

Healing Diabetes

Dear friends,

I recently came across an amazing film about healing diabetes naturally and wanted to share with you. This is an 8 minute trailer of a longer film that is yet to come out, but should be out soon. The link is here - [Raw for Thirty Days](#).

This film about 6 people diagnosed with diabetes, both insulin resistant and insulin dependent who went to a raw food retreat to eat only raw foods for 30 days. The results: by the 4th day, everyone was off of their insulin completely, and by the end of the 30 days, blood sugar levels had stabilized and they had “effectively reversed their diabetes.”

One patient in this film at the end of the 30 day program triumphantly explained, “Everything in my body is working fine. My pancreas is working – it’s giving me the insulin I need. Now I know that I don’t have to have medications for my diabetes. I don’t see why the doctors don’t know about this. I’m going to make them aware.” After 30 days of the diet, she went in for a recheck with her family doctor who noted that she had also lost 25 pounds in the 30 days as well as stopping the diabetes. He wanted to ship off his other patients to the retreat center (Tree of Life Center) in Arizona!

Now if anyone has been paying to my website, they would notice that I have had an article posted for the past 4 years talking about how the raw foods diet has allowed many people to stop taking their insulin and diabetes medications for both Type I and Type II Diabetes. You can read (or reread) the articles here - [Diabetes Type I](#) and [Diabetes Type II](#). People in the natural healing community have known for many years about the healing effects of raw foods on diabetes. Now, if we put a good whole foods plant-based diet together with herbs, we have an incredible potential to heal from *anything*.

Unfortunately, a raw foods diet is not something we’re accustomed to. Many people do not know how to do it. Once you learn how, though, it can be fun and easy. Everyone can benefit from visiting a raw foods retreat such as the Tree of Life Center, the Hippocrates Health Institute or the Optimum Health Institute, who have instructional programs that are as short as one week’s time. There are also many wonderful books that give instructions for how to prepare raw “living” foods. A good one is “Living Food for Optimum Health” written by Brian Clement and Theresa Foy DiGeronimo. Maybe not everyone can become a raw foodist, but we can all benefit from incorporating more raw “living foods” recipes in our diet. Anyone who knows me well knows I place a high importance on live green veggie juices.

One of our customers recently wrote a book about changing her diet to a mainly raw foods diet. I was very impressed with it. Karin is such a positive lady who has undergone severe health challenges but has found healing with a mainly raw foods diet. She has gone through an incredible journey with her own healing. The strength of this book is in the “Action Plan.” This wonderful biblical-based book encourages and inspires people to note the link between what they eat and how they feel. There’s lots of

space for daily notes for your personal experiences with how you choose foods, think about foods and how you shop. One of her points to ponder: “Can my eating habits glorify God?” I *loved* that.

Anyone thinking about changing their diet needs to go through a gradual process of learning and understanding why. They also need to learn how to incorporate those changes gradually, day by day, into their lives. This book helps you do that. It’s called *Choose Life!* Written by Karin Treiber, it’s available from Positive Change Publishing. Note: it’s not a cookbook, but an inspiring book that will help you understand the reasons for eating more raw foods (and stopping processed foods) and includes commonly asked questions about vegetarianism such as calcium and iron issues. Here’s the link – [Choose Life!](#)

Finally, another short film just came to my attention. It’s called the *Meatrix II*. This is a follow up animated film to the original “*Meatrix*” with the theme centered around the movie “*The Matrix*”. It’s a free short film (about 5 – 10 minutes long) you can watch online. It provides information about factory farming and how it affects our health and our environment, but in a funny and entertaining way. A *third* film, *The Meatrix II ½*, was *quite eye-opening* with its information about factory farming methods and how E. Coli ends up in our food supply. The animation gets the point across in a fun, educational way without resorting to horrifying real life films that go directly into factory farms and show all the gore and blood (No one wants to see that anyway - least of all, me - especially after what I’ve been through!) It’s amazing what you’ll learn from these short films. This website also provides great resources for restaurants and grocery stores that stock organic foods. All you have to do is type in your zip code and it will give you the closest resources in your area. Here’s the link – [The Meatrix II](#)

I hope you enjoy yourself with these films and resources. May they help you on your road to better health!

Yours in health,
Cynthia Foster, MD

Thank you very much everyone who sent their thoughts and prayers during the difficult time I had after the mugging. I could feel everyone’s beautiful prayers and it helped me so much! I hope to be back to 100% soon.

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