

High poison-dose foods are mostly animal products, which include all dairy, meats, poultry, fish, and other seafood. *Note that white meat is no better than red meat.*

EAT BEANS & PEAS. Your body needs proteins therefore eat *plant* proteins, such as beans and peas, everyday. But *plant* proteins are *incomplete* proteins. So, what must you do? Well, nutritional research has shown that grains provide the proteins parts (known as amino acids), which plant proteins lack. Therefore, you should eat *unrefined* grains, such as brown rice, whole wheat, barley, oats, rye, corn, millet, sorghum, quinoa, amaranth, or spelt, everyday too.

DO NOT EAT EGGS, because what's in the fowl gets into its eggs. You may *safely* eat eggs *only* if the fowl has been free to roam, and has eaten a healthy diet of wholesome foods, vitamins, and clean water. *That* is now impossible!

AVOID MILK and milk products, because they move the poisons from the cow's fatty tissues into your own. Therefore do not eat butter, cheese, yogurt, cream, or ice cream.

EAT PLENTY OF FRUIT, fresh or dried. Know that it's possible to be healthy eating only fruit, nuts, seeds, roots, leaves, and multivitamin.

AVOID FOODS CONTAINING ADDED PRESERVATIVES, *added* colors, and *added* flavors. The additions could be poisonous. Therefore read food package labels carefully. Know also that some foods, like honey, dried fruits, and dried leaves, contain their own *natural* preservatives.

DO NOT DRINK ALCOHOL. Alcohol is not food; it is a poisonous drug that damages the brain and the liver. If you must drink, recognize these serious consequences.

AVOID MEDICINAL HERBS because medicinal herbs contain poisonous chemicals too. Medicinal herbs are effective because they contain medicines, *and medicines are poisons*. You should take medicines *only* when you are sick, and *only* if nothing else will work. Know that marijuana, tea, cocaine, tobacco, reserpine, and digitalis are herbs too.

AVOID ALL MEDICINES, unless there is no other way to get better. You will find that when you eat right (and take additional multivitamins in the right doses), you will hardly ever need any medicine at all.

When you eat this way, your excess weight will melt away, and your Type 2 Diabetes will be healed. You will, in addition, have better overall health.

Seven Ways To Heal Your Diabetes...

And Protect The Health Of Your Loved Ones Too

1. Lose excess weight.
2. Reduce your consumption of dairy products, eggs, meat, poultry, and fish because a great deal of poisonous pollutants is concentrated in such foods.
3. Replace meat-and-fish flavor with Organic HealthiLifer Powdered Mushroom.
4. Eat plenty of unrefined plant foods, such as fruits, nuts, beans, peas, leaves, mushrooms, roots, and unrefined grains.
5. Do not drink alcohol.
6. Replace refined sugar with *unrefined* sugar. The best unrefined sugar is Organic HealthiLifer Powdered Unrefined 100% Cane Sugar.
7. Take PerfectBalance Multivitamin everyday to help neutralize the poisons your body cannot avoid. It is the only multivitamin formulated by a brilliant neurosurgeon to improve health and prevent disease.

Your HealthiLifer Wellness Club Is Your Partner For Good Health

Obtain your PerfectBalance Multivitamin, Organic HealthiLifer Powdered Unrefined 100% Cane Sugar, Organic HealthiLifer Powdered Mushroom, and AthletiX-1: Performance Multivitamin from the Club Director of your Independent HealthiLifer Wellness Club:

If for any reason, your HealthiLifer Wellness Club Director is unable to supply, please call: 212- 615 – 6751.

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You Can Heal Your Type 2 DIABETES

Improve Your Health & Prevent Disease For
Yourself & Your Loved Ones
**WITHOUT MEDICINE,
HERBS, OR SURGERY**



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Yes, You Can Heal Your Type 2 Diabetes

But, first, what's Insulin?

There are two major kinds of Diabetes: Water Diabetes, and Sugar Diabetes.

In Water Diabetes, the sick individual (known as a *diabetic*) passes large quantities of urine, which has no sugar in it. This is caused by a disease of a part of the pituitary gland, an organ attached to the lower surface of the brain. Doctors call this *Diabetes Insipidus* (which is Latin for *Tasteless Diabetes*).

In Sugar Diabetes, the diabetic also passes large quantities of urine, but the urine *has* sugar in it. This is caused by a disease of a part of the digestive system known as the pancreas, an organ found in the belly, attached to the intestines. Doctors call this disease *Diabetes Mellitus* (which is Latin for *Sweet Diabetes*). The pancreas produces a substance known as *insulin*. The body needs insulin for the successful processing of sugar.

Diabetes Mellitus is further divided into 2 Types, depending on how severe the damage to the pancreas is. If the damage is so bad that the pancreas produces *no* insulin at all, the Diabetes Mellitus is known as *Type 1*. If the damage is less, and the pancreas produces insulin though in *insufficient* quantities, the Diabetes Mellitus is known as *Type 2*.

At present Type 1 Diabetes requires the diabetic to take injections of insulin, for life. Type 2 Diabetes requires the diabetic to take a different kind of medication by mouth, also for life.

This HealthiLifer brochure will show you how to heal your Type 2 Diabetes, improve your health, and prevent disease for yourself and your loved ones without medicine, herbs, or surgery. You can achieve this by improving the quality of the food you eat.

Doctors Already Know...

As doctors, we already know that:

- (a) Type 1 Diabetes usually begins when the individual is young. It is therefore also known as *juvenile diabetes*.
- (b) Type 2 Diabetes usually begins later in life. It is therefore also known as *late-onset diabetes*.
- (c) Type 2 Diabetics are generally *overweight*.

The Larger Body Size Dilutes Your Insulin

It appears that in Type 2 Diabetes, when the already reduced amount of insulin is distributed over the larger body size in the overweight person, an *insufficiency* occurs. This is why, weight reduction can heal Type 2 Diabetes.

My research has led me to the conclusion that the excess weight in Type 2 Diabetes is not as simple as it may appear. The most effective way to cure *that* overweight is not just by eating less and exercising. Something *extra* is required. **The Type 2 Diabetic must improve the quality of the food he or she eats.** Improving the quality of the food includes avoiding poisons in foods and drinks, and neutralizing within the body, the poisons that cannot be avoided.

How To Improve The Quality Of Your Food

1. Sugar: It is *not* necessary to avoid sugar, if you bring your weight down to normal. But you *must* avoid (white) refined sugar – completely. And *that* is not easy. The problem we must solve is: *What can you use in place of refined sugar?* None of the available sweeteners tastes any good, and you can't bake with them. You can, of course, bake with honey but you should know that some honey brands are just as bad as refined sugar because the bees were, unfortunately, fed a solution of refined sugar, instead of being allowed to feed on wild flowers!

You can replace unhealthy refined sugar with HealthiLifer Unrefined 100% Cane Sugar. This is a great replacement because, since it retains the *natural flavor* of the sugar cane, it tastes even *better* than refined sugar.

How is Organic HealthiLifer Unrefined Sugar made? By boiling down the whole juice of the sugar cane and grinding up the resulting solid into a nutritious powder.

HealthiLifer Unrefined Cane Sugar is a *wholesome food* and, though it tastes better than refined sugar, it is indeed good for you! It really is just like dried whole fruit. Enjoy it at any time, and experience the great rewards of better health again.

2. The Rest Of Your Food: Modern industry has introduced more than 50,000 chemicals into the environment. No one knows the effect of most of these chemicals on the human body. The medical profession knows, however, that a great many of the chemicals are poisonous and will cause such serious diseases as brain damage, liver damage, lung damage, kidney damage, asthma, anemia, premature puberty, birth defects, and cancer.

After so many years in the hands of a notoriously careless industry, these poisons are *everywhere* now. They are in the air we breathe, in the water we drink, and in the food we eat. Sometimes, the poisons are even deliberately put into food by food processors, as preservatives, or to artificially give the food a stronger flavor or a fresh-looking color. At other times, the poisons get into the food unavoidably from the polluted environment.

Many of the poisons dissolve *only* in oil and are therefore concentrated in the fat of animals and fish. And as you know, it is the *fat* that gives taste to dairy, meats, poultry, and fish. Therefore, when you eat dairy, meat, poultry, or fish, *you take large quantities of these poisons into the fatty tissues of your own body.* And from there, they wreak havoc.

Within your body, mostly in your liver, biological processes neutralize the poisons that have entered. In doing so, your body needs various kinds of vitamins. For example, the liver uses Vitamin A to neutralize Arochlor 1242, a poisonous pollutant. These days, though, the body is unable to neutralize the full poison load because the amount is now too large.

Your Food Is Now Weaker Than Ever

In addition, modern farming and food distribution methods have so weakened the food you eat that your food now supplies only a small fraction of the vitamins your body needs. Yet, because of the large amount of poisonous pollutants in the environment, your body needs more vitamins than ever before.

So, once again, there is a problem: too much poison, not enough vitamins. As a result, you now suffer from serious diseases (such as cancer) that your body can heal or prevent, if only you had a smaller load of poisons and more vitamins. Fortunately, here again, there are several specific actions you can take to heal and protect yourself and your loved ones.

You Must Take Additional Vitamins

My research has shown that by eating right, you can *deliberately* reduce the load of poisons going into your body. Eating right means *eating the best food you can, and, at the same time, taking the best multivitamin available.* Therefore:

AVOID HIGH-POISON FOODS. Naturally, the easiest way to reduce the load of poisons going into your body is to reduce your eating of foods that contain a high dose of poisons.