

Age-Onset Diabetes Protocol

A majority of people suffering from age-onset diabetes (Type II Diabetes) are found to actually produce adequate levels of insulin. In other words, this disease is not caused by lack of or insufficient insulin.

It has been found that in those people who have adequate insulin and yet have diabetes, the problem is that their insulin is unable to be utilized in the cell [where it is needed] because the *insulin receptors on the cell are blocked*.

With this in mind, the Gerson Therapy has been shown in many cases to be capable of overcoming this problem due to its ability to help the body metabolize unhealthy fats in the cells that are blocking the cell receptors and allow the insulin to attach to the cell receptors.

If a patient is actually on insulin, it is unwise to discontinue it immediately. As the Gerson Therapy becomes effective, which will be evidenced in the lower serum glucose levels, insulin may be able to be reduced. This is also true for those taking oral hypoglycemic medications. In both cases, the therapy is used with modifications for at least the first 2-3 weeks or until favorable results are noted. The non-malignant protocol would be the maximum starting point with additional modifications as noted below:

- Use less stewed or raw fruit with the breakfast oatmeal.
- The amount of potato may need to be reduced.
- In some cases, the oatmeal and fruit has to be omitted at breakfast for the first few days, and replaced with raw salads, Hippocrates soup or cooked vegetables.
- Apple is eliminated from the carrot juice and the number of carrot juices is reduced and replaced with green juices. For example, instead of the usual 5 cups (8oz. glasses) of carrot juice, drink only 3 and take 2 extra green juices.
- Instead of orange juice at breakfast, drink grapefruit juice which contains less sugar. However, you must check to make sure you are not taking a prescription medication that the grapefruit juice would adversely affect.
- Thyroid, Lugol's solution and potassium are taken in reduced amounts and it is recommended to add 3 capsules/day of chromium picolinate (200 mcg per capsule). This amount can be reduced, usually within a week or two, when blood sugar remains stable.
- Also, for the first week or two, omit bananas, dried fruit, grapes and other very sweet fruit. Apples are acceptable.

Monitor blood sugar levels daily. When they reach a normal level, return to carrot apple juices and the regular therapy including oatmeal with fruit for breakfast and also orange juice. Avoid dried fruit and bananas for a longer period of time.

This information does not take the place of the advice of your medical doctors. If the condition is severe and has existed for some time, it is recommended to do this protocol under the supervision of a Gerson trained physician or to visit a certified Gerson clinic.