In the past decade or so, hundreds of studies have been conducted that demonstrate the powerful connection between mind and body. While Napoleon Hill figured it out many years ago, many scientists now believe that what you think about actually shapes your life.

For example, if you’re constantly thinking about needing to take insulin in order to balance out your blood sugar levels, your mind will automatically agree. Causing you to always reach for your insulin.

In landmark studies, Dr. Bruce Lipton proved that your mind can affect the cells of your body and even your DNA. It goes on to explain how our expectations and desires can affect our bodies ability to fight illnesses and heal itself.

Now how do you use this “natural power” to heal your diabetes? Let’s find out.

Is Your Subconscious Keeping You Diabetic?

Each and every one of us has an image of ourselves in our subconscious mind. Your current self-image was built and shaped by interpretations and evaluations you place on past experiences.

For example, let’s just say that at some time in your past, someone may have mentioned that diabetes runs in your family. Now regardless of whether you were at a higher risk to get diabetes, you may have started thinking that you were. You may have imagined
yourself being diabetic. This may be something that you consciously or subconsciously remember and play it out in your mind.

My point is that it isn’t the actual experience that shapes your self-image but the act of imagining yourself in a certain way that affects your self-image. Your mind and body react to your internal self-image. So, if your self-image is of a diabetic, your body will do everything it can to make that true.

As I’ve said earlier, current scientific research actually shows that your mind affects the cells of your body and even your DNA. So if your self-image is diabetic, your cells will actually slow down or stop producing insulin. Your self-image has a powerful effect on your body.

In order to be diabetes free, you need to change your self-image. Luckily, there’s an easy way to do this.

**21 Day Visualization Exercises**

The mind is a powerful thing to waste. It can do so much for us and very few of us actually use its power to shape our self-image and to create perfect health.

The first thing to do is to get a clear image in your mind’s eye of what it would feel like to be diabetes free ~ the ideal you.

Begin by imagining yourself completely free of diabetes. Free of insulin shots and medication. Eating all the foods you love.

I promise you, if you give this an honest effort, you’ll be so thrilled with the results, and you’ll choose to continue using this tool for the rest of your life.
We have purposefully asked you to challenge yourself for three weeks, as research has proven that it takes 21 days to make a substantial change to your self-image.

As I’ve said before, your current self-image was created by your imagination. So, we can use this same method to create a new self-image where you enjoy your perfect healthy body.

**This is especially important if you have Type 1 diabetes.** For example, if you’ve had diabetes since birth it’s most likely caused by genetics. As far as I know, this is the only way to reliably change your genetics. With enough dedication and these exercises you can change your DNA so you’re no longer diabetic.

Remember, all you have to do is sit back and relax and imagine yourself as you wish to be. Here’s how...

**STEP 1**
Grab a piece of paper and write a brief description of the image that you intend to view in your mind. This will be the movie you will play over in your mind.

**STEP 2**
Every day, find a quiet place to relax and where you won’t be disturbed. Now close your eyes and begin playing the movie you wrote down in your mind for at least 20 minutes.

**STEP 3**
For the first 7 days, refine your movie to picture your body exactly as you desire it to be. Then, for the remaining 14 days, play this exact movie in your mind over and over again.
Here are some tips to make this visualization technique more effective:

Most people find that they get better results if they imagine themselves sitting at the theater and watching themselves as the star character in the movie on the big screen.

It’s important to make your mental movie of yourself as vivid and detailed as possible to simulate actual experiences. For example, instead of just picturing your body being healthy, imagine yourself excited as the doctor tells you you’re diabetes free. Imagine your pancreas and its cells working properly again. Imagine how you would feel to be diabetes free.

Pay attention to small details. The more detailed, the more your subconscious will believe it to be an actual experience. Make sure to use all your senses.

It’s important to see yourself as you want to be, it doesn’t matter where your health is today. You need to have faith in this exercise.
By following the Alkalizing Diet and using the Revitalize Drink, you'll quickly begin to restore the pH balance in your body. You'll hardly believe how good you feel as you notice your diabetes and other illnesses disappear.

We always love to hear how our products help people, once you start seeing results please email us so we can share it with other sufferers. You can email your testimonials, or questions to support@DiabetesFree.org. We can’t wait to hear from you.

Remember healing your body starts with making the right choices and ultimately ends with positive thinking.

Stay positive, eat right and start enjoying a healthy life!