

Diabetes 120 Day Program*

Diabetes mellitus is a Pancreatic disorder:

Protein molecules are broken down by enzymes into single amino acids. 56% of the protein that we digest and assimilate goes to the liver. The liver uses these amino acids to make glucose, hormones, and enzymes. These hormones and enzymes stimulate the whole Endocrine system including the pancreas. The number one problem is undigested protein molecules.

Nancy's Smoothie: You can mix the following together in water, fresh juice, milk substitute or your favorite fruit smoothie. Take twice a day (can be used as a meal replacement).

Nutritional Essentials: 6 Tablespoons a day

Barleylife or Whole Foods: 3 Teaspoons a day

Mega Omega: 2 Tablespoons a day Green Product (Whole Food of Barleylife): 1 tablespoon

Supplements:

Multiple Digestive Enzymes: 5 with each meal and 5 twice a day on an empty stomach totaling 25 enzymes a day.

Probiotic Blend: 10 capsules at night, right before bedtime for two bottles. Then decrease to 2-4 capsules each night.

Milk Thistle: take one bottle as directed on label.

**A lifetime commitment of proper eating with nutritional supplements is a must.*