

# Natural Diabetes Protocol

## By William Schnoebelen

*IMPORTANT OBLIGATORY LEGAL WARNING: These statements are for educational purposes only. I am not a medical doctor (MD). I am a Naturopath and Herbalist. The FDA has not approved these remarks. These statements are not meant to diagnose, treat or cure any disease. We believe only the Almighty Creator of the Universe can cure disease.*

There are two main forms of diabetes, type 1 (insulin dependent) and type 2 (formerly called adult onset diabetes), which does not usually require insulin. Type 2 diabetes is easier to treat since the person is not injecting himself or herself with insulin.

If I were a diabetic, I would first eliminate all sugars and starches from my diet. I would be sure my colon was clean and moving all waste matter through by taking herbs (and perhaps enemas) of burdock root, yellow dock root or bayberry bark. To eliminate sugar and toxins from the body, take long, hot baths with diaphoretic teas like yarrow. If my bowels were not moving well, I would do a colon cleanse (see separate document).

I would use the following herbs (both from the Americas and from India and Asia) that have been shown to help assist the body systems:

Fenugreek  
Bitter Melon  
Sarsaparilla  
Artichoke  
Gymnema  
Guggul  
Nopal cactus  
Ginger  
Chaparral  
Golden Seal  
Uva ursi  
Cayenne  
Cedar berries  
Alfalfa  
Licorice  
Mullein  
Pedra Huma Caa  
Cajueiro Bark  
Pata de Vaca

Additionally, the following supplements (mineral in nature) have been found to be key in promoting a healthy pancreas – the organ which governs blood sugar and insulin.

Chromium

Vanadium or vanadyl sulfate

Finally, there are two supplements that can help undo the damage to the circulatory system (inflammation, etc.) caused by diabetes:

TMG (Trimethylglycine)

Benfotiamine

Beyond all of that, two key elements in bringing diabetes under control would be exercise and weight loss. Both cardio workouts and resistance (weight) training can help, especially working out the larger leg muscles. Muscles burn a LOT more glucose (blood sugar) than fat does, and your leg muscles are the largest in the body.