

Living WELL (With **DIABETES**)

This information is for my good friend, ADOLF ...



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The most precious ASSET on planet earth is - **our HEALTH** - nothing is more important ... NOTHING - NADA - ZIP - ZERO! We must do *everything* we can to PROTECT it - EVERYTHING!

----- BELOW, I'M REFERRING TO OUR **"PHYSICAL"** HEALTH -----

Dear Adolf: What I'm about to share with you here is based strictly on "my own" research and studies over the years. I guess I consider myself a Natural Health & Wellness Advocate. At **age 86** (as this is written), I have personally been blessed with good health (thus far!) - and I feel it is largely because of what I have learned.

Obviously, there are NO "guarantees" when it comes to our physical wellness ... but I do believe that a "basic understanding" of some of the *fundamentals* can help ALL of us ... and, note the "sequence" of what follows. Ok, here we go ...

HEALTH 'EXPERTS'? Our **medical doctors** are NOT always the best resource for getting healthy, and/or staying healthy. In fact, the vast majority of them tend to 'depend' too much on **BIG PHARMA** (via their **DRUGS**) - for "treating sickness" - instead of "searching for the root causes" of the sickness (including **diabetes**).



For certain, many different kinds of *Surgery* are often necessary, from (hopefully) highly skilled MDs ... but, what I'm talking about, is the *rampant over-prescribing* of **PILLS** (often leading to [high cost] "drug addiction") - for just about everything that goes wrong with us - health-wise (more on this further down).

SELF HEALING: First, we humans have ALL been blessed with a "magnificent" GIFT ... our **Powerful Healing System**, within ... one that, if - IF treated properly - can literally help us to ... "prevent" illness ... "heal" illness ... "reverse" illness [this has been proven!] - and thus (potentially), provide us all with ... healthier / better / happier / longer lives.

However, to truly "experience" this beautiful GIFT, WE must first, **"protect"** our ...

IMMUNE SYSTEM (a large network of cells, tissues, organs) - this is the body's "first defense" against a wide range of dangerous, outside **Health Invaders** (the villains that weaken and "compromise" our precious, healthy IMMUNE System).

These harmful IMMUNE SYSTEM **villians** are many, and they include: TOO MUCH: ALCOHOL / CHEMICALS / SUGARS / R-E-D MEAT / HIGHLY PROCESSED 'FAST JUNK FOODS' / DIET SODAS / FRIED FOODS / COOKING OILS ... on, and on ... PLUS these villians: INFECTIONS / ILLNESSES / VIRUSES / PARASITES / FUNGI / BACTERIA / HEAVY METALS / OVERUSE of ANTIBIOTICS / on, and on ...

BATTLE – So, when someone gets DIABETES, or CANCER, or HEART DISEASE, or is hit be a lethal VIRUS, or a BACTERIA ... it means that the **enemy has “broken through the battle lines”** - that the enemy has “taken hold” of us in some way.

It means our IMMUNE System was NOT being as vigilant as it should be (because it was weakened!) – and unfortunately, it managed to “miss” that invasion.

Yes, it's our Immune System that actually does the “healing” for us - the body's own, amazing, natural, **DEFENCE System** - one that guards (and heals) us from life-threatening invaders, cancers, and viruses ... nothing else can do it. DRUGS might help - in some cases - 'temporarily' - BUT often, with harmful 'side effects'! Our **GENES** account for only **10%** of human disease. The fact is ... our powerful IMMUNE System is our only 'permanent' cure - so, we must PROTECT it. Note:

Our **GUT**: **75% - 80%** of our IMMUNE SYSTEM “lies within” our Gastrointestinal Tract (**our GUT**) - IT is the cornerstone of our whole Immune System - and IT will rescue us, and heal us, from sudden HEALTH INVADERS. But, **we must HELP it.**

H-O-W to Help Our IMMUNE SYSTEM? Well, it begins with - “proper” NUTRITION / Exercise / Personal Hygiene / H2O / Rest and Relaxation / De-Stressing / Humor / Positive Mindset / Family & Friends / etc (NOT with Big Pharma's “medications”!).

But of all the above, the absolute “main” emphasis should be on:

THE POWER OF 'PROPER' NUTRITION! Yes, our **DIET** - what we **EAT** - because “this” is what builds / protects / helps our IMMUNE SYSTEM - in the greatest way. Sadly, our population today is in “terrible” physical shape! According to a recent report from the **NIH** (the National Institute of Diabetes, and Digestive, and Kidney Diseases) ... 30.7% of North American adults are "overweight" ... and **42.4% are OBESE!** ... being a '*huge*' contributor to Cancers / Heart Diseases / Diabetes/ etc.

No wonder our **IMMUNE SYSTEM** is in severe jeopardy!

And here are some of the “primary” **CULPRITS** that are “killing” us! ...



= Sadly, most of us say: “if it looks good ... smells good ... tastes good ... it **MUST** be good”!! =

DIGESTIVE ‘DISORDERS’



- And as a result, the number of North Americans with digestive disorders (i.e. Crohn’s disease / ulcerative colitis / diverticulitis / celiac disease / IBS / GERD / constipation / diarrhea / candida / food allergies / etc / etc) - is all on a **RAPID INCREASE** these days.

And these severe **GUT Disorders** are all *in addition to* the “many other” illnesses we keep getting - whenever our body’s **IMMUNE SYSTEM** is under attack, or when compromised - due to the absence of “proper” **NUTRITION**. Y-E-S ...

Mostly, it’s **what we EAT** that counts ... our daily / weekly / monthly / yearly **DIET**.

Note: MDs get only about **6 HRS** of education - in **NUTRITION** - throughout their 4 Y.E.A.R. training! Those who DO have this expertise (and many do, thankfully!) - they secured it on their own. More on this *shocker* at the end of my letter.

So, What ARE the **‘RIGHT’ FOODS**? - Below, are listed some “excellent” foods for a healthy **DIET** (including, for those with **DIABETES**) - obtained from a multitude of reliable sources / resources. “Proper” **FOOD** is >>>> the correct **MEDICINE**!





What follows are some Healthy Food CHOICES ... ALL with a “low” GI (Glycemic Index) ... good for **DIABETICS**:

Proper NUTRITION >>>> for a Healthy IMMUNE SYSTEM!

----- >> Based largely, on a diet that’s Whole Food Plant-Based [WFPB] << -----

FRUITS: Apples / All berries / Kiwi / Citrus Fruits / Appricots / Avocados / Lime / Peaches / Cherries / Oranges / Lemons

VEGGIES: Spinach / Broccoli / Cucumber / Celery / Lettuce / Asparagus / Rice / Mushrooms / Cabbage / Green Beans / Cauliflower / Tomatoes / Potatoes / Green Peas / Split Peas / Green Bell Peppers **Note:** (for **DIABETICS** - Rice and Potatoes - use these “in moderation” [due to the carbohydrates / starch])

CEREALS: All Bran / Whole Grains / Rolled Oats / Buckwheat / Barley / Oatmeal

BREADS & NUTS: Whole Grain / Sourdough / Whole Wheat / Flaxseed / Pita / Rye **Note:** (although these breads provide lots of fiber, protein, and healthy fat - use “in moderation”) ... Almonds / Walnuts / Cashews / Pistachios / Peanuts



(Keep to “bare minimum”) Red Meats / Sweets / Sugar / Salt / White Bread

I mentioned above that I’d like to expand on this part ...

MDs are among the most “respected” of all professionals - for sure, and the vast majority are excellent. However, MDs **are not** trained, in medical school, about “Natural Healing” - or about the awesome “power” of **Whole Food, Plant-Based NUTRITION**, for the successful *treatment* (and often, the *reversal*) of - many chronic illnesses, sadly.



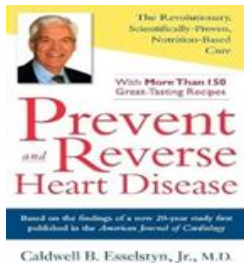
NDs [Naturopathic Doctors] - are trained “the same as” MDs ... “except” that they **are also trained**, in medical school, about - Natural Healing, Nutrition, and Organic Supplements. So - instead of simply “writing out Pharma Prescriptions” for some specific ailment ... they take a more holistic approach to our Health & Wellness ... by looking at the **WHOLE PERSON** patient ... to help them achieve a strong, and healthy, IMMUNE SYSTEM. This process is known as ...

FUNCTIONAL Medicine - because **NDs** search first - for the **ROOT CAUSES** of ALL illnesses - “before” they consider any “treatments” or special recommendations.

As well, a large number of famous **MDs** practice this protocol ... MDs, who have written “best seller” books (readily available on Amazon) ... as well as articles / reports / scientific studies / etc / etc ... and most. who have their own websites / podcasts / substacks / blogs / etc - such as ...



These MDs, and others, have helped “tens of thousands+” of grateful people to healthier lives!



Dr. John McDougall ... Dr. Michael Cutler ... Ms Pam Popper ...
 Dr. Michael Klapper .. Dr. Dean Ornish ... Dr. Caldwell Esselstyn
 Dr. Neal Barnard ... Dr. Michael Greger ... Dr. Robert Ostfeld ...
 Dr. Colin Campbell / etc / etc ... to cite only a tiny fraction of this
 huge field of - **“wholistic” MEDICAL EXPERTS** ... easily found on
 Google ... ALL of whom “I” have studied - at length ... plus -
 ----- many more. These experts are the **KINGS** of health & wellness.

EACH of the above health practitioners - “consume” -
 and also “promote” - the **WFPB** (Whole Food, Plant-
 Based) diet, *in addition to* their other patient services.

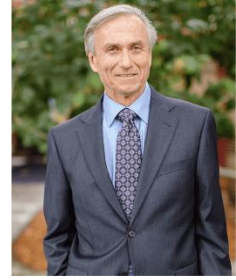


The “incredible” story of Dr. Ruth Heidrich, PhD ...

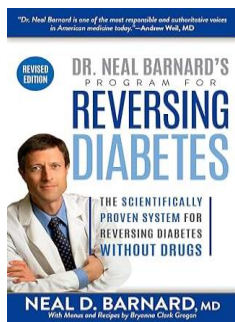
An AMAZING story! - World renowned, **Dr. Ruth Heidrich** (now, 89-years “young” - and also, a Holocaust survivor) - is a **6-time IRONMAN Triathlon finisher** - who has won **900+ trophies** - who now has **8 GOLD medals** - from races world-wide - including ... Ironman Triathlons, (6!), and 67 marathons - races. ranging from: 100 meter track / 5Ks / 10Ks / Ultramarathons! She is a graduate of UCLA, holds a Master’s degree in Psychology, and a doctorate in Health Education.

Dr. Heidrich was diagnosed with "stage 4" breast **CANCER!** - in her 40s (which had 'spread' to one lung, her bones, and her liver).

Then, after she had answered an AD - to participate in a "cancer and diet research program" - from the world famous [the late] **Dr. John McDougall, MD** (at a cost then, of \$3,000. USD). She also immediately chose his version of a **Whole Food, Plant-Based diet** (WFPB) - and also, chose to 'forgo' any chemo, or radiation, or other drugs. She says she "absolutely, owes her LIFE" - to Dr. McDougall!



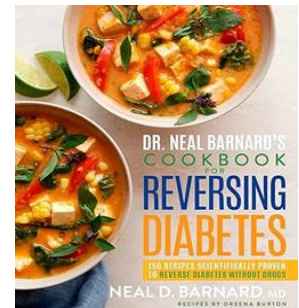
As a result of that program with Dr. McDougall, and 'proper' **NUTRITION**, she has been in "total remission" ever since - as a **VEGAN** (for over 43-years)! She's the author of a few great books too, all available through her website.



BOOKS - There are many great books out there about treating (and "reversing"! **DIABETES** ... but these 2 are among the very best. I'm a "big fan" of Dr. Barnard - have been for years ... since he is also a strong advocate for the miracle of ... **Whole Food, Plant-Based nutrition**, for optimal health and longevity. All of his best-selling books are easily available at Amazon.

Dr. Neal Barnard, MD, FACC, is an Adjunct Professor of Medicine at the George Washington University School of Medicine in Washington, DC, and President of the "Physicians Committee for Responsible Medicine". He has led numerous research studies investigating the effects of "D-I-E-T on **DIABETES** / body weight / hormonal symptoms / chronic pain - including a groundbreaking study of "dietary interventions in Type 2 Diabetes" - funded by the National Institutes of Health, that paved the way for viewing **Type 2 Diabetes as a potentially REVERSIBLE condition** for many.

Dr. Barnard has authored more than 100 scientific studies, and 20 books for medical and lay readers, and is the editor in chief of the "Nutrition Guide for Clinicians" - a textbook made available to all U.S. medical students. Here's his "cookbook":



FINALLY, Adolf ...

It is true - I am a skeptic of **BIG PHARMA** ... I have been for some time ... yet, I do fully realize that certain VACCINES / ANTIBIOTICS / X-RAYS / MEDICATIONS are necessary for people. I do not dispute this. But, BIG PHARMA is “not” the primary answer to our wellness, in my strong opinion (see the **NEJM** comment below).

In my own case, I personally do not take any “prescription medications” from Big Pharma whatsoever, at this time ... but I do take a couple of “organic, nutritional supplements” (a green-powdered, plant-based superfood, a multi-vitamin-mineral capsule, and a probiotics capsule).

I guess you could say that I am mostly a VEGETARIAN (slightly different from a VEGAN) - largely, on a Whole Food, Plant-Based diet ... NO meat / fish / chicken / eggs / dairy products (milk, cheese, butter, etc) ... although I do “cheat” at times - as I have a “sweet tooth” ... I enjoy a “Dairy Queen” ... and I “love” CHEESE too much. POTATOES are very healthy - I could “live” on these (but, I’m not diabetic).

Dr. Arnold ‘Bud’ Relman, MD - former Editor-In-Chief of the famous **New England Journal of Medicine [NEJM]**, has sadly, said this - about today’s “medical climate” ...

“The medical profession IS truly ‘being bought’ by the pharmaceutical industry ... and not only in terms of the practice of medicine, but also in terms of teaching and research. The academic institutions of this country are allowing themselves to be ‘the paid agents’ of the pharmaceutical industry - sickness has become - a ‘mega PROFITABLE Business’ today ... and I think this is totally disgraceful!”

‘PERSONAL’ STUFF

In closing, Adolf ... although we have not been in ‘contact’ a lot ... I consider you a dear friend. And it was GREAT being with you - and your family - recently (FAMILY is “everything” - and your being surrounded by Jube & Michelle’s loving family, is a wonderful blessing for you)!



I feel truly privileged to be living with Graham, Yuko, and their SWEET twin girls, Koko and Mayu (13 yrs old now) - here, in this very pretty town (huge trees & greenery) ... of Ajax, Ontario.

I admire the way they are raising my 2 grand-daughters ... with “strict, but loving” care - and, I’m spoiled by Graham’s “exceptional cooking”!

Here's a pic of me with ALL 4 granddaughters.

I do "miss" my other family, back in PEI (son, Stephen, and my 2 granddaughters there (Evie and Emma - ages 9 and 12).

But, after my wife, Mary Ann, died in 2022, it was time to move up here, to be with my Ajax family. 😊



Hopefully, you've been able to READ this document Ok ... (especially - the many **FOOD Choices** [for **diabetics**] on **PAGE -4-** above ... as these are good for you).

And IF so, I do hope some of the information listed above will be found useful.

Again, it is ALL based strictly on "my own" thoughts, ideas and research.

Here's to "both" of us keeping as **HEALTHY** as we possibly can!! 😊

Sincerely / Peter A.