

FOR REFERENCE PURPOSES ONLY

Healing Diabetes

Ex-Type 2's on a Fruit-Based Diet



Tasha Lee

with FRUIT

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***This book is dedicated
to those for whom seeing is believing***

“Time and again, we see people with type 2 diabetes improve—and sometimes even reverse—their disease by following a low-fat, vegan diet. Fruits and vegetables are a big part of the answer. Tasha’s book is a great case in point. Read this book, renew your relationship with fruit, and watch your health improve.”

Neal D. Barnard, MD
Physicians Committee for Responsible Medicine
Washington, DC

Healing Diabetes with Fruit: Ex-Type 2s on a Fruit-Based Diet

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Note to the reader:

Any person who has begun a physical fitness program knows that the journey toward reaching fitness goals includes the component of evaluation. At the outset, baseline testing helps a person to get a “reality check” about his physical condition. This is important so that he, with the help of his trainer, can create a plan to reach his goals that will accommodate his individual needs. Follow-up testing allows him to celebrate progress, evaluate the effectiveness of his program, and make changes as needed.

The same holds true when commencing any new dietary path. As you read this book, you will see the amazing health benefits that can be obtained by transitioning to a fruit-based diet. The plan presented in this book is much more nutritious than other diets. However, it is still important for anyone who chooses to embark on it to get baseline readings, and to continually monitor progress, in order to make informed decisions that support the goal of optimal health.

I believe that nutritional testing and appropriate supplementation is very important, especially in this day and age. Soils are depleted, environmental toxins abound, and nutritional absorption is negatively affected by poor lifestyle habits. These factors, in addition to genetic weaknesses, are reason enough for everyone to do so.

I personally believe it is a wise idea to supplement with a high-quality multi-vitamin and mineral supplement. Also, of particular importance for testing and appropriate supplementation are B12, D, and iodine.

More information (including recommended research on appropriate target ranges, doses, types of supplements, and testing) can be found in the Appendix on Nutritional Testing & Supplementation, located in the final pages of this book.



Just so you know...

All of the food items pictured in this book (despite any resemblance to cooked or animal-based products) are “legal” on a fruit-based raw diet.

All dishes are made out of raw fruits, veggies, nuts, and seeds.

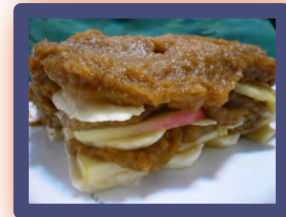


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Foreword

While it's wonderful to find a compilation of people's stories about how they were able to resolve type 2 diabetes, this book is not just a collection of testimonials.

Here you will find the hard-science reasons for the prevalence of type 2 diabetes—and they're explained in a way that you can wrap your head around.

You'll come to understand precisely why some people are diagnosed with "insulin-resistant diabetes", and, by inference, you'll see how to avoid it.

Before knowing about this myself, I found it fascinating that the medical community knew that the problem was one of insulin resistance, but they didn't know why. They behaved like it was some big mystery that only billions of dollars of fundraising would fix.

My feeling was: "If they can know that blood sugar levels are being affected by insulin not getting into the cells, how can they not know why this is happening?" Something didn't sound right to me.

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Obviously there is a reason, and you don't need to be a rocket scientist to understand it. You just need to be an independent thinker, so that you can benefit from the type of information found in this book; and you can benefit from reading this book even if you yourself have not been diagnosed with type 2 diabetes. In addition, by sharing this information with friends and loved ones, you can play a role in others not getting type 2 diabetes who otherwise might have.

The other thing that's needed to be able to understand the causes of type 2 diabetes is someone who is brave enough to tell you what they are.

Obviously, possessing the knowledge about how to avoid type 2 diabetes—or how to get rid of it, if you are already dealing with it—is in your best interest. However, it is not in the best interest of those who would prefer to simply “manage” people's type 2 diabetes.

While you are going to love this book, others would rather this book had never been written. So thank your lucky stars for people like Tasha Lee.

By reading this book, you'll come to understand that lifestyle practices trump genetic predispositions to disease. You'll also see that these predispositions are not guarantees, as some industries would like us to believe.

If, after reading this book, you find yourself realizing that the main reason degenerative disease is so common is because many people are doing the things that cause it, and not doing the things that support the body's efforts at preventing it, you'll have made the author of this much-needed book very happy... and you'll then have the potential to be very happy as well.

Don Bennett, DAS
Director - Health101.org

A Story of Healing: Toni Allen



Toni Allen, 59, Jamaica

I hope that by hearing my story, someone will be able to find true health—to reverse their sickness, as I have done.

My name is Toni. I live in the mountains, in the tropics. I feel so blessed with the abundant sunshine, clean air, and nature that surrounds me daily.

I moved to Jamaica, twenty-one years ago, with my husband.

We were very much in love, and enjoyed our lives to the fullest capacity. We would talk and dream about growing old together.

We were both vegetarian and very spiritual. I thought we were healthy.

We would go on long hikes together, and enjoy God's wonderful creation.

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As the years went by, I realized that I was not as healthy as my husband. I had started to gain weight.

Though I tried many diet and exercise programs to lose the pounds, nothing really worked. If I did lose some weight, I gained it back...plus more.



My father was diabetic. He died from renal failure in 1995.

In 2004, I also was diagnosed with diabetes. This really surprised me, because I truly thought I was eating healthfully.

I had always heard that it was possible to control diabetes with proper diet, so I became more vigilant. I, basically, cut out carbohydrates and all sugars...even fruits.

The results were disappointing—to say the least—because I just got fatter...and my health just got worse. I even developed high blood pressure and heart conditions.

**My husband and I were both vegetarian.
[Being] diagnosed with diabetes...really surprised me,
because I truly thought I was eating healthfully.**

By 2010, I weighed 230 pounds!

Forget about those romantic hikes with my true love—I could barely climb the steps in our home.

Forget about growing old together. I had to stop most of the activity I loved—gardening, swimming, and hiking. I just did not have the strength or energy...and I looked like a whale if I put on a swimsuit.

I gave up. My pills were not helping.

I had also started to get diabetes complications, like neuropathy. I was in fear that my toes were going to be amputated soon—I had very little feeling in them, and was getting bad nail infections.

I resigned myself to the belief that my father had died from this disease, and so would I.



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My pills were not helping. I had also started to get diabetes complications, like neuropathy...I got on my computer to see if I could find some magic remedy.

One night, my neuropathy was acting up so badly that I could not sleep. I got on my computer to see if I could find some magic remedy...so I could at least rest for a few hours.

I stumbled across a video in which Bill Clinton was explaining how he lost 24 pounds and regained his health—in thirty days—by going on a plant-based diet.

My interest was piqued! I did a web search for more information about the plant-based diet. What I discovered changed my life forever.

I found hundreds of websites about the *raw food diet*. I read and read and read...and cried, because I immediately realized that this was my answer.

People on the internet (like Dr. Gabriel Cousens) were actually reversing diabetes by simply eliminating cooked foods. I was amazed and overjoyed!

I made myself a committed promise that I was going to do this for two weeks...and I, too, was going to heal.



People on the internet were actually reversing diabetes by simply eliminating cooked foods. I made myself a committed promise that I was going to do this for two weeks—I, too, was going to heal.



I started the very next morning. I was worried that I was going to starve! To my surprise, I was really satisfied with eating fruits and vegetables.

I started to prepare amazing dishes and salads. Even my husband thought the food was outstanding, considering it was completely raw.

I also shared my dishes with friends and neighbors. They, too, were impressed—which was encouraging, and made preparing food exciting.

By day three, my blood pressure readings dropped—from a constant high around 197/101, down to 109/67. It was truly amazing. I kept re-checking my readings, because it seemed so unreal!

I felt awesome—I had energy! I didn't even want to lie down during the day, like I used to...and I slept through the night (I hadn't done that for twenty years)!

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My eyes, skin, and hair became bright, shiny, and healthy. My breath and body became odor-free. My two weeks were up, but I realized I was raw for life!

I was even more ecstatic when, on day twenty-two of being raw, I tested my glucose. My reading was down—from a high of 455mg/dl to under 100mg/dl!



In thirty days, I had stopped taking all medication. My body was healed. I was not going to die from diabetes—wow!

Every day, I noticed my body's positive response to this new lifestyle. I started walking two to four miles, daily—uphill. All my aches and pains had vanished.

As an added bonus, I had the most amazing transformation. In five months of eating raw, my weight dropped from 230 pounds to 148 pounds.

I lost 82 pounds in five months. I went from a size 3X to a size 8. Even my feet got small again.

On day twenty-two of being raw, I tested my glucose. My reading was down—from a high of 455mg/dl to under 100mg/dl!



Summer 2010



Summer 2011

**In five months
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**I went from a
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size 8.**

**In thirty days, I had stopped taking all medication.
Medication and drugs cannot heal.
They only fight the symptoms.**

How can just eating raw fruits and vegetables reverse chronic sickness?

Here's how: every single plant has living cells and enzymes. These enzymes, when consumed, allow the body and blood cells to regenerate and grow. This happens every day in the body.

But what would happen if the wrong things are ingested into the body? The cells would still regenerate...but they would be very unhealthy. Living (raw) foods make healthy cells.

Heating a food above 118 degrees Fahrenheit kills the enzymes necessary to the body's self-healing process. Thus, cooked food is, mainly, dead food.

Medication and drugs cannot heal. They only fight the symptoms of dead cells—especially chemotherapy.

Surgery only cuts away a symptom. It does not heal.



Only a diet of whole, living, raw fruits and vegetables can heal the body. The side effects are great too: losing excess weight, and feeling fantastic.

I know of hundreds of other people who have lost weight and chronic diseases (even cancer) in the same way: by eliminating processed foods, and eating only whole, raw, living fruits and vegetables.

I know of hundreds of other people who have lost weight and chronic diseases...by eliminating processed foods, and eating...raw, living fruits and vegetables.



In order to reach out to more people, I started a blog and a Facebook group: *Raw and Delicious Lifestyles*. There I am able to share, learn, and teach others.

I also host jungle retreats, where people can relax in the beauty, while learning all about this wonderful lifestyle.

I hope my testimonial touches someone today. I love you and I love life. ~ Toni

Toni is in the process of writing a book about her story, entitled The Raw and Delicious Lifestyle.

Why Am I Writing This Book?

A personal note from Tasha Lee



I have had type 1 diabetes for twenty-five years. In my youth, I knew very few people with diabetes.

Today, it seems like everyone I meet either has diabetes or has a family member with diabetes (usually type 2).

Since my diagnosis, I have regularly visited endocrinologists and received a thorough diabetes education from practitioners of traditional medicine.

I have read diabetes books, magazines, and websites. I have participated in diabetes camps, support groups, and online forums.

Suffice it to say, I understand the popular approaches to management of type 1 and type 2 diabetes.

By “going against the grain” and transitioning to a fruit-based diet and healthy lifestyle, I have made significant improvements in insulin sensitivity, blood sugar control, and overall health.

Today it seems like everyone I meet either has diabetes or has a family member with diabetes.

Due to my visibly-worn insulin pump and continuous glucose monitor, diabetes care frequently comes up in conversations.

Most diabetics I meet believe that they are stuck with diabetes and low-carb eating for life. Diabetics seem scared of fruit; those without diabetes seem scared that eating fruit will give them diabetes.

What is the truth about diabetes and fruit?

My personal introduction to a fruit-based diet came in a roundabout way. As part of my eating disorder recovery process, I had been seeking a way to unselfishly nourish my body.

A close friend introduced me to raw foods. She sent me multiple [healing testimonials](#) from diabetics who had “gone raw”. I was in disbelief...but felt compelled to give it a shot.





Robby's videos introduced me to Neal Barnard, M.D., and his clinically-proven reversals of type 2 diabetes on a low-fat, high-carb, plant-based diet.

Without any real direction, I simply began reading and experimenting with various raw food diets.

I specifically sought an approach that would improve three areas: 1) blood sugar control; 2) energy; and 3) healing the damage I had caused through my eating disorder.

Although many diet theories made sense, none worked well for my body...until I found the low-fat, fruit-based diet. Finally, a way of eating that fulfilled all three of my criteria!

I sought out other fruit-eating type 1 diabetics, and came across [Robby Barbaro](#). Robby's passion was inspiring.

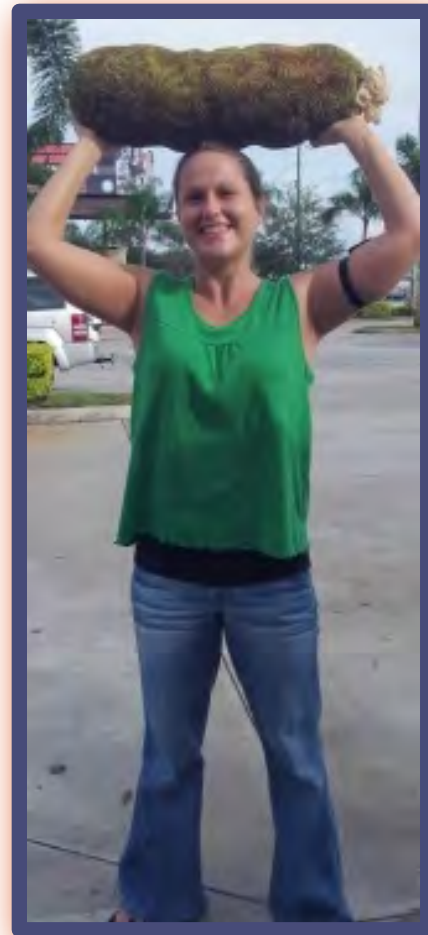
Not wishing diabetes on anybody, he urged people to get educated. Robby's videos introduced me to Neal Barnard, M.D., and his [clinically-proven reversals of type 2 diabetes](#) on a low-fat, high-carb, plant-based diet.

I heard from other fruit-based raw foodists that though type 2 diabetes can certainly be reversed by switching to low-fat plant-based foods, it is even quicker when the diet is completely made up of raw foods.

Eager to share this newly-discovered goldmine, I excitedly posted about it on diabetes forums.

Unfortunately, the news was not received well by the forum members. I was called names and treated very unkindly. They told me I was giving people “false hope”.

Thinking they just needed more proof before believing it could be possible, I continued to post there when I found new inspiring testimonials or research.



Unfortunately, the news about reversing diabetes was not received well on the diabetes forums. I was called names and treated very unkindly.

Every “discussion” left me feeling confused and disheartened. Why did they “bash” me for sharing information that could help people heal?

Those discussions did serve one useful purpose: it got me searching for the people who had healed their type 2 diabetes on a low-fat, fruit-based diet.

I wanted to know real live ex-type 2's. I wanted to know I was not crazy to believe it could happen. And when I found them, I wanted to know all the juicy details of how they did it.

The brave individuals you will meet here...have many times been called crazy. I call them amazing, and am grateful to them beyond words for sharing their stories with the world.



This book has been a labor of love, intensely meaningful to me. The brave individuals you will meet here, who have healed their pre- and type 2 diabetes on a fruit-based diet, have often been called crazy.

I call them *amazing*, and am grateful to them beyond words for sharing their honest, detailed, and inspirational stories with the world.

What Sort of Person Gets Type 2 Diabetes?

Type 1 Tasha: “Diabetics”



Who gets diabetes? Do those diagnosed with it fit a certain profile?

As a young diabetic, I learned that kids like me—with “juvenile” (type 1) diabetes—were usually diagnosed as toddlers or as pre-teens. It was genetic; usually brought on by an autoimmune response to illness.

I learned that “adult onset” (type 2) diabetics were usually overweight; it was termed “obesity-related”.

It has saddened me, over the years, to meet more and more people—of all ages—with diabetes.

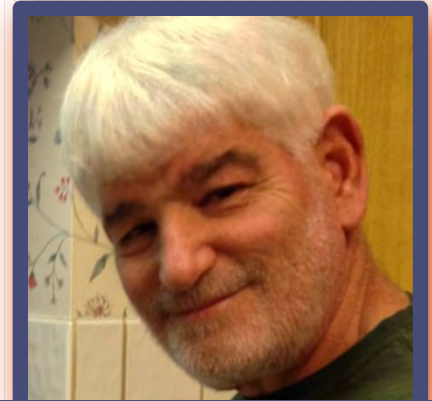
Does type 2 diabetes really only affect obese “couch potatoes” who do nothing but play video games and eat fast food all day? No. I also know “health-conscious”, active, vegan, and skinny people who have gotten type 2 diabetes.

Is it possible that obesity and diabetes are both the (commonly-related) symptoms of *another* cause?

Multiple [“plant-based diet” doctors](#) now view *dietary* fat as a contributor to [type 2 diabetes](#). An additional factor noted by some clinicians is [nutritional deficiency](#).

Let’s meet our contributors.

Meet Larry...



Larry Gershon, 66, CA

***How would you describe yourself—
your personality, interests, passions, hobbies, field of work, etc.?***

I am self-employed. I work as a print-broker, selling printing to commercial companies.

I have an office, but I can do about eighty percent of my work from home, via computer. I can connect to my servers at work for various things that I need.

I go to see customers to talk about their printing needs, and—if not shipped directly to them—I deliver jobs to customers.

I think I am a pretty easy-going person. In the last year or so, I've learned to enjoy life a lot more than I think I ever did.

**I am a pretty easy-going person.
In the last year or so, I've learned to enjoy life a lot
more than I think I ever did.**

I like sports a lot—all kinds of sports (college and pro). In my younger years, I played. Now, I like to watch them (on television) and go to athletic events.

My passion is my family. I love to travel; I also love to walk and hike.



I like to read historical military novels and non-fiction books. I enjoy playing games—I do a lot of word games and number games.

***How would you describe your
family relationships?***

My wife's name is Thayer. We met in college, and will be married forty years in April. We have two children.

Our son is thirty-six and married. He sells commercial insurance, and his wife is a nurse. They live near us, so we see them quite frequently.

Our daughter is thirty-three, and lives in San Francisco. She is a case director for a company that does behavioral therapy for autistic children.

We also see her regularly. She spends the night with us a couple of times a month—whenever she has an early morning appointment with a client near us.

Our family is very close. We are fortunate to have our children, plus extended family, living near us. Both of Thayer's brothers and their families live nearby.

My passion is my family. Our family is very close. We are fortunate to have our children, plus extended family, living near us.



Meet Bibi...



Bibi Zambrano 39, Texas

How would you describe yourself—your personality, interests, passions, hobbies, field of work, etc.?

I am a seeker. I am a lover of nature, art, music, and beauty in general. I love to paint, sing, read, write, play the guitar, and enjoy everything that comes my way. I am a walker and a yogi, and I love to meditate.

I have a fire within me that I cannot extinguish. I am driven to take action on things about which I am very passionate.

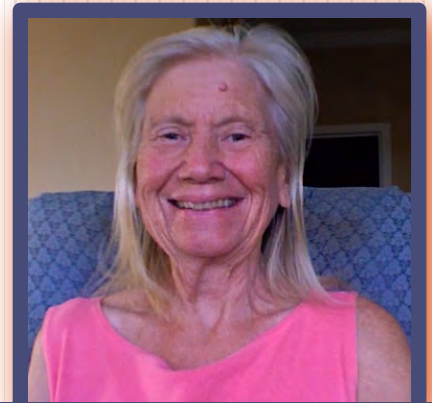
I am always exploring and discovering new ways of being happy. I am a woman who is finding her way in this lifetime.

How would you describe your family relationships?

Amazing! I cannot complain; I have a very loving family. I am a wife to my soulmate, and am a mother of two beautiful girls.

My husband and my girls—also my extended family, parents, brothers, sisters, and in-laws—are all wonderful human beings.

Meet Carol...



Carol Grosser, 68, Texas

How would you describe yourself—personality, interests, passions, hobbies, field of work, etc.?

My personality has always been somewhat resentful and rebellious, with intense shyness and fear. However, I did always talk a lot to cover this—a family acquaintance called me “the little lawyer.”

In high school, a teacher told my mother I was “college material”—a very shocking thing to my parents! They agreed that since the rehabilitation agency of the State of Texas would pay for my tuition and books, I could attend one semester of college. (That was all they could afford for living expenses.)

After that semester, I worked and went to community college, part-time, for seven years.

So I guess, overall, my personality is one of stubbornness and determination, with a desire to be free—in every way possible—of tyranny and narrow thinking!

Primarily, my work was as a secretary in the legal field, and eventually in the medical field.

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Now, no longer required to be under the slavery of wage earning, I can do the real work this world needs: preparing land for orchards of fruit and gardens of vegetables.



My main hobby is knitting; however, it is more than a hobby—it is a source of clothing that fits. I am short—five foot, one inch—and it is difficult to find petite clothing.

I am working toward knitting all of my own clothing. For now, I am mostly knitting socks. I have knitted several tops as well.

I have a club foot, so I have different-sized feet. The left—the clubbed foot—is the widest there is, in shoe measurements. It is two shoe sizes smaller than the (normal) right foot. I, therefore, knit a left sock *and* a right sock!

I have categorized my bookshelf; I guess that categorization is the best way to see my major interests.

The topics are: Animals, Diet, Ecology, Feminism, Gardening, Health, History, Knitting, Economics, Psychic Phenomena, Psychology, Raw Food and Juicing, Reference, and Societal. I have the most books in the history and ecology categories.

**[Now] I can do
the real work
this world
needs:
preparing land
for orchards of
fruit and
gardens of
vegetables.**

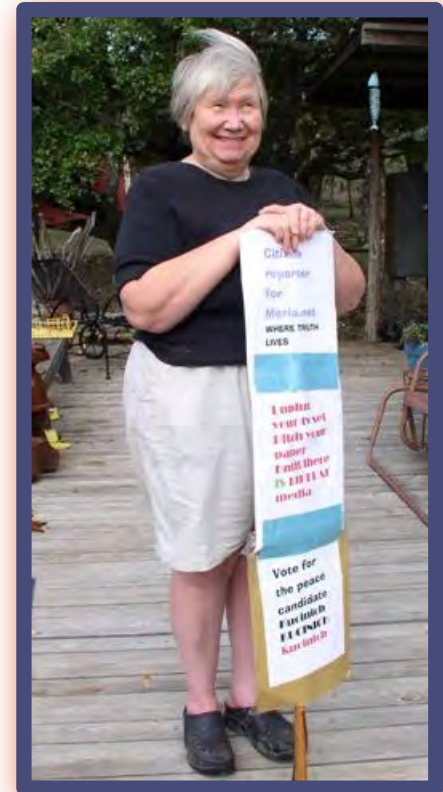
My personality is one of stubbornness and determination, with a desire to be free—in every way possible—of tyranny and narrow thinking!

My B.S. Degree is in Radio-Television-Film; however, I only worked in the industry for one year. After that, I turned to working for peace with the Social Service branch of the Quakers.

During the Vietnam War, the office (in San Antonio) counseled draftees on what their options were: college or conscientious objection.

Objection to war is a major passion, since my father was so damaged by his years in the trenches during World War I.

I have scars from war, given the anguish I saw in my father daily—his isolation from any of us who had not experienced his horrors.



How would you describe your family relationships?

I was raised on a very poor dairy farm. It became a ranch of beef cattle when the State of Texas required more capital than my father could ever afford. (That was the way that big dairies got rid of the small, independent dairymen.)

Both parents were milking and processing milk when they had the dairy. They also had to continually clear pastureland of the major tree—cedar—both for dairy products and for beef cattle sales.

I considered myself Cinderella—there was so much work, and all the sisters were in charge... while both my parents spent all day outside.



There were books in our house, including *Grimm's Fairy Tales*. I expect that my sisters read that book to me, as I always had a memory of those stories.

My sisters were all incrementally five years older than me. The eldest was fifteen when I was born.

As the youngest in a family of four daughters, I considered myself Cinderella. There was so much work, and all the sisters were in charge...while both my parents spent all day outside.

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I was very often angry and disappointed with life. My two older sisters graduated to work and marriage, and I was left with only the five-year-old sister.

She always hated and resented me, since I was handicapped and got so much attention.

When I asked her, as an adult, why she constantly tortured me, she said it was because she was an only child when I was born (because the two older sisters had already left home).

The other reason was that I got new shoes every six months.

With the combination of extreme poverty, rural mindset, and sibling abuse...I was mentally a “basket case” for most of my life.



With the combination of extreme poverty, rural mindset, and sibling abuse (with parents not being intentionally indifferent—merely from exhaustion), I was mentally a “basket case” for most of my life.

I can remember being very small and wishing that I could die.

As to birth family, I have good relations with one of my nieces. The other nieces and nephews I don't have anything to do with—and never will, I don't think.

There were family difficulties when my sisters were still alive. Only one niece out of the three nieces and five nephews accepted my side of the dispute.

My three older sisters and my parents are no longer living.

I wish I could live my life over on a fruitarian diet, to see what kind of familial relation I might have had.



I only have one son. He was born in my first marriage (in a total of three failed marriages).

Since going on the fruitarian 80/10/10 diet, my relationship with my son and daughter-in-law has greatly improved.

I seem to be more loving and less critical! I am going to visit them around the holidays—I am very excited about this!

I wish I could live my life over on a fruitarian diet, to see what kind of familial relation I might have had. I would love to see a family of parental fruitarians with their fruitarian children.

Meet Lonnie...



Lonnie Zonge, 45, California

***How would you describe yourself—
personality, interests, passions, hobbies, field of work, etc.?***

As I was growing up, and in my work life, everybody always thought that I was a really outgoing, happy individual (by outward appearance).

I guess I must have fooled everybody, because inside I was always miserable.

I was terrified of people—I would do pretty much anything I could to get away from even talking to people.

I hated life. I dreaded getting out of bed every day.

There is a huge difference in my past and my present outlook on life.

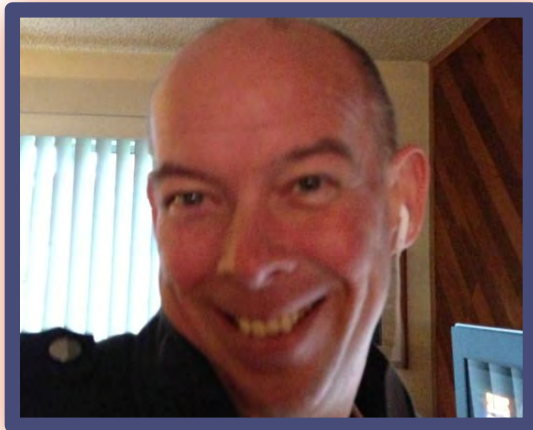
It started with this diet; then, with getting up off the couch, turning off the TV, and actually moving.

I now enjoy running and would love to run in a marathon this year.

I am a very positive person these days—I try to look at the positive side of all things. I always enjoy waking up and facing a new day.

I'm very outgoing—I don't shy away from people anymore. I always talk to people.

I am extremely happy, 99.9% of the time. I enjoy life and enjoy everything with which I am blessed.



There is a huge difference in my past and present outlook on life. It started with this diet; then, with getting up off the couch...and actually moving.

Currently, at age forty-five, I work in the hospitality industry. I have been in this industry for about nine years, total.

I took a little break from it, probably about five years ago, and went into sales.

I was then fortunate enough to get back into the hospitality industry, where I interact with people.

**I am extremely happy, 99.9% percent of the time.
I enjoy life and enjoy everything with which
I am blessed.**

***How would you describe your
family relationships?***

I have a wonderful family. I have been married for about fifteen years now. I am fortunate to have met my soulmate.

We have two biological children together, and she has two children from a previous marriage.



Is Type 2 Diabetes Based On Genetics?

Type 1 Tasha: Genetics



I often hear people say, “Type 2 diabetes is in my genes. Everyone in my family eventually gets it.” The prevailing belief seems to be that either the diagnosis *will* happen, or that it has already come to pass, because it “runs in the family”.

But are genetics really the determining factor in health?

Because I have met so many people who have reversed health problems despite their genetic predispositions, I am inclined to look beyond genetics.

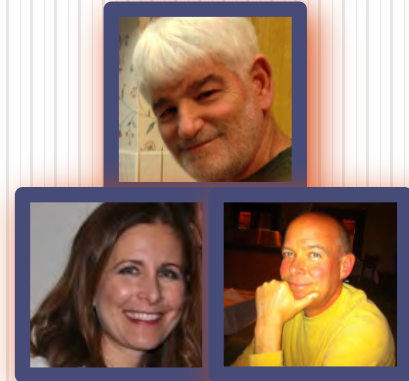
Note: I am not referring to congenital (at-birth) conditions.

Through my [eating disorder recovery process](#), I have come to appreciate the tremendous role the family environment plays—in shaping patterns of relating, managing stress, and lifestyle (among other things).

Is it possible that members of a family tend to get diabetes because they follow similar lifestyle (including dietary) patterns?

Those I know who have healed their bodies have done so by embracing a lifestyle that is, in most cases, radically different than “the rest of the family”.

Larry, Bibi & Lonnie: Genetics



Do you have a family history of diabetes?



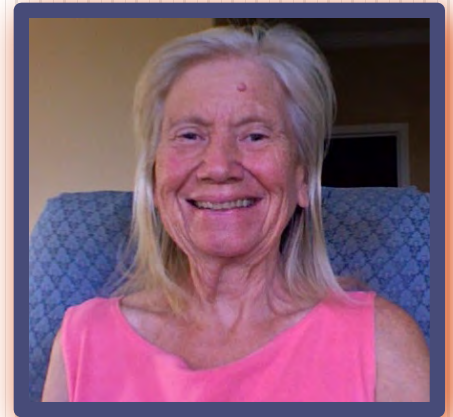
Larry:
No, I do not.



Bibi:
I think it runs in my father's side of the family. I have aunts and uncles who have type 1 diabetes.



Lonnie:
No, I do not. (When I was younger, I didn't really have any detrimental health issues...other than asthma, migraines, and allergies.)



Carol: Genetics

Do you have a family history of diabetes?

There is no family history of diabetes.

I have had the diagnosis of being pre-diabetic for many years. My prognosis for the future was to someday develop “old age diabetes”.

I dreaded this severely, because I ate most of the things which I knew would be forbidden with a diabetes diagnosis—namely, sweet bakery products, which I loved.

“Old-age diabetes” (with onset in late adulthood) is now known as type 2 diabetes, since now children are also succumbing to this type of diabetes.

Previously, what is now termed type 1 diabetes was considered “childhood diabetes” due to its onset in childhood.

Two of my brothers-in-law had severe late-life diabetes; one had to have a lower leg amputated, and the other had to take daily insulin.

This indicates the familial nature of food choices: my sisters cooked, for these men, the same types of foods that I ate. That was another reason for me to dread my future of type 2 diabetes!

The pre-diabetic condition eventually changes to full-blown type 2 diabetes.

**Two of my
brothers-in-law
had severe late-
life diabetes...
my sisters
cooked, for these
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types of foods
that I ate.**



How Does Lifestyle Factor In?

Type 1 Tasha: Lifestyle



Until recent years, I had no idea that my unhealthy lifestyle had anything to do with my health problems.

Now, looking back on it, I can see that I was over-exercising and under-resting, contributing to frequent injuries. I swam frequently in chlorinated pools, contributing to sinus problems.

My diet was full of unhealthy processed foods, contributing to feelings of depression and isolation. I often did not get enough sleep and used stimulants (caffeine) to stay awake...contributing to frequent headaches.

I hardly ever saw the sun, contributing to exhaustion (vitamin D deficiency). Dehydration from my cooked food diet caused gas and elimination problems.

Now, with a fruit-based diet and healthy lifestyle, these health problems and others are gone. I am even seizure-free, with no epilepsy medication.

Could it be that these symptoms were simply my body's response to an unhealthy diet and lifestyle?

What about diabetes? What type of diet and lifestyle might precede a type 2 diagnosis?

Larry's Pre-Diabetes Lifestyle



How would you rate your lifestyle, previous to your diabetes diagnosis, with regard to the “basics of health”? What did these areas look like for you?

Physical activity:

My physical activity was very limited. For the most part, I've been sedentary for the last thirty-five years.

I had occasional periods of diet and exercise, but those never extended beyond three to six months, at most.

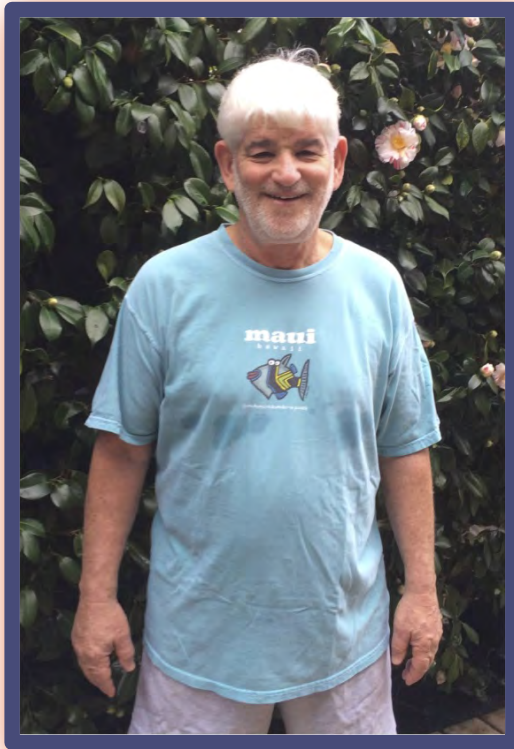
For the last three to five years prior to diabetes, I had very little physical activity at all.

Diet:

I would describe my diet as being a “comfort food” diet. I loved pasta, bread, burgers, fries, red meat, chicken, and fish.

I did eat a lot of fruit, though—I've always liked a lot of fruit.

I didn't adhere to any dietary rules, other than eating what I liked.



Water/Hydration:

I drank a fair amount of water. I've always kept pretty well-hydrated.

Sunshine:

I got as much sun as I possibly could. I like being outdoors, and, fortunately, live in an area where we can do that.

Sleep:

Sleep was not easy for me. I didn't sleep well, and I didn't sleep much. I stayed up fairly late, but I didn't stay in bed late in the morning either. I got by on about five or six hours of sleep.

For the most part, I've been sedentary for the last thirty-five years. I didn't adhere to any dietary rules, other than eating what I liked...a "comfort food" diet.

Stress management:

I think the sleep and stress were directly related. Stress seems to play a large part in how well I sleep.

I certainly was not effectively managing the stress—I wasn't physically active.

Toxin avoidance:

I made no effort to avoid toxins. I didn't make any effort to buy or use things that were toxin-free.

I wasn't around toxins on a regular basis, other than household cleaning chemicals, and those occurring naturally in the environment around me.

Health Information:

I faithfully went to the doctor for my annual check-ups. That was my source of health information.



**I faithfully went
to the doctor for
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check-ups.
That was my
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information.**

Bibi's Pre-Diabetes Lifestyle



How would you rate your lifestyle, previous to your diabetes diagnosis, with regard to the “basics of health”? What did these areas look like for you?

Physical activity:

In my youth, I was a fairly active girl, participating in lots of sports. I was at my perfect weight and was in a very loving and happy environment.

I think the problem started in my teens. I left for boarding school, ate a good share of American junk food, and gained some weight.

When I returned home to Mexico, I lost all the weight pretty quickly.

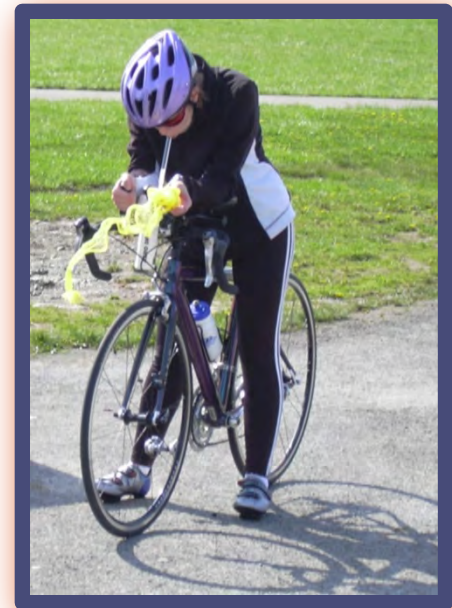
However, I then started dealing with other issues—high school and dating, in particular. These made me self-conscious. I began dieting. This was the beginning of my eating disorder.

Although I have always been a quite active person, I started to push myself in a very unhealthy way. I would ride my bike to the club for an hour, swim for another hour, then run for a third hour.

On other days, I would do two aerobics classes back-to-back, then lift weights. I loved pushing my body “to the max”.

This heavy exercise routine would last for a while...until my body would crash. I was not eating properly to fuel it for that kind of regimen. I would end up so sore that I could not do anything else.

This led to feeling miserable, because I was totally addicted to the endorphins. I felt frustrated and defeated if I couldn’t exercise. I was always crying and having emotional spells.



I never knew if I was going to have a good day or a bad day...(but) I was totally addicted to the endorphins. I felt frustrated and defeated if I couldn’t exercise.

In general, it was hard to keep a steady exercise routine. I never knew if I was going to have a good day or a bad day.

I was either pushing myself too hard, or I was “dragging”, not enjoying myself at all.

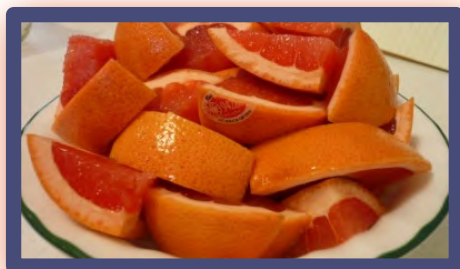
Many times I starved myself; many times I binged...I would be so ravenously hungry that I would eat anything within reach...stuffing myself until I felt sick.

Diet:

In my youth, I ate mostly home-cooked meals. It was a standard diet with little fried or processed food.

For school, my mom would pack my lunchbox with items like fruit, veggies with chili powder and lime, and air-popped popcorn.

She was against packaged chips and pastries. I couldn't escape Kool-Aid or Tang, however.



My parents also had the belief that I needed to drink a glass of milk every morning and evening.

Throughout my childhood, I was *constantly* suffering from a stuffy nose and seasonal allergies. It turned out that I was allergic to dairy, so my dad started to give me allergy shots.

In my teens (after boarding school), I started experimenting with diets and calorie restriction. Many times I starved myself; many times I binged. I badly mistreated my body.

Some days, I would fast until noon, and then have just a grapefruit for lunch. By nighttime, I would be so ravenously hungry that I would eat anything within my reach...stuffing myself until I felt sick.

It wasn't like that every day, but the starve/binge cycle lasted for a couple of years. I believe this is the reason my body rebelled.

After educating myself with nutrition books, I began to honor my body a bit more. I decided I was no longer going to starve myself, and started eating what I believed was healthy.



Nevertheless, old habits die hard. I would find myself bingeing here and there. That disgusted me.

After educating myself with nutrition books, I began to honor my body a bit more. Nevertheless, old habits die hard.

Water/Hydration:

I have always been very well-hydrated—I'm a water person. I drank hardly any soda or caffeinated beverages.

I did, however, have a coffee phase in college, where I would take a huge thermos to school every day. I was totally addicted to the caffeine rush—especially studying art. It was my creative “magic weapon”.

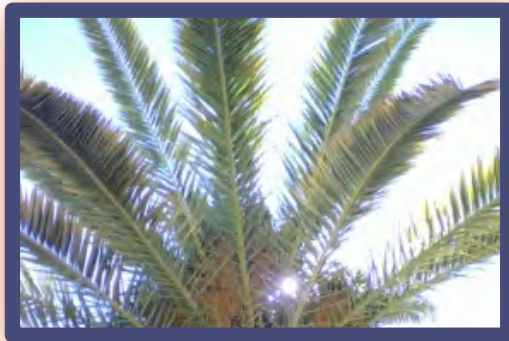
When my insomnia became simply intolerable, I stopped drinking coffee. I drank only water and decaffeinated teas.

Sunshine:

I actually hated it. I began using sunblock on my face when I was fourteen years old.

I avoided sunshine at all costs. Attending friends' pool parties was not fun for me; it seemed more like torture.

I also strongly believed that sunshine would give me headaches, so I steered clear of it.



Sleep:

I have always been a light sleeper. I think I was getting enough sleep (except for during my coffee phase).

And, of course, after having kids (the early stage of my diabetes) it was terrible! Parents get so sleep deprived, it hurts! I think I'm still recuperating. (I'm laughing as I write this, but it's true.)

Stress management:

Growing up, I had a hard time at school. I had a bit of Attention Deficit Disorder (ADD), so my mind was always somewhere else—I was distracted so easily.

I still have nightmares about going to class, getting an exam, and my mind being completely blank! So, yes, I guess I was a bit stressed about school.

**I avoided sunshine at all costs.
Attending friends' pool parties was not fun for me;
it seemed more like torture.**

My self-consciousness about my appearance was a source of added stress.

I also worried about getting in trouble with my parents (because they were very strict, and I liked breaking the rules).

Once I married my husband—four years previous to my diagnosis—I was pretty much stress-free.

**As a kid,
I remember
handling all
sorts of toxic
things...anything I
could get my
hands on. I liked
to experiment...a
little too much!**



Toxin avoidance:

As a kid, I remember handling all sorts of toxic things and playing with them (acetone, glues, medicines, lab kits, powders—anything I could get my hands on).

I liked to experiment...a little too much!

I remember, one time, I held a thermometer above frying potatoes...and it exploded! My poor family ended up eating fries with mercury, without knowing it.

Oh my goodness...

I read *Fit for Life* in my late teens. That became my health “bible” for many years.

As an adult, I was never a smoker. I didn’t drink alcohol much either—my drinks, if any, were limited to a couple on the weekend.

I did, however, live in a big city where pollution was an issue. There was also a period of time, in my art work, wherein I was exposed to resins.

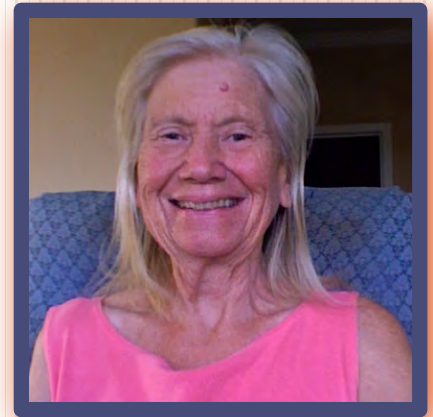
Health Information:

I read *Fit for Life* in my late teens. That became my health “bible” for many years.

I considered myself to be on the right path, toward health—loading up on fruits and vegetables. This was in stark contrast to my friends, who ate meat tacos and drank diet colas.



Carol's Pre-Diabetes Lifestyle



How would you rate your lifestyle, previous to your pre-diabetes diagnosis, with regard to the “basics of health”?

What did these areas look like for you?

Physical activity:

In childhood, I was very active.

Once I entered the work force, I had hardly any time outside of commuting, work, and child care—all of which were essentially sitting or standing.

Diet:

My childhood diet was better than the diet I ate once I left home.

Growing up, we ate grass-fed beef, raised on the farm. The only vegetables we ate were the ones grown in my mother's garden; although, she did buy potatoes.

Meals usually consisted of bacon, eggs, and white bread for breakfast. We had white-bread sandwich for lunch (with either canned tuna, bologna, or spam).

The evening meal was typically grass-fed beef, white potatoes, and whatever vegetable was in the garden.

My mother also always had cooked pinto beans on the table for lunch and dinner. The beverage was always iced tea with lots of white sugar.

In winter, my mother did not garden, so the evening vegetable became a canned vegetable—usually one that she had canned.



[Breakfast] usually consisted of bacon, eggs, and white bread...[Dinner] was typically grass-fed beef, white potatoes, and whatever vegetable was in the garden.

Water/Hydration:

My mother remarked to me one day that I never drank any water. I didn't, as a child. I drank lots of very-sweetened tea.

I drank as many soft drinks as I could afford (which wasn't that many) as a young adult.

I began to have a severe problem with alcohol intake, and also drank coffee.

In my 40s, I started having problems with tinnitus (ringing in the ears) and balance problems.

The diagnosis was not a brain tumor; rather, it was a benign condition. For this, I could either take a medicine, or “just live with it”. I decided to try to learn to live with it.

Around that time, I started a diet that was on the internet. A dieter was to record his or her intake of food. A recommended diet was provided, as well as a requirement to drink huge amounts of water.

I had to start with eight glasses, and then add a certain amount above that for each pound overweight that I was. I didn't lose much weight, but I did lose my tinnitus and my balance problems.



[When I began a diet that required drinking huge amounts of water], I didn't lose much weight, but I did lose my tinnitus and my balance problems.

With the internet, which I first accessed around 1990, I found out that the brain gets “first call” on water. I believe that after the brain, the ears need “second call”.

In my case, there must have been no water on which to call, so the brain barely functioned...or at least got all the water my poor body could get from my food.

From the age of eighteen onward, I was drinking ever-larger amounts of beer. I could no longer drink wine... it caused me to become so swollen.



It could not have gotten water from the Cokes, coffee, or tea I drank. All of those beverages pull water from the cell.

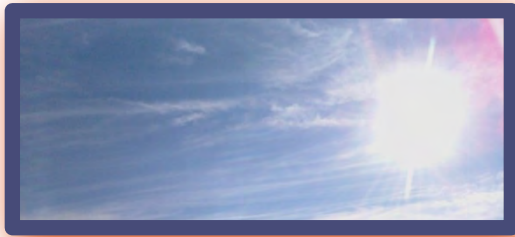
From the age of eighteen onward, I was drinking ever-larger amounts of beer. I could no longer drink wine in my late twenties, because it caused me to become so swollen.

It seemed as if my whole body swelled up—like someone blowing up a balloon—whenever I drank wine. I could, however, drink beer or other alcoholic beverages without that problem. I guess I had developed some type of allergy to wine.

There was horrible stress throughout my life: an alcoholic father; childhood poverty; my own poverty; three failed marriages; my own alcoholism...

Sunshine:

I got lots of sunshine as a child; none in my adult years.



I eventually became ill from a work-related illness that caused chronic coughing and an inability to tolerate indoor air. I then worked outdoors for several years.

When my coughing lessened, I began to transcribe medical reports. I spent ever-longer hours sitting inside, in front of a computer.

Sleep:

I got normal amounts of sleep in childhood. As an adult, I had a sleep deficit until retirement in 2006.

Stress management:

There was horrible stress throughout my life: an alcoholic father; childhood poverty; my own poverty; three failed marriages; my own alcoholism; and lung tuberculosis. Later, slightly after recovery from alcoholism, I had kidney tuberculosis—with a fifty percent chance to live.

I had chronic coughing from ozone in a work situation; diagnosis of the coughing being permanent by the researcher on ozone effects; estrangement from my son and his wife; and death of all members of my birth family (all were much older than me). Now, at last, my life is peaceful, and essentially worry-free.

Toxin avoidance:

I had a hair analysis done, and it showed many highly toxic minerals/agents being “off the chart”.

I think those are from air pollution—from living near freeways, and from commuting on freeways as an adult.

The cough that I had had—from the exposure to toxic amounts of ozone—had resolved when I retired...and moved far away from any auto exhaust.

I had my water tested; it was off the charts on many things—including calcium (to a toxic level), strontium, and other anomalies.



However, two years after I moved to my current residence (far from any traffic or other form of pollution), the oil/gas industry did a procedure on land owned by my neighbor.

I had complete indifference, with no desire to do anything, not even try to kill myself.

After that, I had strange water that appeared in the stock tanks for my goats. I had my water tested. It was off the charts on many things—including calcium (to a toxic level), strontium, and other anomalies.

The groundwater continued to grow red algae/bacteria for almost a year.

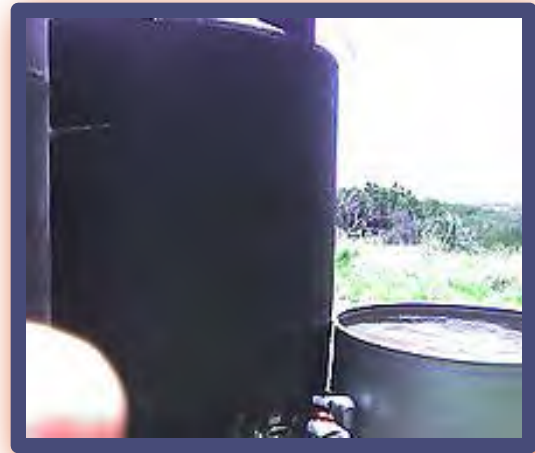
I saw what appeared to be a long-standing fire—with deadly black smoke—on the hill opposite.

Around that time, it took two days for my groundwater pump to fill a water storage tank.

I thought the slowness of filling that tank meant that my groundwater level was diminishing, and that I would have to hire a driller to drill deeper.

Instead, I decided to put in a rain harvest system. That system was completed in March of 2010.

During the construction of the rain harvest system, I began to search the internet for information about the orange/red tinge in my stock tank water.



From that search, I learned about a seminar on fracking, given by experts on the ill effects of ground water from fracking.

I went to the seminar, and learned that my continued abnormal groundwater was the result of fracking.

I decided to put in a rain harvest system. During the construction...[I] learned that my continued abnormal groundwater was the result of fracking.

The surest way to determine this was a specialized—and very expensive—groundwater test, which I did.

(I spent only five hundred of the possible five to ten thousand dollars necessary for determining all the ingredients that might have been used in the fracking process.)

My groundwater was so abnormal that mosquitoes would not lay eggs in the stock tank. When I tried to put goldfish in the tank, the goldfish died.

The bees would not drink the water. There were no water insects—not even the fascinating water spiders that glide on the surface of any rural stock tank in Texas.

This year I started having a mosquito problem. At last, I knew that I finally had normal groundwater. I bought goldfish that are now thriving.

**This year I
started having
a mosquito
problem.
At last, I knew
that I finally
had normal
groundwater.**



I saw an orthopedic specialist for my club foot, for associated problems with my lower joints, [and] for my diagnosed osteoarthritis...

Health Information:

The diagnosis of pre-diabetes was from routine lab tests requested by my family doctor.

My dizziness and tinnitus problems were evaluated with a hearing test and a doctor's examination of my ear.

Earwax removal lessened the problem, but only adequate hydration (water) keeps my balance intact, without tinnitus (ringing of the ears).

During both bouts of tuberculosis, I was under the care of a licensed (traditional) medical specialist in tuberculosis care.



Oftentimes, I saw an orthopedic specialist for my club foot, and for associated problems with my lower joints.

I also saw this specialist for my diagnosed osteoarthritis (with impending need for joint replacements). In fact, my orthopedist wanted to fuse the left ankle entirely.

Lonnie's Pre-Diabetes Lifestyle



*How would you rate your lifestyle, previous to your diabetes diagnosis, with regard to the “basics of health”?
What did these areas look like for you?*

Physical activity:

What, using the remote control is not a form of exercise?

Physical activity for me was raising my right arm to about a 45-degree angle and clicking on the TV. My legs were elevated on the coffee table.

I would get up to use the restroom, get up to get something to eat, and that was about it.

I literally was unable to walk from my couch to my front door without labored breathing.

Diet:

Steak, hamburgers, mashed potatoes, bread, sweets, and I loved ice cream!

My breakfast, lunch, and dinner was had at the famous fast food restaurants.

I ate constantly—probably between 7-10,000 calories per day. My wife can attest to that.

When I got really obese, I was working in sales. On my work days, I would stop at McDonald's, Jack-in-the-Box, or Burger King—usually McDonald's—and I would order their breakfast.

Their breakfast burritos have a meat sandwich wrapped up inside. I would get three or four of those for breakfast.

Then, usually around lunchtime, I would stop again at one of the fast food places—usually McDonald's—and I would get two or three Quarter Pounders or Big Macs.



I ate constantly—probably between 7-10,000 calories per day. My wife can attest to that.

On my way home (which could be like 6pm or midnight, depending on what I had planned for that particular day), I would stop for dinner.

My usual evening meal was three hamburgers, Big Macs, or something similar, along with dessert—such as Oreo cake—along with chocolate or vanilla shakes.

That was my diet, pretty consistently, for about a year.

**Usually, sometime
before lunch...
I could finish off
almost an
entire half-gallon
[of Haagen Dazs
ice cream]
in one sitting.**



On my days off, I also had a routine.

My breakfast usually consisted of eating ten to twelve eggs (I would scramble them and eat the whole thing); two to four packs of bacon from Costco; and four to six pieces of sourdough bread (loaded up with butter or margarine).

Usually, sometime before lunch, if I had some really rich ice cream, like Haagen-Dazs or Ben & Jerry's, I could finish off almost an entire half-gallon in one sitting.

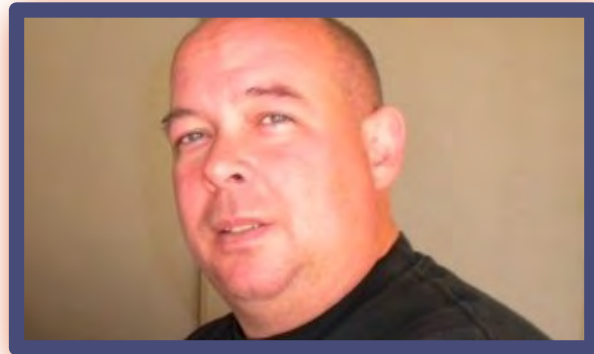
Unbeknownst to me, the reason I was craving so much food was that I had diabetes.

If I didn't have ice cream, I could polish off a whole one-pound bag of M&M's, or a whole bag of potato chips, like Doritos.

I would eat steak (probably two or three), and two or three baked potatoes, loaded with butter and sour cream.

I didn't really eat too much additional salt; I kind of cut salt out of my diet. Obviously, though, when you eat processed food, there's tons of salt in there.

I'd buy one of those huge birthday cakes at Costco—with that really sugary frosting—and I could pretty much eat that whole half-sheet myself within two days.



When I got laid off from my job, for the first six months I was feeling sorry for myself, so I was really stuffing my face.

Unbeknownst to me (I didn't learn this until consulting with my doctor), the reason I was craving so much food was that I had diabetes.

My body was saying, "Hey, you don't have enough sugar in your system; eat, eat, eat!"

Water/Hydration:

My water intake was minimal because—I don't mean to get graphic, but—I pee all the time. Even when I was younger, I'd have to go pee every ten minutes.

I was checked for diabetes when I was in the military, and, at that time, I didn't have it...but I would always have to go pee!



I avoided drinking water because I didn't want to have to go to the bathroom all the time. I probably drank one glass of water per day, if that.

So, I avoided drinking water because I didn't want to have to go to the bathroom all the time. I probably drank one glass of water per day, if that.

I drank one to two pots of caffeinated coffee per day. Obviously, coffee makes me go pee as well, because of the diuretics.

I wasn't a huge soda drinker, but I definitely incorporated it. When I would stop at fast food restaurants during my sales job, I would get a large soft drink, mostly Pepsi or Coke.

I'd drink a couple of energy drinks every day, like Rock Star and Red Bull. I didn't drink very many fruit juices.

That was pretty much it. I'm not a big alcohol drinker, so I didn't drink very much when I was working.

When I got laid off, I drank a little bit, but, with two beers, I'm pretty well intoxicated, so...I wasn't a big "drunk", if you will.



I didn't go to the beach too often because I was severely obese, and I was embarrassed.

Sunshine:

I live on the coast, where it is usually very foggy, with not a lot of sunshine.

When I was in sales, I worked over the mountains, where it was usually sunny.

However, I didn't really spend time in the sun. My only sunshine was when I got out of my car and walked into my account.

I didn't go to the beach too often because I was severely obese, and I was embarrassed.

Sleep:

I used to work all three shifts—sleep was a dream to me. I normally slept about five to six hours a night.

One time I was driving (I drove a lot), and actually fell asleep and drove off the road. Thankfully, I didn't crash, and woke up before I hit anybody or anything.

To make a long story short, in addition to the diabetes and being very heavy, I also had severe obstructive sleep apnea. So even though I thought I was sleeping at night, apparently, I was not.

**I also had
severe obstructive
sleep apnea...
I would actually stop
breathing at night,
multiple times,
without [a BIPAP
machine].**



Because of this, I used a BIPAP machine. I would have to sleep with the machine. It controlled my breathing.

I would actually stop breathing at night, multiple times, without it.

Stress Management:

I was stressed-out all the time, and was very negative.

If anybody was talking badly about someone else, I was the first one to jump on the bandwagon—even if I didn't know the person: "This person's terrible! They suck!"

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I saw everything as bad. Life was horrible; the United States was awful; everything in the world was bad.

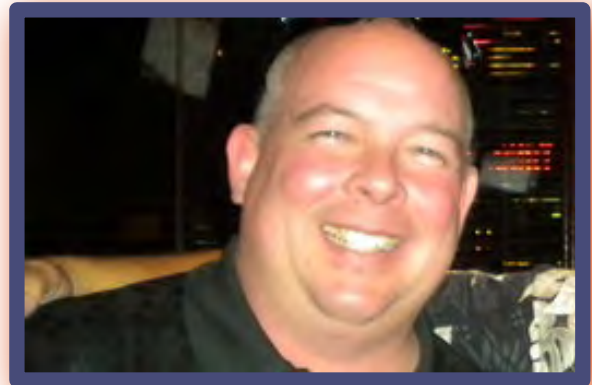
Little tiny things—like if I couldn't pay a bill on time, or if I felt like somebody looked at me the wrong way and didn't like me—were the end of the world for me.

Everything bothered me. Every little thing consumed me. I took everything and made it “over-blown”.

I was really concerned about what people thought of me. I was really concerned about my appearance, and didn't want to make a fool out of myself.

This led me to avoid doing things I enjoyed, because I was too embarrassed to do them.

I didn't manage stress well; I think the proper term would be “avoidance”. I ate to relieve stress—that was my “drug of choice”. Instead of drinking a beer, I ate to find comfort.



I didn't manage stress well; I think the proper term would be “avoidance”. I ate to relieve stress—that was my “drug of choice”.

**Toxin
avoidance:
I did not
even know
what that was.
I didn't avoid
any toxins.**

Toxin Avoidance:

I did not even know what that was. I didn't avoid any toxins. I didn't care what was in the food I ate—it could be laden with poisons, yet if it tasted good, I ate it. I didn't care about the ingredients in the soap I used.

In my sales job, I handled housekeeping and laundry chemicals, which are very caustic. I didn't use gloves. That stuff is absorbed right into the skin.



I called [my doctor] a few names and stormed out of the office...Even though I was severely obese, I didn't really realize how obese I was.

Health Information:

I didn't worry about my health. The only place I would ever get any type of health diagnosis was from my doctor.



It was kind of ironic, though. Even though I was severely obese, I didn't really realize how obese I was. Here was one exchange:

Me: “Doc, I can’t breathe. I’m having an asthma attack.”

Doc: “No, your lungs are fine.”

Me: “Doc, I can’t breathe. Give me my medicine.”

Doc: “You’re overweight.”

Me: “You’re full of crap. Give me my medicine.”

Doc: “Your lungs are fine. You’re so fat that your internal organs are pressing against your lungs.”

I called him a few names and stormed out of the office. That was about the extent of my knowledge of health.

Does Diabetes Happen Alongside Other Diagnoses?

Type 1 Tasha: Diabetes & Other Issues



My main health problems have been, for most of my life, type 1 diabetes and epilepsy.

As years passed, however, my list of “secondary issues” began to grow—frequent headaches and colds, joint pain, degrading teeth and nails, infertility, and increasing tiredness...to name just a few.

Why does the number of health problems, medications, and surgeries a person has seem to increase with age? Does getting older mean getting sicker?

Having watched myself and others heal multiple health problems and “get younger” by changing to a fruit-based diet and healthy lifestyle, I no longer believe that ill health is simply a consequence of aging.

Is it possible that processed, unnatural items—not designed for human consumption—are problematic within the body? If so, with a constant influx of unnatural items, might the body be unable to keep a “clean house”?

Might it be that over time, a growing level of toxicity in the body could result in symptoms of illness?

Larry's Other Health Issues



Did you have other apparent or diagnosed symptoms of ill health?

For most of my life, I've had hay fever-type allergies (dust and pollen).

In my adult life, probably twenty-five years ago, asthma presented itself for the first time. It was never diagnosed as being stress- or activity-related.

Only about four or five times during those twenty-five years did I have a flare-up of asthma. The asthma would start to show up during colds or severe allergies.

I was overweight. I weighed almost two hundred pounds.

I had been pre-diabetic for many years. My blood sugar was almost always 100-110mg/dl. I had high blood pressure.

Though my cholesterol wasn't high, it was in the "high acceptable" range. It was right around 200mg/dl.

Those were the major health issues until early 2013.

FOR REFERENCE PURPOSES ONLY

In early January 2013, I had a cold and flu, similar to a lot of people at that time. It had pretty much progressed into a flare-up of asthma.

I went to urgent care to get some relief for my asthma. The urgent care doctor decided to take a chest X-ray. She wanted to make sure I didn't have pneumonia as well.

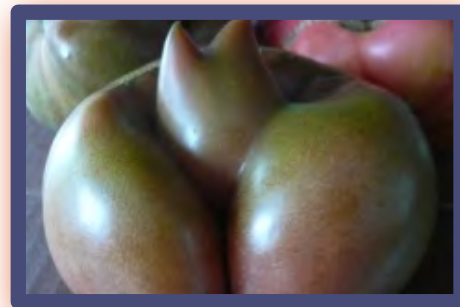
The chest X-ray showed a spot on my left lung.

I went to see a pulmonary doctor about the X-ray results. He decided to do a CAT and a PET scan, which showed a nodule in my lung and in the lymph node outside the lung, adjacent to it.

The tests indicated a high possibility that both tumors were malignant.

A surgical biopsy confirmed cancer in both the lung and the lymph node (non-small cell lung cancer; adenocarcinoma).

In addition, a brain scan (in February) showed that the cancer had metastasized to my brain—this was stage 4 cancer.



I was overweight. I had high blood pressure. My cholesterol was in the “high acceptable” range. For most of my life, I’ve had hay fever-type allergies.



A surgical biopsy confirmed... lung cancer. A brain scan showed that the cancer had metastasized to my brain—this was stage 4 cancer.

We then began chemotherapy: two chemo drugs infused once a week, in succession (on the same day). Each infusion took about two hours.

After three weeks off, the infusion process was repeated. We did four cycles of these two chemo drugs.

My infusion was always on Tuesday. I felt pretty good on Wednesday, Thursday, and Friday—I was actually able to work a normal day.

By Friday, I started feeling pretty tired, usually in the afternoon or evening. Saturday, I couldn't get my head off the pillow, and, pretty much, slept all day.

Sunday was almost always better.

During my first cycle of chemo, Monday was pretty good. I think I actually made it to work by about midday.

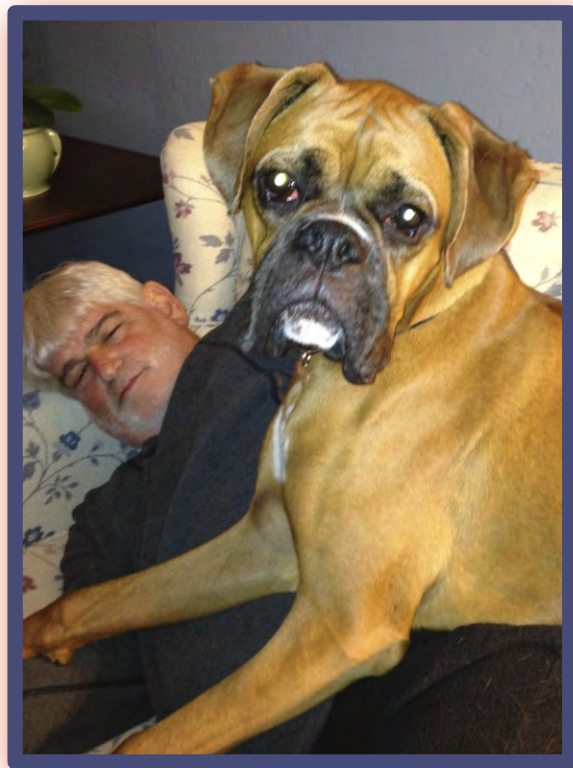
We began chemotherapy...four cycles of these two chemo drugs. Saturday(s), I couldn't get my head off the pillow, and pretty much slept all day.

In the second, third, and fourth cycles, Monday was more difficult...most likely due to what is termed the “cumulative effect” of chemo. Maybe, though, I was just getting more tired.

Usually, I had minimal nausea about a week after the infusion, and it lasted two to three days. Food didn't taste good. I didn't eat much.

I usually just drank a little bit and ate some bland food that was soft on my stomach—baked potato, bread, crackers, or rice.

Then, as I started feeling better, I would binge on “comfort foods”—my favorite foods—because I felt better and I could eat. I did quite a bit of bingeing.



About three months after my initial brain MRI, we did another one. (The doctor had wanted to do a brain MRI every three months after the initial test, which I have done.)

This brain MRI showed—somewhat surprisingly—that the tumor that was there before was no longer present. That was very fortunate.

About two or three weeks later (about the middle or end of May), I had another PET scan. This PET scan showed that the chemo was effective.



Usually, I had minimal nausea about a week after the infusion. As I started feeling better, I would binge on “comfort foods”. I did quite a bit of bingeing.

The tumors were still present in the lung and in the lymph node outside and adjacent, but they contained no active cancer cells. We were very happy about that.

After the initial four cycles, I continued doing “maintenance chemo”—the same process, but using only one of the two chemo drugs.



The schedule for maintenance chemo was a little bit more relaxed, to accommodate certain events or things that I wanted to do. The doctor was very helpful in that regard.

Generally, though, I got my infusion on Tuesdays, every three to five weeks.

My body's reaction to the maintenance chemo was pretty much the same as before. I could get through the end of the week, but by Friday, I was tired.

On Saturday, I was very tired. By Sunday I was still tired, but getting better.

Monday was usually a pretty good day—I think I worked almost every one of those. On a couple of Mondays, I didn't feel great, but I still made it to work. That was the good news.

**The PET scan showed that the chemo was effective.
The tumors...contained no active cancer cells.
I continued doing “maintenance chemo”.**

I believe that, aside from my lifestyle, another factor in exacerbating the diabetes was the large doses of steroids that I took at the time of chemo infusions.

I remember one blood count that I had, the day before an infusion. I had taken steroids that morning (orally). My fasting blood sugar was up around 200mg/dl—maybe even a little higher.

This phenomenon occurred somewhat regularly.

By late June, since my blood sugar was pretty regularly in the 150-170mg/dl range, my doctor tested my HbA1c.

At 7.7% (if I remember correctly), I was diagnosed as diabetic.



Since my blood sugar was pretty regularly in the 150-170mg/dl range, my doctor tested my HbA1c. At 7.7%, I was diagnosed as diabetic.

I believe that, aside from my lifestyle, another factor in exacerbating the diabetes was the large doses of steroids that I took at the time of chemo infusions.

Were you using medications for any of these symptoms? Please explain.

I used two types of blood pressure medicine: Enalapril (an ACE inhibitor) and Hydrochlorthiazide (a diuretic). I took both of these once a day.

For my allergies, I took a daily over-the-counter allergy medication.

I also took aspirin daily, to help prevent strokes and heart attacks. Once I started chemo, I stopped taking that, since they didn't want me on any type of aspirin.

For asthma flare-ups, I used two different types of inhalers. One was fast-acting, for symptom relief; the other one had a longer-lasting effect.

I was undergoing chemotherapy for cancer, as previously described.



Bibi's Other Health Issues



Did you have other apparent or diagnosed symptoms of ill health?

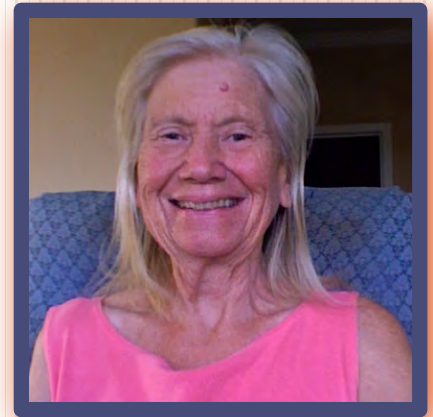
I did—I had hypothyroidism. I was diagnosed after my second pregnancy, in 2006. My mother, sisters, and aunts also have it.

I have been working on healing that condition as well. It has been—by far—much more difficult than reversing diabetes, but doable.

***Were you using medications for any of these symptoms?
Please explain.***

Yes, I was using Synthroid. I used it for six years, daily.

Carol's Other Health Issues



Did you have other apparent or diagnosed symptoms of ill health?

I had four surgeries for the club foot the first four years of my life; I had physical therapy for it as well, for many years.

I was socially embarrassed, because I had to wear orthopedic shoes until I graduated, at my mother's insistence.

However—in spite of the club foot—I was elected by my fellow students to be a cheerleader for two years in junior high, and I was a majorette for one year in high school.

I tried to wear high heels at my first job—as a departmental mail clerk in a large insurance company—and was limping by afternoon.

I got my first promotion because one very kind lady begged the supervisor to give me a sitting job—because she “was tired of watching me limp.”

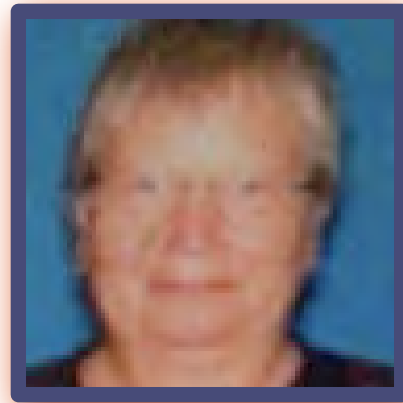
At that time, other than the club foot, I was very healthy.

Then, as related previously, I had tuberculosis—as a result of the nutrition deprivation caused by extreme alcoholism.

When I was twenty-four, I had lung tuberculosis; at thirty, I had kidney tuberculosis.

I had achieved sobriety by then, but not in time to save my health.

**I had
[lung and kidney]
tuberculosis—
as a result of
the nutrition
deprivation
caused by
extreme
alcoholism.**



When I was forty-seven years old, I had acute lung problems from breathing too much ozone in my work situation. I was disabled for two years.

After recovery from the extreme weakness—with the cough lessening—and, after a few years working as a wood-cutter for firewood, I was able to get contract work.

I began transcribing medical reports at home, which I did until retirement. I was sitting for extremely long hours, with no exercise, and still eating the standard American diet.

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I had severe obesity. After the birth of my first and only child, my weight had begun to climb from my high school weight of 108. I didn't lose the weight that was supposed to disappear after the birth of my son.



My highest weight was 235 pounds on my five-foot, one-inch body. This was in the final years of my work-life, when I was sitting for about twelve hours per day, keying in medical reports dictated by doctors with varying degrees of speech skills.

Some were so difficult, that it was very galling and time-consuming. With the line rate varying from four cents per line to a maximum of ten cents per line, sometimes I was earning four dollars an hour, or less.

Over my adult life, I had tried every diet that had appeared. I occasionally achieved minor weight loss, but always ended up at an even higher weight than before embarking on the diet (once I resumed the standard American diet with diet soft drinks).

I had acute lung problems from breathing too much ozone in my work situation...

Among other methods, I tried: no-carb diets, no-protein diets, tracking my food and water intake on the internet, fasting, freshly-squeezed juicing, and vegetarianism.



After a while, I just gave up on diets—believing that I was lacking in any willpower, and that nothing could be done for me but a continuation of fat misery.

Ambulation was becoming very difficult; I had to go up or down stairs sideways because of hip, knee, and ankle pain. I had difficulty sleeping because of back and knee pain.

I was told I had osteoarthritis and was offered anti-inflammatory medicines, which I declined.

**I had severe obesity...
My highest weight was 235 pounds on my five-foot, one-inch body.**

I also developed severe gastro-esophageal reflux disease.

I would awaken from deep sleep with burning pain in my throat, so severe that I thought someone had stuck a flame down it.

It was confirmed by a procedure that is currently the standard of care for suspected reflux.

The gastroenterologist sends a tiny camera—via the mouth and down the throat—as far as possible into the digestive system of his anesthetized patient.

**Ambulation was becoming very difficult...
I had osteoarthritis...
I also developed severe reflux disease.**

The pictures of my digestive system showed inflammation and irritation, all the way from my throat to my stomach.

On the internet, I learned that this condition is chronic and—supposedly—incurable; it eventually leads to stomach cancer if not treated by the recommended medications.

I was offered medication for that condition as well, which I also declined. I started reading about digestion, and learned that most digestive actions are performed by bacteria in the lower gut.

When I began to realize that preservatives in food were probably still “preserving”—i.e., killing the needed bacteria in my lower digestive system—I began to avoid all foods with preservatives.



Consequently, the problem completely disappeared.

I also had an inability to stand very long, due to a condition called meralgia paresthetica.

It made standing any longer than five to ten minutes acutely painful. The outside of my left thigh would burn like fire, then go dead in sensation unless something hit it.

If something did hit it, it was like pain volume turned up to deafening! There was no cure or placebo medication offered for that problem.

Additionally, because of my abnormal left foot, the leg and knee on that side were abnormal. There was zero calf musculature.

I also had a problem in which something would just “go wrong”, and I would fall down flat.

It happened many times; I felt ashamed and embarrassed if it occurred in public.



**[My] meralgia
paresthetica...
made standing
any longer than
five to ten minutes
acutely painful.**

If my left leg was somewhat relaxed, and I tapped the side of the kneecap against something inadvertently, it would pop out of place with a horrendous pain and I would fall to the floor, screaming.

In my forties, when I had severe knee pain, I went to a knee specialist. He kept trying to touch the left kneecap, and I was totally unable to allow him to do so.

I explained why to him. He assured me that he would not cause that horrendous pain, but I was so fearful of it, that I refused to let him touch that knee.

In my fifties, after all those years of physical therapy, I started doing yoga.

I found that the yoga regimen strengthened the left leg more than it ever had been—although the calf musculature is still diminished compared to the right.

The right side of my body, from head to toe, is stronger than the left. I am ambidextrous.

I use my left hand for eating and writing. If I need strength, as in hammering or running a chain saw, I use the right side.



The knee cap would pop out of place with a horrendous pain, and I would fall to the floor, screaming.

***Were you using medications for any of these symptoms?
Please explain.***

Other than antibiotics, which I took as prescribed for the tuberculosis, I did not take any other medication offered.

I had such severe problems after [four] years of antibiotics...that I was wary of upsetting my system with any further medication.



I had such severe problems after two years of antibiotics—for each episode of tuberculosis—that I was wary of upsetting my system with any further medication.

I did try one or two of the anti-inflammatories offered for my osteoarthritis, but found them to be totally ineffective.

Lonnie's Other Health Issues



Did you have other apparent or diagnosed symptoms of ill health?

In my school days, I had been so embarrassed because of constant gas.

My stomach would always rumble, and I'd have flatulence.

At the time, I couldn't figure out why. Now, I know that I was lactose intolerant.

As an adult, I was severely obese. I had neuropathy, obstructive sleep apnea, migraines, acid reflux, allergies, asthma, and lactose intolerance.

Additionally, I always seemed to have a cold. My gallbladder had been previously removed, due to pancreatitis. I also found out later that I had a hernia.

I was, pretty much, a wreck.

Here are more details:

Migraines: I've had since I was twelve years old.

Asthma: I almost died of an asthma attack when I was around twelve or thirteen.

Neuropathy: my feet and hands tingled like they were asleep, and I had a burning, itching sensation on my left arm.

Severe obstructive sleep apnea: I was diagnosed prior to my diabetes diagnosis (though I may have had diabetes and just not known it back then).

**I was severely obese,
with neuropathy,
obstructive sleep
apnea, migraines,
acid reflux, allergies,
asthma, [and]
lactose intolerance.**



Twelve years ago, when I was living in Hawaii, my gallbladder stopped working. I went to my doctor over there.

Doc: “Lonnie, you need to start eating more healthfully. Your pancreas is not working like it should.”

Me: “Well, Doc, that ain’t gonna happen. I like to eat my meat; I like my ice cream.”

Doc: “Well, take this medicine and this will at least help you.”

I don’t like taking pills, so I stopped taking the medicine.

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Probably about a month later, I was eating some spare ribs and drinking a beer, and I got this really weird pain.

I thought I had to go to the bathroom. I went in to go to the bathroom, but nothing came out, and the pain intensified.

It felt like I was having a heart attack. I actually locked myself in the bathroom, because I figured, “Wow, I’m going to die; this is it.”

I called my sister-in-law (my wife didn’t drive at the time). She took me to the hospital.

As I was walking into the emergency room, I passed some gas, and the pain went away.

I was like, “Oh my gosh, I’m so embarrassed. I just had gas. This is ridiculous.” I had my sister-in-law take me home.

At three o’clock in the morning, I woke up in such pain, I can’t even describe it.

EMS (911) was called; the ambulance came for me, and put me on a gurney. The gurney filled up with sweat because I was in so much pain.



It felt like I was having a heart attack. I actually locked myself in the bathroom, because I figured, “Wow, I’m going to die; this is it.”

I'm terrified of needles; I hate needles...but I didn't even flinch when they stuck the IV in me.

I think I waited for twelve hours in this incredible pain because the doctors couldn't tell what was causing the pain—was it my heart? They couldn't tell.

Finally, they discovered that it was my pancreas. A gallstone had passed from my gallbladder into my pancreas, and inflamed my pancreas, giving me pancreatitis.

It was diet-related—it was because I wasn't eating properly.

Then they had to stabilize me. I'm not a drug-user, but when they gave me morphine, I thought it was the greatest thing in the world.

I can see why people take heroin. That stuff was phenomenal—it took away the pain.



A gallstone had passed from my gallbladder into my pancreas, giving me pancreatitis. It was diet-related.

They kept me in the hospital for two days to stabilize. After going home, I had to wait a week for my body to recover.

Once I was strong enough, I went back to the hospital, and they took out my gallbladder.

Without a gallbladder, if I eat fatty food, I do not get constipated. It just...flows. And right after eating the fatty food, I had better be close to a bathroom...because things are happening.

I went on a vegetarian diet for a year. Then, I started eating meat again.

I fell right back into the old standard diet to which I was accustomed, and it led to me getting sick...again.



I fell right back into the old standard diet to which I was accustomed, and it led to me getting sick...again.

Were you using medications for any of these symptoms? Please explain.

I was on Lisinopril for high blood pressure. I took aspirin to thin my blood. I was also on Imitrex for migraines, and Albuterol for asthma.

For my acid reflux, I would eat Tagamet and Prilosec like it was candy.

The only pill that actually helped my stomach stop burning was Nexium. That stuff was great—it took away all my symptoms.

My insurance wouldn't cover it, though, so my doctor gave me a couple of samples.

What Happens When Someone Is Diagnosed?

Type 1 Tasha: Diagnosis



When I was diagnosed with type 1 diabetes at the age of eleven, I was numb and in shock. Everything in my life was about to change.

I knew nothing about diabetes—not what caused it, not how to treat it, and certainly not how to work toward healing. My doctor told me I had it for life, and as much as I didn't want it to be true, I believed her.

In that place of fear, I relied on my doctor for comfort and did everything I was told—well, at least for a while.

Now, twenty-five years later, I finally understand what it means that doctors are trained in medicine.

They are trained in which prescriptions, lab tests, and surgeries to order—and these services are certainly very valuable for diabetics. One thing doctors are not trained in, however, is how to help people reverse, or even avoid, health problems.

Had I or my family known this at the time, or even that diabetes could be healed, we might have responded differently to my diabetes diagnosis.

When Larry Was Diagnosed...



How did you receive and react to the diabetes diagnosis?

My reaction to this diagnosis was that I sure didn't want to live with diabetes for the rest of my life!

I didn't know how, but I was determined to deal with it effectively—to “beat diabetes”, if I could.

How did your family and friends react to your diabetes diagnosis?

I think it was a surprise...but not the most shocking health news of the year. It added to the other news (cancer) another dimension of difficulty.

I think everyone was concerned about how it might affect me long-term.

When Bibi Was Diagnosed...



How did you receive and react to the diabetes diagnosis?

I thought it was kind of surprising, due to my “healthy” eating habits (except for my occasional binges).

I was, however, relieved to finally know the reason I had been feeling so awful.

After the diagnosis, I ate every two-and-a-half to three hours.

This was so time-consuming and bothersome—I wished that I could go about my day without having to think about food.

How did your family and friends react to your diabetes diagnosis?

My family became more understanding of my mood swings (which happened if I didn't eat every few hours). They used to make fun of me—I would turn into a “mad dog” when I needed food.

I learned to carry a “doggy bag”—with food for my frequent meal needs—wherever I went...so that I wouldn't “bite” anyone.

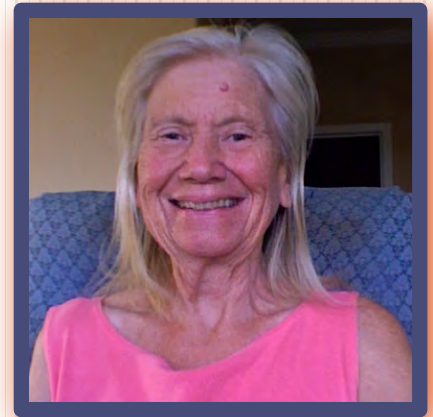


I thought it was kind of surprising, due to my “healthy” eating habits (except for my occasional binges).

My friends used to have big tea parties with assorted desserts. I would tell them, “I can't do sugar.”

They felt sorry for me, and would ask all these questions: “Why, if you eat such healthy food?” “What happened?” “You're not fat! How can you have diabetes?”

When Carol Was Diagnosed...



How did you receive and react to the pre-diabetes diagnosis?

I was in fear of the condition becoming diabetes instead of pre-diabetes. I was in anguish, anticipating what that would mean!

I had failed miserably at trying to lose weight by reducing my carbohydrates, sweets, and fatty foods.

How would I ever be able to “eat sensibly”—i.e., no sweets, no carbohydrates, and lots of fruits and vegetables—if I *had* to?

How would I ever get used to the monitoring and injections?

It was terrifying to me; it sent me into extreme fear and despair.

Having experienced constant chronic difficulties and pain from a club foot, I felt I already had enough to contend with!

It seemed like the addition of type 2 diabetes—depriving me of my sweets and my wheat—would be just too unfair.

Doughnuts were my favorite food, as were pies of any kind. I felt like I would rather be dead, than to live without those food items.



I had failed miserably at trying to lose weight...How would I ever be able to “eat sensibly” if I had to?

How did your friends react to your pre-diabetes diagnosis?

I had a condition of pre-diabetes for many years, and didn't even mention it to friends because it was not diabetes yet.

I did not do much research on it either. When I started altering my diet, however—juicing and then fruitarianism—I did research.

I found out that type 2 diabetes was formerly an old age-related condition, but that it is now becoming a problem for younger and younger people.

I also learned that the term pre-diabetes refers to a condition that will progress over time.

It eventually becomes active diabetes—requiring insulin, constant monitoring, and dietary changes.

I was terrified of it, given my food preferences at the time.

Now, I find that fruits and vegetables are my preferred foods. When I occasionally try cooked foods, I find them really tasteless compared to raw foods.

I constantly mention to friends that I am no longer pre-diabetic, and how that came about.



**Now, I find that
fruits and
vegetables are my
preferred foods.
When I occasionally
try cooked foods,
I find them
really tasteless.**

I mention this to not only friends, but to just about everyone that I can—casual acquaintances, or even strangers—in order to spread the truth about diet far and wide.

I want to offset the corporate food industry that has bought and paid to promote the alleged “dietary needs of humans”.

It makes my blood boil that so much misery is the result of greed—to keep shareholders happy.

When Lonnie Was Diagnosed...



How did you receive and react to the diabetes diagnosis?

First, I'll tell you how I found out about the diabetes.

I was having some urinary tract problems, so I gave a urine sample for analysis.

The doctor called me that night, and said, "Lonnie, we need you to come back in the morning; we discovered something."

I was thinking, "Oh no...cancer?" All sorts of scenarios were going through my mind.

The next morning when I went to the doctor's office, he said, "Your sugar level in your urine is at 3+++ . It's supposed to be at 1 or less."

I had no idea what he was talking about.

They pricked my finger and took a blood sample for the glucose meter, and my blood sugar was at 388mg/dl.

I said, “Oh, that’s no big deal, Doc; I just ate four Klondike bars, so that’s the reason my blood sugar is so high.”

He said, “No, no, no. You don’t understand; that’s not the way it works. It’s not because you ate all this stuff and your blood sugar shot up. You have insulin that’s supposed to help counteract that, from your pancreas.”

So I went down and got a professional test done at Quest Diagnostics.

**My HbA1c was,
I believe, 11.6%.
I guess if it’s over
6%, you’ve got
diabetes.**



My HbA1c was, I believe, 11.6%. I guess if it’s over 6%, you’ve got diabetes. That’s how I found out I had diabetes.

Initially, I was apathetic. I figured I was fat, old, and had lived a good life. A heart attack would take me out and be done with it.

I didn’t really care at the time. I didn’t really know about diabetes.

“We may actually have to start cutting off parts of your body—your toes and your feet—because nerves get damaged with diabetes...”

Then my doctor explained to me that I could have a stroke, lose my vision, and have parts of my body amputated, due to the damage caused by diabetes.

He said, “We may actually have to start cutting off parts of your body—your toes and your feet—because nerves get damaged with diabetes, due to excess sugar in the blood.”

I was taken aback: “Wait a minute, wait a minute.” This information caught my attention—it “woke me up”, so to speak.

At that point I actually started taking my diet and weight loss very seriously. I determined, “I need to get in shape—get my diet in check.”



How did your friends react to your diabetes diagnosis?

They were, more or less, apathetic.

Some of my friends' responses were, "Ah man, I'm sorry to hear that," or, "Ah, dang, dude, that's terrible!"

Nobody shunned me. I don't recall anybody not wanting to be my friend because I had diabetes.

Some of them were concerned: "Oh, you need to take care of it." A couple of them said, "What is diabetes?"

I didn't have a lot of friends; I wasn't overly social, at the time.



At that point I actually started taking my diet and weight loss very seriously. I determined, "I need to get in shape—get my diet in check."

What Is Typically Recommended For A Diabetes Diagnosis?

Type 1 Tasha: Recommendations



It is rare that I meet a type 2 diabetic who does NOT tell me he is “watching his carbs” (and, therefore, afraid of fruit).

The “control diabetes” approach limits carbs to avoid sugar spikes. Nutritionally speaking, a diet that limits carbs will end up being higher in proteins and fats.

Though this may keep blood sugars from spiking, what are the long-term consequences? Those with diabetes already qualify as having a higher risk for cardiovascular problems.

My diabetes doctor told me years ago that almost all of her diabetic patients end up on cholesterol medication.

The fruit-based “heal/reverse diabetes” approach uses, instead, a low-fat/protein (therefore high-carb) diet.

Plant-based doctors (such as Caldwell Esselstyn, M.D.) have successfully helped patients to heal from diabetes (and other health problems) [by eliminating fats and animal products](#) from their diets.

So...avoid carbs? Or...avoid fats?

Larry's Attempts to Control Diabetes



*What was your course of action—
what methods did you use to try to combat the diabetes?*

My primary care doctor didn't want to start me on any medication or insulin. She said she thought I could probably be fine over the long term with good diet and exercise.

She said, "I'll give you some time to see how well you can do. In three months, we will do another HbA1c; then, we'll go from there."

My doctor didn't explain exactly what the diet and exercise needed to be, that would allow me to be fine over the long term without medication.

I was, however, scheduled for an appointment with a nutritionist at the clinic.

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At our first appointment, the nutritionist gave me a glucose meter and some test strips, and showed me how to use it.

She also spent a little time talking about food. That experience was pretty distressing, confusing, undesirable, and not at all helpful.



Because of insurance limitations, I was allowed only one hour of one-on-one consultation with the nutritionist.

She spread out rubber replica (faux) food items on a plate, and said (basically), “These are portion sizes. Here is a portion of protein; here is a portion of vegetables. The vegetable portion should be larger than the other portions.”

I was told, “You will go to four classes, a couple weeks apart, where they will teach you more. For now, this is good enough—if you just try to do this, it will be helpful.”

I found that really discouraging!

My doctor didn't want to start me on any medication or insulin. She said she thought I could probably be fine...with good diet and exercise.

I said, “Today is July the fifth, and I can’t get into that class until August twentieth. I don’t want to wait that long! I know this is all the time we have, but this really hasn’t been very helpful. It has not met my needs.”

Her response to me—I swear—was, “You know, you don’t really need to worry about it. People can live with diabetes for at least ten years before there’s any chance of losing a limb or anything going seriously wrong.”

When I heard that, I just about exploded.

My mind wasn’t sharp enough in the moment, but immediately after leaving there, I thought of what I should have said to her: “You know what? With the cancer, my chances of living for ten years aren’t that good anyway. I might as well just eat whatever the heck I want.”

I was extremely upset. I felt that the information being provided was not helping me understand what I really needed to do.

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I had pretty quickly realized that the help I needed to overcome diabetes was not going to come from the medical community.

My wife, who was there with me, was also very angry and upset with the nutritionist's comment.

That was the summary of my experience with the formal health environment.

I had pretty quickly realized that the help I needed to overcome diabetes was not going to come from the medical community.



By the way, I did go to that first nutrition class in August. By then, I had already been working with Cyrus Khambatta (as my coach) for over a month.

Going to the class confirmed my suspicions: it was a lot of information that did not conform to what I knew was truly helping me.

The class did not provide direction to help me achieve good health, as I define it.

***Did you use diabetes medications?
Please explain.***

No, I never started taking diabetes medication.

Bibi's Attempts to Control Diabetes



What was your course of action—what methods did you use to try to combat the diabetes?

Well, seeking medical attention was one action. I also bought a lot of books on the subject—traditional books—on how to feed myself, as a diabetic. I took courses on how to manage food points, etc.

I started taking medication, but tried to manage the diet on my own. I didn't like the traditional idea of restricting both fruit and calories. I experimented to see what worked for my health and my weight.

I would start my day with a fruit smoothie that included soy protein powder. Mid-morning, I would have a banana and some almonds.

Lunch would be a big salad and black beans. Snack was another fruit and a rice cake with almond butter. Then, in the evening, I would have fish with cooked veggies.

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I had come up with this plan myself, and I liked it. It was practically a vegan diet—with the exception of seafood or chicken in the evening.

Although this way of eating felt very comfortable to me, I still occasionally battled headaches. In an attempt to better control my sugar imbalances, I decided to submit myself to the care of a nutritionist.



I was 126 pounds at the time, and I thought I was fat. In essence, it was the diabetes *plus* my vanity that led me there.

I consulted a very renowned nutritionist who worked with athletes and models. The first thing he said after reviewing what I ate was, “You are eating for health, not for weight loss.”

I was puzzled. I thought, “What’s the purpose of following a weight loss diet that poses health risks?” Well, guess what? That’s exactly what I began to do.

The nutritionist’s diet was, basically, five to six “low-fat” meals per day, each of which contained some type of animal protein.

I thought, “What’s the purpose of following a weight loss diet that poses health risks?” Well, guess what? That’s exactly what I began to do.

I would start my day with egg whites and oatmeal. Mid-morning, I would have non-fat greek yogurt with one piece of fruit.

At noon, I would have salad with chicken, and a cup of black beans. My mid-afternoon meal was a protein shake, also egg white-based.

In the evening, I would have fish, cooked vegetables, and maybe some rice.

I had never eaten so many animal products in one day! I thought I was doing the best thing possible—after all, this nutritionist was “the best in town”!



I had never eaten so many animal products in one day! I thought I was doing the best thing possible—after all, this nutritionist was “the best in town”!

I had originally quit eating dairy after reading *Fit For Life*, but I had become so desperate that I let the nutritionist tell me what to do.

I re-introduced dairy...and it did no good.

Back then, I didn’t know that a low-fat vegan diet could reverse diabetes.

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I didn't know that even the leanest cut of animal meat had hidden, marbled fat that contributed to insulin resistance. I sure didn't know what a "raw foodist" was.

I blindly followed my nutritionist's diet for about two years. In the beginning, it worked great for my migraines. I was psyched!

But then, little by little, I started to gain weight...my sinuses got very congested...I began to get sick more often...and I became perpetually lethargic. I became an angry person, with terrible mood swings.

I even saw myself aging at a faster rate. The summarized results: I gained weight and got sicker. Once again, I felt depressed and defeated.



I didn't know that even the leanest cut of animal meat had hidden, marbled fat that contributed to insulin resistance.

Then, by divine providence, my husband came home with the movie *Forks Over Knives* (FOK). We watched it together, and BOOM—enlightenment!

I went vegan overnight. I read the diabetes book recommended on the FOK website, *Dr. Neal Barnard's Program for Reversing Diabetes*. I started his program right away.

**I started taking
[Metformin]...with
gestational
diabetes...
When my insulin
resistance became
type 2 diabetes, I was
again prescribed
Metformin.**



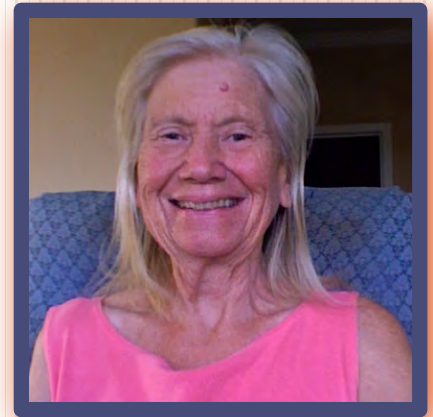
Did you use diabetes medications? Please explain.

Yes, I used Metformin. I started taking it in 2004, when I was diagnosed with gestational diabetes.

After my pregnancy, when I had only insulin resistance, my dose was changed from twice to once a day, and I even got off of it for a while.

When my insulin resistance became type 2 diabetes, though, I was again prescribed Metformin.

Carol's Attempts to Control Diabetes



***What was your course of action—
what methods did you use
to try to combat the diabetes?***

To keep from becoming a full-blown type 2 diabetic, I tried to change my way of eating—and failed completely.

I did try to drink Diet Coke as a means of cutting down on sugar.

***Did you use
diabetes medications?
Please explain.***

No. Since I was pre-diabetic, there were no medications required. The only treatment was to have continued testing, to see when the test changed from pre-diabetic to diabetic.

A diagnosis of type 2 diabetes would then entail blood sugar checks, insulin as required, and modification of diet.

Lonnie's Attempts to Control Diabetes



*What was your course of action—
what methods did you use to try to combat the diabetes?*

After I called my doctor some names and stormed out of the office because he called me fat, I went back in:

Me: “Oh Doc, I’m sorry; I didn’t mean to get so upset over that.”

Doc: “Ah, not a problem.”

Me: “Ok, what do I need to do now—what do I need to do to take care of this situation?” (I was in denial.)

Of course the drugs are the standard. The first thing my doctor did was get me on Metformin.

He also put me on Lisinopril (twice a day), for high blood pressure. My blood pressure was not high; it was on the higher side of normal. But, as a diabetic, he wanted my blood pressure lower.

He also put me on an 80mg aspirin per day regimen.

Doc: (after prescribing all those pills): “Well, you’re going to be on this for life.”

Me: “I don’t like taking pills. What do I need to do to get off it?”

He prescribed I lose weight, because I was 100 pounds overweight.

**“I don’t like taking pills; what do I need to do to get off it?”
[My doctor] prescribed I lose weight, because I was 100 pounds overweight.**



Then he said, “You need to modify your diet. I don’t mean to bring race into this situation, but, at this point in time, you want to be racist.”

When I asked what he meant by that, he clarified: “If it’s white, it ain’t right. If it’s white potatoes, white rice, white bread, you don’t eat it.” He made a little analogy so I could remember it—and it stuck with me.

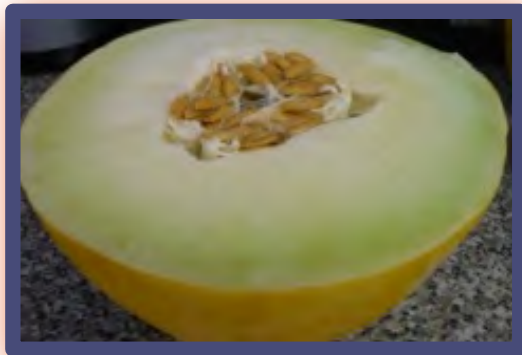
He said, “Limit soft drinks and store-bought fruit juices. Eliminate processed foods; eat foods with a lot of fiber, like yams.”

FOR REFERENCE PURPOSES ONLY

He gave me the basics of what I needed to do, to eat properly. “Reduce your red meat. Eliminate red meat if you can, but reduce it as much as you can.”

He also recommended that I begin a physical fitness program—I had to start moving.

I followed his instructions. I gave up all my refined starches, red meat, and all my sweets.



What I did to implement this was to go on a 1000-or-less-calorie-per-day diet. I cut out all white starches, and went down to between 500-700 calories per day, to start dropping weight.

For breakfast, I would eat maybe half a cantaloupe or a little less than a cup of prepared oatmeal. Then I would have one or two tiny little squares of graham crackers for a snack.

For lunch, I would sometimes have a little tiny oven-baked chicken breast, topped with lemon juice, some jalapenos, and a little bit of pepper.

I was starving all the time. It was pitiful. I would get up and have breakfast, and already be thinking about my snack. Before even having my snack, I was already thinking about lunch.

I cut out all white starches, and went down to between 500-700 calories per day, to start dropping weight.

For the first three weeks, I was losing almost a pound a day. I think it was probably water weight.

Processed food has a lot of sodium in it, so when I was eating it, my body was retaining more water.

The body needs what—1200 calories minimum, just to operate? I was doing 700 calories a day. Sometimes I would do 900, but usually I tried to stay around the 700-calorie mark.

I did this calorie-restrictive diet for almost a month.



**I was starving all the time...
I would get up and have breakfast, and already be thinking about my snack. Before even having my snack, I was already thinking about lunch.**

As soon as I started the calorie-restrictive diet, I started exercising. I went out and bought an eighty-dollar used treadmill.

When I first began—I'm not kidding—I could hardly walk from my couch to my door without being out-of-breath.

I think when I first started using the treadmill, I was doing .5 miles/hour, and I would walk for two minutes.

Not ten...two minutes. That was it. It was very limited, because that was all I could do.

By the end of that month, I was up to about 1.2 miles/hour, and I was walking for thirty minutes.

I was also doing some push-ups, weight training, and some stretching.

In total, every day I did between forty-five minutes to an hour's worth of exercise.



***Did you use
diabetes medications?
Please explain.***

Metformin, 500mg, once per day. I took it in the morning.

As soon as I started the calorie-restrictive diet, I started exercising...I could hardly walk from my couch to my door without being out of breath.

Why Would Someone Try Something Different For Diabetes?

Type 1 Tasha: A Different Approach



At what point do people raised in traditional medicine start looking for an alternative?

For many people, it seems to come from a serious diagnosis, or from health problems that doctors cannot solve.

Others are “converted” by powerful movies, or stumble onto the vegan diet In a quest for weight loss.

For me, it was my eating disorder recovery process—[seeking to unselfishly nourish my body.](#)

What about diabetes care—why would someone seek out an alternative approach—especially involving diet? Taking medication is “easy”; it allows for blood sugar control without lifestyle changes.

But is being dependent on meds a long-term solution? For many I have observed, over time, medication needs (and not just for diabetes) continue to rise, if there is no lifestyle change.

Choosing the more difficult path of healing means commitment to a new lifestyle. It requires determination...and some really good reasons to take on these changes.

Larry's Journey to a Fruit-Based Diet



Please share how your journey led you to find out about and try a low-fat, high-carb, fruit-based vegan lifestyle.

My daughter has been friends with Cyrus Khambatta since kindergarten. They went all the way through high school together, and have remained close friends.

Cyrus had been an athlete his whole life. In his last year of college, he was diagnosed with type 1 diabetes (among other things).

At the time, he was eating a standard American diet, and was really frustrated with being unable to control his blood sugars.

His frustration with his health problems led him to search for answers about health, nutrition, and diabetes.

His research led him to the fruit-based raw food diet. On it, his health drastically improved, and, notably, so did his diabetes control and insulin sensitivity.

After that, Cyrus went back to school to study more. He earned a PhD in Nutritional Biochemistry, specifically studying about diabetes and nutrition. He recently started up his own coaching program.



My daughter has been friends with Cyrus Khambatta since kindergarten. I knew first-hand about Cyrus's fruit-based diet.

I knew first-hand about Cyrus's fruit-based diet. I remember when he started it, and was eating bushels of bananas...and then got into mangoes.

After the bad experience with the nutritionist, I called my son and expressed my anger to him. I asked if he could have his wife (a nurse) call me, so I could talk to her about it.

I also called my daughter and told her about it. She told me, "You need to call Cyrus," so I did. Over the phone, Cyrus explained a little bit more about his lifestyle. I was ready to do it.

Bibi's Journey to a Fruit-Based Diet



Please share how your journey led you to find out about and try a low-fat, high-carb, fruit-based vegan lifestyle.

As I've mentioned before, Harvey and Marilyn Diamond's *Fit for Life* had, for many years, been my nutritional "bible". Everything made so much sense—I was hooked!

I loved the natural approach. I loved the term "Natural Hygiene" and everything it represented.

Eating fruit in the morning made me feel like I was cleaning my body. I developed a loving relationship with whole foods, and truly believed in their miracle healing powers.

The missing link in that book was the *fat-diabetes* connection. Yes, there was a disclaimer that diabetics should not follow the program.

I wasn't a diabetic when I first read the book...but I was on my way to becoming one. Knowing about the link between fat and diabetes could have been very useful.

I was consuming a heaping amount of fruit *along with* a sizable amount of olive oil, avocados, nuts, seeds, butter, chicken, fish, and—oh yes—desserts (at least those weren't every day).

***Fit For Life* had,
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I loved the natural
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The missing link in
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I suffered from severe headaches, mood swings, PMS, depression, and anxiety. I was pessimistic and furious—at what? I didn't know.

I started pinpointing the foods that gave me migraines: orange juice, chocolate, coffee, wheat, and alcohol...amongst others.

If I tried having just orange juice for breakfast, my head would be exploding in pain by noon. The drill was always the same: pain killers, darkness, ice pack, and silence.

I had to lock myself in my room and—literally—disconnect from everything and everyone. I hated having to go through life that way. What was wrong with me?!

I went to several doctors, and also got a CAT scan. I was given medication—a very strong sublingual—for migraine pain. As strong as it was, it could not take away my pain.

Then, I read a book about hypoglycemia, and realized I had all the symptoms. I cut out all my refined sugars.

When I got pregnant with my first daughter (in my early thirties), I was diagnosed with gestational diabetes.

I was introduced to the American Diabetes Association (ADA) guidelines for eating. The portions seemed so small!

I was never satisfied. I hated to limit my fruit intake—it was my favorite food in the world!

After my daughter was born, I thought my diabetes would be gone for good. Unfortunately, I still didn't feel quite right. I ignored the “off” feeling for some time...until my doctor had me do the glucose tests.



**I ignored the “off” feeling for some time...until my doctor had me do the glucose tests.
The results: I was, in fact, insulin-resistant.**



I was caught in the biggest hoax of all: the money-making market of dieting and diet products. This was *definitely* not in line with my body or my natural hygiene beliefs.

The results: I was, in fact, insulin-resistant. I was back to taking Metformin.

I tried to stay away from sugar as much as I could. Nevertheless, I continually suffered from headaches, lethargy, and lack of concentration.

A friend, trying to help me better control my sugar (and my shape), recommended the Houston nutritionist. She, following his plan, had managed to lower her body fat percentage to single digits! I was excited.

I had never before consumed so many animal products—and, on top of that, processed products, like powdered protein shakes, protein bars, and packaged artificial sweeteners.

I was caught in the biggest hoax of all: the money-making market of dieting and diet products.

This was *definitely* not in line with my body or my natural hygiene beliefs.

After watching *Forks Over Knives*, I ventured into veganism. I had always wanted to...[but] doctors continually told me animal products were necessary.

After watching *Forks Over Knives*, I ventured into veganism. I had always wanted to be vegan, but my (holistic) doctors continually told me animal products—as deficient as they were—were necessary for controlling my sugar imbalances.

They were wrong.



Animal products are so addictive! Once hooked, it is hard to break the habit of eating them. I was like, “Oh no—I won’t be having my egg-white omelet for breakfast anymore?”

The body gets used to whatever diet it is constantly fed. Even though it wasn’t working for my body, I was still attached to the food I had been eating for so long, and my taste buds craved it.

Change is hard, especially in the beginning!

Most people, because of what the media teaches, believe in limiting sugar and increasing protein. I was no exception.

I was constantly obsessed with getting my protein needs met: beans, tofu...whatever. I thought that, as a diabetic, protein was especially important—that I needed a heaping amount of protein to balance out my blood sugar.

I began my vegan path by using recipes from Dr. Barnard's book. Then, as had happened with every diet in the past, I got very obsessed—visiting websites, buying new books, and trying new recipes.

As I ate my Tofurkey that Thanksgiving, my brother asked, “So, Bibi, is this the last diet that you’ll be starting?”

As I ate my Tofurkey that Thanksgiving, my brother asked, “So, Bibi, is this the last diet that you’ll be starting?” At the time, I thought it was.



At the time, I thought it was! Little did I know, this was just the beginning of my long journey toward vibrant health.

I, at first, turned to veganism solely for health. Once “inside”, however, I couldn't help but view animal rights videos and blogs, and my mind started opening up in those areas as well.

My whole being changed. The angry person I had been melted away...and I began to feel a beautiful, peaceful vibration inside. It was an eye-opening experience.

While doing a web search for the word “vegan”, I browsed a multitude of websites. I stumbled across the term “raw vegan”, and started wondering, “What is a raw vegan?” “Are people really doing that?”

I became more and more curious. It was already intuitive for me to eat uncooked meals at noon. I also didn’t like eating anything warm—doing so caused me to feel sleepy.

Of course, in researching “raw vegan”, the first person I came across was Freelee the Banana Girl. I was like, “Wow, this girl looks to be on top of the world!”

I saw many transformation stories from other people as well—they were really inspiring. All these “rabbits” talked about the miracles that can come about on a raw vegan lifestyle. I couldn’t help but try it myself.

**While doing a web
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I became more and
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I couldn’t help but
to try it myself.**



The thing is, I was thriving as a “cooked” vegan, and I really liked it. I liked the food. I knew how to prepare my meals. I liked how I felt (with the exception of legumes—they never liked me that much).

But with raw vegan, I was back to square one. Where would I start? I knew the transition was going to take a whole lot of extra effort on my part, and decided I couldn’t do it alone.

I did a web search for “raw vegan Houston” and came upon Kristina Carrillo-Bucaram. I learned that she was a raw coach, so I immediately contacted her for a coaching session.

When I first started working with Kristina, she introduced me to Dr. Douglas Graham’s *The 80/10/10 Diet*.



The book made total sense, but the diet seemed so plain to me.

The testimonials, though, were mind-blowing! I *had* to experience just a little of that “high” all those people were raving about.

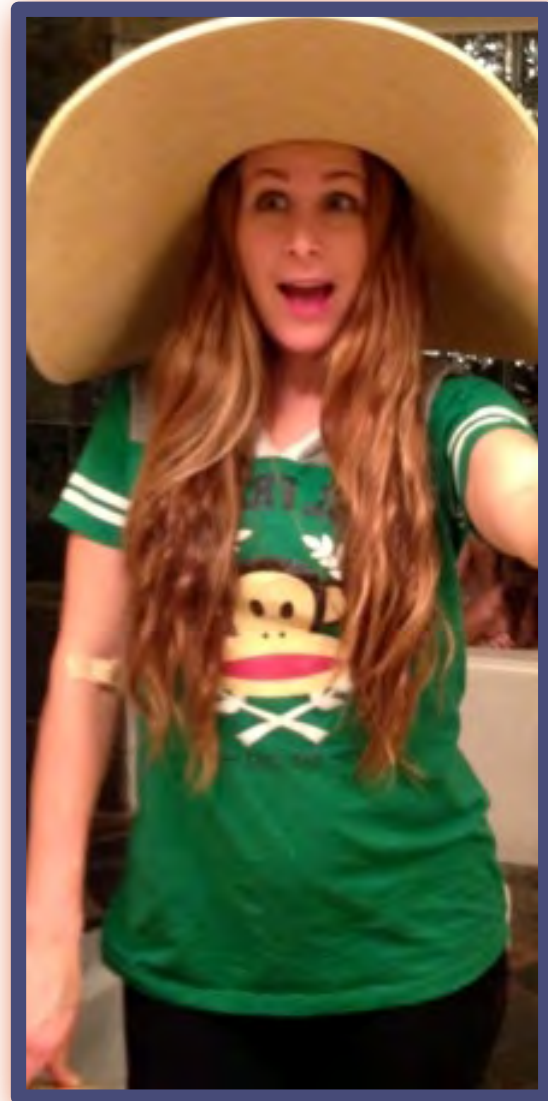
I did a web search for “raw vegan Houston” and came upon Kristina Carrillo-Bucaram...I immediately contacted her for a coaching session.

I wanted to absorb the whole movement—to saturate myself with this newfound gold mine.

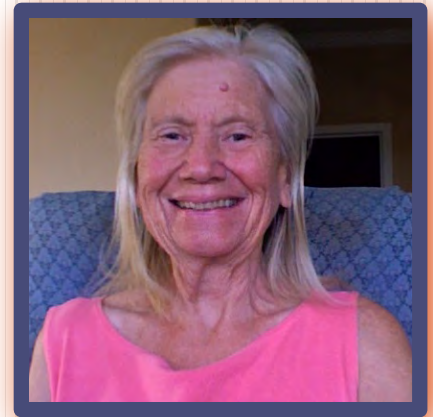
I started viewing more YouTube videos, listening to radio talk shows, buying plenty of literature and recipe books from various authors, and purchasing all the appliances.

I was ready to “rawk”! If veganism could heal my diabetes, then raw veganism was going to turn me into Wonder Woman. I wanted nirvana!

**I was ready to
“rawk”!
If veganism could
heal my diabetes,
then raw veganism
was going to turn me
into Wonder Woman!**



Carol's Journey to a Fruit-Based Diet



Please share how your journey led you to find out about and try a low-fat, high-carb, fruit-based vegan lifestyle.

I watched the movie *Fat, Sick, and Nearly Dead*, where the filmmaker goes on a juice fast and loses all his ill.

In front of the camera, he transformed from the usual middle-aged white male to, at the end, a man with whom I would love to go out.

Somehow, I decided that I would do exactly what he did—i.e., drink nothing but freshly-squeezed fruit or vegetable juice.

Because I had tried to lose weight before with juicing, I had two juicers in the back of the closet that I was able to recover.

I think that, in the past, what had kept me from continuing my juice diets was worrying about the eternal question so prevalent in society: “What about your protein?!”

This time, on October 28, 2011, I started drinking only freshly-squeezed fruit and vegetable juice.

I watched the movie *Fat, Sick, and Nearly Dead*, where the filmmaker goes on a juice fast and loses all of his ills...I decided that I would do exactly what he did.



Having usually always started diets in November and failing in January (because I was always going to resume my “normal” way of eating eventually), I now felt comfortable sticking to my juicing.

I watched others dive into the holiday meals and desserts, while I sat and sipped my juice. (I also watched them fall asleep watching the football game afterward!)

As the time was approaching when I felt I should resume more than juice, I did a search for diets...I finally read Dr. Doug Graham's *The 80/10/10 Diet*.

As the time was approaching when I felt I should resume more than juice, I did a search for diets.

I bought the book *The China Study*, where I learned about the evidence that excessive protein would CAUSE cancer.



I was amazed—protein had always been the “good” guy in food! Now what?

I then read John Robbins' *Healthy at 100*, and, once again, the plant-based diet was the healthiest. As far as I had known up to that point, the only protein source was meat, eggs, and dairy.

Still juicing, I finally read Dr. Doug Graham's *The 80/10/10 Diet*.

Since I still had lots of weight to lose and I knew that fat had more calories than carbs or protein, I decided to give this way of eating a try.

Lonnie's Journey to a Fruit-Based Diet



Please share how your journey led you to find out about and try a low-fat, high-carb, fruit-based vegan lifestyle.

As mentioned, when I got diagnosed with diabetes, I went on a calorie-restrictive diet. Needless to say, the weight was dropping off; but I was miserable.

I was always hungry. I would eat my breakfast, and, before I finished, I was already thinking about what I could eat for my snack.

I started researching surgery, the lap-band, pills, and different types of diets. I decided that I did not like the commitments, nor did I like the side effects.

I searched for different types of diets online, and I came across this character named Durianrider.

I think I caught him at about eight o'clock at night on YouTube. By four o'clock the next morning, I had finished watching almost all of his videos regarding the fruitarian diet.

Eat all you want without getting fat! I liked this idea; however, fruit is loaded with sugar!

I also watched a lot of videos by Freelee Frugivore, Durianrider's partner. Both of them together really drove the message home hard about this lifestyle.

I watched some videos by Dan the Man (Liferegenerator), but Durianrider and Freelee were the two main people that motivated me and got me started on this course.



**I searched for different types of diets online, and I came across this character named Durianrider...
Eat all you want without getting fat!
I liked this idea.**



I didn't read too many books about diabetes. I got the book *The 80/10/10 Diet* by Dr. Douglas Graham because Durianrider recommended it.

I read that before I started the fruit-based diet. I didn't want to start this lifestyle, and then make myself sick by not following it correctly.

I also did not want to take any chances with my diabetes, because I like having all my body parts—I can't emphasize that enough! I love my toes. I love my feet. I also like to see, and don't want to lose my vision.

I read [Dr. Doug Graham's *The 80/10/10 Diet*] before I started the fruit-based diet, because I didn't want to...make myself sick by not following it correctly.

What Do Ex-Type 2's Eat On A Daily Basis?

Type 1 Tasha: Daily Intake



As a type 1 diabetic using a continuous glucose monitor, I can [see what happens with my blood sugars every five minutes](#). I notice patterns, trends, and consequences of food choices.

My experience confirms the writings of plant-based doctors. When I eat a high-fat meal, my blood sugar stays high for a prolonged period of time, and is much harder to bring back to normal levels.

I can see that fruit sugars are not a problem for my body if I am eating a [low-fat raw food diet](#). (I do also supplement daily with small amounts of chia, hemp, and juiced barley grass powder.)

A fruit-based diet does not look the same for everyone. “Fruit-based” simply means that most of the calories consumed come from fruit.

Some prefer eating “mono meals” (for example, five bananas). Some make smoothies, salads, or recipes. (Recipe books and ideas are available on my [website](#) and [YouTube channel](#).) Others choose to include cooked plant foods while transitioning.

Non-sweet fruits and leafy greens are important for minerals and fiber (to help stabilize blood sugar), but are not a substantial source of calories.

Larry's Daily Intake



What do you eat on a daily basis?

When I first started the diet, I would always have fruit for breakfast—usually four to five different kinds of fruits.

I would have a snack in the morning—usually carrots, celery, radishes, or some kind of vegetable. I would have more fruit for lunch.

My afternoon snack varied—sometimes Larabars, more fruit, or more vegetables.

I would usually always have a really big salad at dinner. My salad included lettuce and all sorts of vegetables.

I included carrots, celery, radishes, peppers, cauliflower, corn (cut off the cob—there was lots of corn available then), black beans, spinach and kale (neither of which I really liked), and, occasionally, some fruit (like berries).

I ate cooked vegetables as well.

I was eating about ninety-five percent raw. I had fruit for breakfast, snacks of fruit or vegetables, a really big salad, and a smoothie.



That was pretty much my routine in the beginning. I was eating about ninety-five percent raw.

After about a month, Cyrus had me start replacing one of my meals (usually a fruit meal) with a shake/smoothie.

The shake was made up of tons of fresh and frozen fruit, blended together with baby kale, baby spinach, three tablespoons of hemp protein powder, and three tablespoons of chia seeds.

When I started including shakes, I would usually move my salad to lunchtime. I would then, five to six days a week, have a shake for dinner.

I still had my fruit breakfast and my snacks of fruit or vegetables.

Cyrus encouraged me to use the shake after exercising, as an energy recovery formula—he said it works very well for that. I try very hard to exercise prior to drinking my shake.

Bibi's Daily Intake



What do you eat on a daily basis?

I eat a *lot* of fruit. Yes, I am a fruit queen. I eat about 2,000 calories of fruit plus 200 calories of veggies and 200 calories of fat (avocado, nuts, & seeds). I never restrict my calories.

I'm so thankful for the simplicity of this lifestyle. Forget about wasting time cooking and preparing meals—I'll just have a mono meal and I'm ready to go!

Mono fruit meals fit in great with my work. My lunch is usually banana ice cream—it gives me so much energy and clarity.

Alternatively, I can just munch on grapes and celery while painting, which saves me precious time.

Breakfast and lunch are a snap. I usually have dinner between 4-6pm: another smoothie, or a plate of fruit with a huge salad. Dinners can be as simple or as elaborate as I want them to be.

Here is a sample day:

Morning: 34 ounces of orange juice, blended with other fruit, like papaya or pineapple.

Noon: banana smoothie (seven bananas with a bit of water).

Dinner: mangos, tangerines, and zucchini noodles, with a delicious sauce made from sun-dried tomatoes, cherry tomatoes, fresh basil, a bit of celery, and a bit of olives.

If I feel like giving myself a “treat”, I’ll grill a portabella mushroom or steam some veggies.



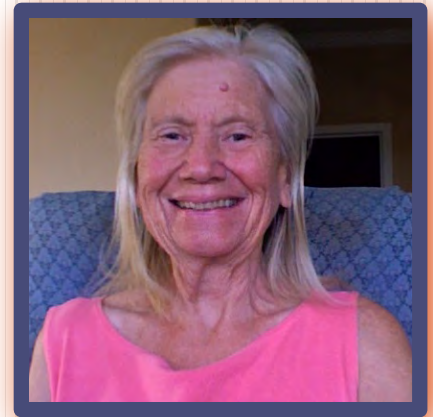
I eat about 2,000 calories of fruit [daily] plus 200 calories of veggies and 200 calories of fat (avocado, nuts, & seeds). I never restrict my calories.

I never say “no” to cooked foods in my mind, because that would feel restrictive. I am *almost always* raw.

If I so desire, I eat cooked food in the evening, but try to eat only one or two items. As long as I don’t overeat on the cooked food, everything’s still good.

The best part of the day—the reward—is that (if following a one hundred percent low-fat raw vegan diet) I sleep like a log!

Carol's Daily Intake



What do you eat on a daily basis?

I have a smoothie for breakfast. I go out to the garden and collect whatever greens there are.

Right now—in a fall garden—I choose between cilantro, dill, amaranth, swiss chard, kale, lettuce, beets, carrots, cabbage, and kohlrabi.

Then, back inside, I put six bananas (frozen or fresh, depending on what I have) in a Vitamix and add my garden greens.

When the spring and summer temperatures start to climb to over 80 degrees—to this year's highs of 112 degrees Fahrenheit—I prefer frozen bananas for a chilled smoothie.

In winter, I run the Vitamix longer, in order to get a warm smoothie.

For lunch, I deviate somewhat. I have one cup of cooked beans, with a salad of lettuce and tomatoes (when the two are available in my garden).

To save energy, I cook the dried beans—using different kinds, for nutritional reasons—four pounds at a time, and then freeze the beans.

I put one cup of beans in a slow cooker in the morning. Sometimes I add a hard vegetable, like some beets or sweet potatoes, on top. I set the slow cooker on low, and go outside to work until noon.

For the evening meals, or snacks when I am hungry between meals, I have in-season fruits.

I might also have out-of-season fruits if I have been to the grocery store for tropical delights—my favorite being papaya and kiwi.



**I have a smoothie
for breakfast...
I put six bananas in
a Vitamix and...
go out to the
garden and collect
whatever greens
there are.**

When I go to the grocery store, I buy a case of bananas. I eat them until they have been brown and spotting for one or two days.

I then freeze the peeled bananas. That way I am sure to have enough bananas for my morning smoothies.

The nearest grocery store is 120 miles away (round trip), and the organic bananas are 300 miles (round trip).

Those trips happen twice a month—one time to the nearer one, and one time to the further choice. As gasoline prices increase, I will make these trips less often.



For the evening meals...I have in-season fruits. I might also have out-of-season fruit if I have been to the [store]...The nearest [grocery] is 120 miles away.

Lonnie's Daily Intake



What do you eat on a daily basis?

Through Durianrider and Freelee, I brought “sweets” back into my life—in the form of fruit! In the beginning, I was super-super-super-strict with what I ate—mostly bananas, with some dates.

Everybody said, “Dates are so high in sugar!” For that reason, I didn’t eat too many dates. I also stayed away from watermelons, because there’s a lot of sugar, but not a lot of fiber. Nevertheless, I did eat watermelon once in a while.

In the morning, I would get up and drink a liter or two of water, first thing. I do also have my bad habit: coffee. I would drink a cup or two of coffee.

Then, sometimes I’d have one or two mini-watermelons or cantaloupes as breakfast in the morning. Usually, though, breakfast was a banana smoothie.

My banana smoothie generally consisted of eight to ten bananas, a little bit of cinnamon, a splash of almond milk, and six ice cubes to make it cold. To me, it just tastes better cold. If I had dates, I would put six to eight dates in as well.

I included about a teaspoon of cinnamon in my smoothie, because I had read somewhere that cinnamon is supposed to help “unlock the door” for blood sugar to transfer into muscle tissue.

Since then, I’ve read articles disputing that claim, saying there’s no scientific proof that it actually works. However, I like the taste of cinnamon, so I continue to add a little bit, just for flavor.

For lunch, I usually had the same banana smoothie. Sometimes, I would even have the same fruit smoothie for dinner!



I am really bad at eating greens, though. I do usually get containers of spinach from Costco.

About the only greens that I would incorporate was an occasional handful or two of spinach, blended in with about ten bananas (in the Blendtec).

During my first two months of testing, however, my banana smoothies did not have spinach in them.

Through Durianrider and Freelee, I brought “sweets” back into my life—in the form of fruit!

For dinner, I tried to have a salad. I don't like regular lettuce, so I ate spinach with some cherry tomatoes, and, every once in a while, an avocado.

I now also eat salads of spinach, arugula, and tomatoes, topped with lemon juice. I occasionally use a tahini dressing.

In the beginning, I was definitely very strict, fruit-based. I would eat all kinds of different fruits—including persimmons, watermelon, jackfruit, grapes, honeydews, dragonfruit, cherimoyas, pineapples, and durian.

Durian was excellent, but I wasn't eating too much of that because it's high in fat; plus, it's really expensive.

I [eat] all kinds of different fruits—including persimmons, watermelon, jackfruit, grapes, honeydews, dragonfruit, cherimoya, pineapples, and durian.



**Nowadays, I eat a ton of dates, too.
I can maul a pound of dates a day, and have no
detrimental effects with my blood sugar.**

Nowadays, I eat a ton of dates, too. I can maul a pound of dates a day, and have no detrimental effects with my blood sugar. If I run out of ripe fruit, I eat black beans with brown rice.



My fat intake was really low in the beginning. As I went on, I started to incorporate some avocados. I ate half an avocado—maybe once a week—just to get a little extra fat in my diet.

We buy avocados about once a month, at Costco. Four avocados come together, and they all ripen at the same time. So, when we get avocados, I'm eating them until they're gone. I end up eating four avocados over a weeks' time.

I would use half an avocado, a little bit of celery (I can't stand celery), jalapenos (processed/pickled in sauce with vinegar, from Costco) to spice it up, and lemon or lime, for salad dressing.



Sometimes I'd have one or two mini-watermelons or cantaloupes as breakfast in the morning; but usually, breakfast was a banana smoothie.

I'm not a big nut-eater, so I don't eat very many of them, but I did drink almond milk. In the beginning, I drank about one cup a day.

I used the almond milk for my banana smoothies. Having liquid in the blender helps the blending process get started, and I didn't want to use water.

I tried to make almond milk once, and it tasted terrible. I usually buy Silk Pure Almond Milk Original, with 60 calories.

I could drink the 30-calorie version, but if I use the 60-calorie version, I can get my kids to drink it instead of regular milk.

One cup serving size of Silk Pure Almond Milk has 0.5 grams polyunsaturated fat and 1.5 grams mono-unsaturated fat.

FOR REFERENCE PURPOSES ONLY

I watched *Fat, Sick, and Nearly Dead*, with the guy from Australia who did juicing. It was awesome.

At the time, I didn't believe in juicing because I was afraid it would screw with my blood sugar.

I thought that I needed the fiber to counterbalance sugar. I still feel that removing the fiber from a product will cause the blood sugar to spike.

But, I don't like vegetables, so I want to incorporate juice. instead of having a smoothie in the morning, I want to juice, so I get my vegetables.

I think what I'm going to start doing is juicing some kale, spinach, and cucumbers, and then mixing it with some fruit in my blender.

I am not going to go off my fruit-based diet for juicing. I plan to juice my vegetables and eat my fruit.

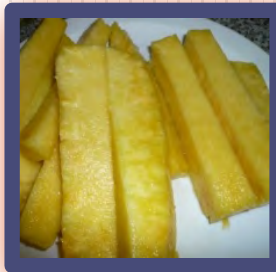


**I don't like vegetables, so I want to incorporate juice...
I am not going to go off my fruit-based diet...
I plan to juice my vegetables and eat my fruit.**

What's On The Menu?

Hydrating Tropical Fruit

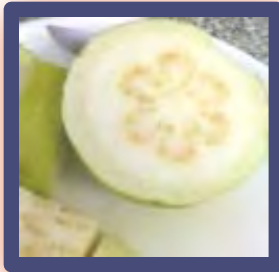
Mango ~ Pineapple ~ Kiwi ~ Papaya



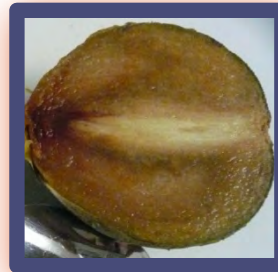
Dragonfruit ~ Longan ~ Lychee ~ Orange



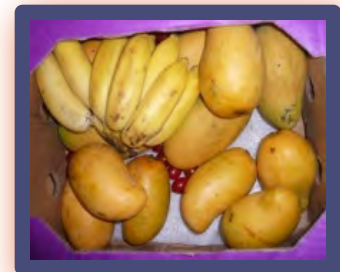
Guava ~ Starfruit ~ Pomegranate ~ Jackfruit



Passionfruit ~ Persimmon ~ Sapodilla ~ Fig

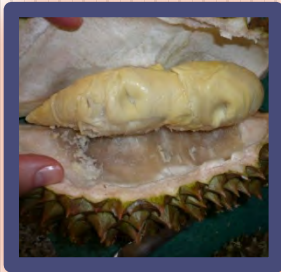


~ Tropical Fruit Abundance ~

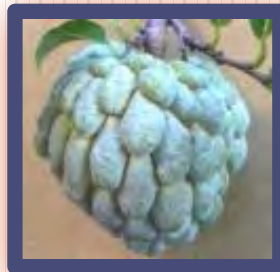
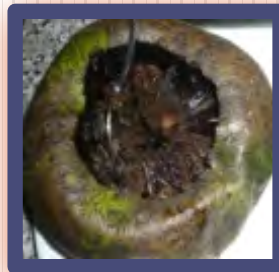
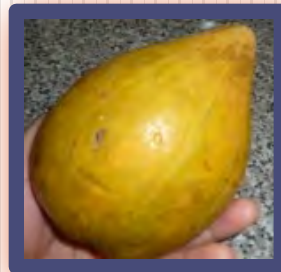


Denser Tropical Fruit

Durian ~ Date ~ Mamey Sapote ~ Banana



Eggfruit ~ Black Sapote ~ Sugar Apple ~ Monstera

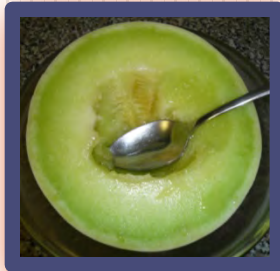


Temperate Fruits for Mono Meals

Peach ~ Watermelon & Cantaloupe ~ Grape ~ Plum

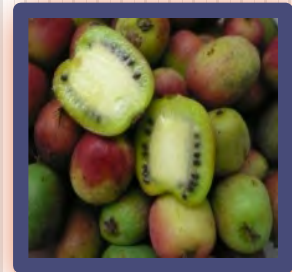
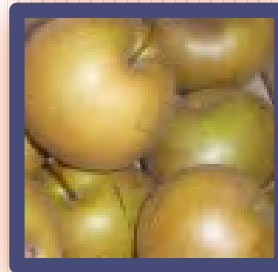
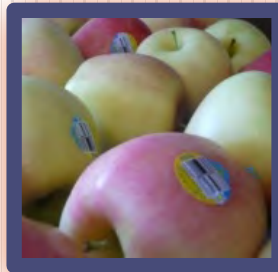
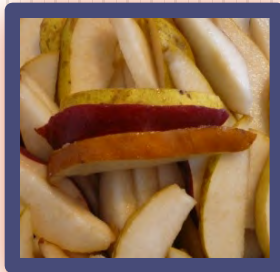


Honeydew ~ Sweet & Rainier Cherry ~ Nectarine

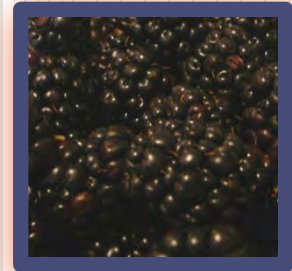
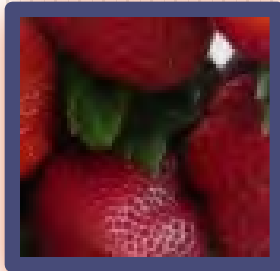


Temperate Fruits for Variety

Pear ~ Apple ~ Asian Pear ~ Hardy Kiwi



Strawberry ~ Blueberry ~ Raspberry ~ Blackberry



Non-Sweet Fruits, Tender Leafy Greens, & Celery

Sweet Pepper ~ Heirloom Tomato ~ Bell Pepper

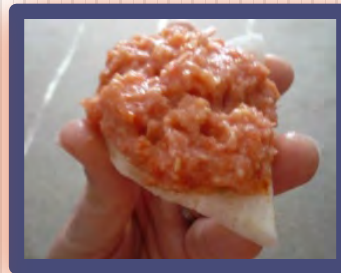
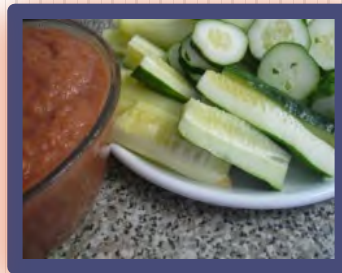


Okra ~ Cucumber ~ Zucchini ~ Romaine ~ Celery

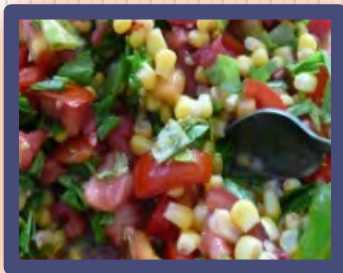


Transitional Low-Fat Raw Fruit & Veggie Meals

Appetizers ~ Veggie Dip ~ Nachos ~ Sub Sandwich



Taco Salad ~ Caesar ~ Fresh Wrap ~ Summer Salad



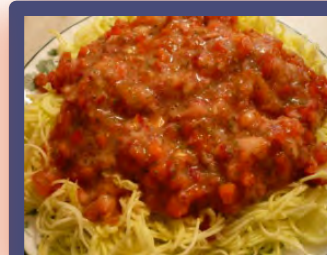
Gazpacho ~ Berries ~ Cranberry Salad ~ Fruit Salad



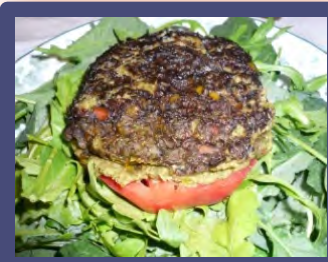
Stir-Fry ~ Pizza ~ Pea Salad ~ Chicken Salad



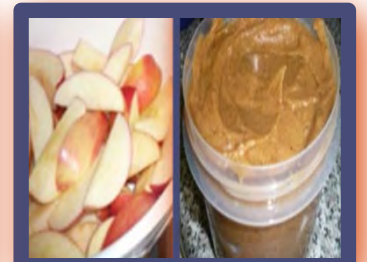
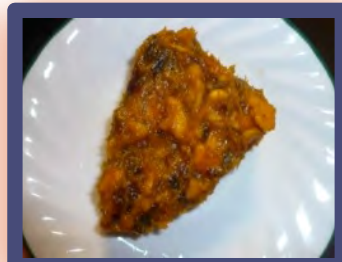
Fettucine ~ Manicotti ~ Spaghetti ~ Ravioli



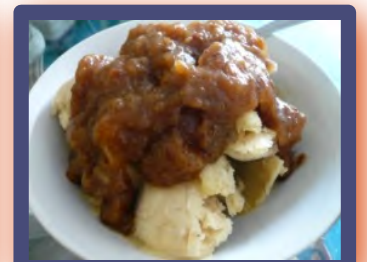
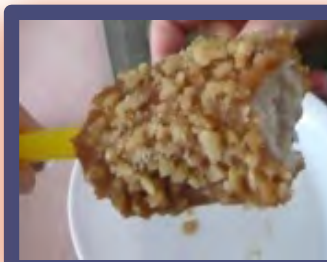
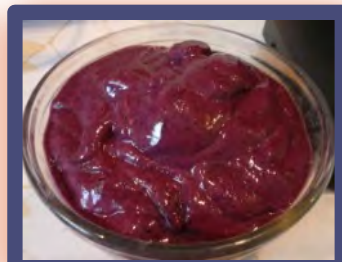
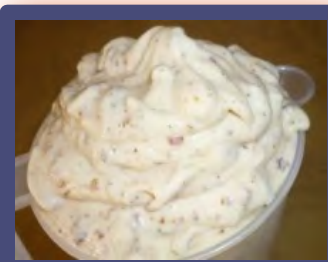
Hamburger ~ Chili ~ Polish Sausage ~ Lasagna



ChocoBerry ~ Cheesecake ~ Strudel ~ Apple Dip



Soft Serve ~ Sorbet ~ Toffee Bar ~ Caramel Sundae



What Support Is Needed To Become An Ex-Type 2?

Type 1 Tasha: Support



Where does a person who wants to get off diabetes medication go for support during the transition process? Doctors? Friends? Family?

As a type 1, I transitioned under the supervision of a traditional endocrinologist, whom I continue to visit on a regular basis. He is skilled and knowledgeable about many things related to diabetes.

He lets me know in no uncertain terms on each visit that he thinks I am crazy to be eating such a high-carb diet as a diabetic.

I have chosen to be my own advocate for optimal health. I take my doctor's educated opinions into consideration, but I make my own decisions. I "do my homework" with research and experimentation.

My support has been almost entirely from [online resources](#) and [forums](#). I did not have anyone from "real life" who understood what I was doing.

Radical lifestyle change is not easy. Despite having the knowledge and determination, I failed continually until I found a solid support system.

Larry's Support System



*Did you participate in a coaching process?
Did you have other forms of support? Please explain.*

Yes, Cyrus Khambatta was my coach. Thanks to him, I found something that really helped me—gave me a clearer idea of how to deal with diabetes.

Cyrus was very kind to me. He wanted me to be one of his test cases. I'd known him most of his life, so he didn't want to charge me anything to be my coach.

I remember the day I called Cyrus—I was on the couch, really tired. After I talked to him on the phone, I decided to get up and walk around the house.

The first time I tried, I was able to walk around three or four rooms a couple of times...and then I was back on the couch. I did that again a little bit later in the day. That's kind of how my exercise began.

Cyrus came to my house a couple of days later, to help me get started. I was pretty tired that Saturday, since it was a weekend after chemo. I think he came down on Sunday. I was pretty good by then.

Cyrus included my wife and daughter-in-law in the initial session. Having them there was very helpful—including them meant I wouldn't have to remember everything myself. It was also a great way for them to be able to support me.



During his visit, Cyrus emphasized the importance of diet and exercise, and got me started on his plan.

He said, “Most of the world is at one end of the spectrum, and I am literally at the other end of the spectrum. If I can get you to come most of the way down the spectrum toward where I am, that will be really successful.”

Cyrus went into great detail about what was good to eat and why; what was not good to eat, and why not.

He talked about the things we should have in the house, the cupboard, and the refrigerator, and which things would not be effective in the goal of getting healthier.

Cyrus Khambatta was my coach. Thanks to him, I found something that really helped me.



Cyrus went into great detail about what was good to eat and why... He talked about the importance of exercise, and went through a bodyweight routine with me.

He also talked about the importance of exercise, and went through a bodyweight exercise routine with me. I didn't do a whole lot.

Cyrus demonstrated some exercises that I was able to do in limited amounts. The exercise routine consisted of three upper body, three core, and three lower body exercises, with varying reps, depending on how difficult the exercise was.

These exercises included modified push-ups, curls with stretch bands, leg lifts, torso twists, squats, and lunges. He also showed me variants of the exercises—how to make them easier (due to my limited strength) or more difficult.

We talked about walking and running. I told him I wasn't a big fan of running, but that I did like to walk. Cyrus encouraged me to walk at a very fast pace—as fast as I could.

My first session with Cyrus was face-to-face. For the next eight to ten weeks, we talked weekly, over the phone. He also had me keep a food log.

He also wanted me, if I walked more than once a day, to vary my pacing on the second walk. I was to walk really quickly for ten or twenty seconds, then slow down—alternating between the fast and slow pace, for at least ten cycles.

My first session with Cyrus was face-to-face. For the next eight to ten weeks, we talked weekly, over the phone.

For three to four months, I filled out a daily log for Cyrus. It included my blood sugar readings and other questions, such as, “How many times did you walk? How many times did you exercise? Did you have x number of fruits? Did you have a shake?”



He also had me keep a food log. I did it for the first month and a half, but once I got into the routine, I no longer felt that it was necessary, so I didn't keep up with it.

Although I didn't want to test my blood sugar before and after all my meals, I regularly checked and recorded my blood sugar after dinner, before bed, and when I woke up (fasting).

After about eight to ten weeks, I was very comfortable with my new lifestyle. About that time, Cyrus was really starting to get his business going.

I told him that I felt I could continue on my own—that I didn't want to take up his time, but that I would be in touch with him periodically.



I had really good support from my family. My wife usually walks with me once a day... She also did the exercises with me, for a while.

At that point, we stopped having routine sessions, but we did contact each other periodically. I was still doing the charting for him, and sent it to him for about another month and a half.

I had really good support from my family. Thayer, my wife, usually walks with me once a day, when we can walk outside. She also did the exercises with me, for a while, but she has since stopped doing those.

FOR REFERENCE PURPOSES ONLY

My daughter-in-law and my daughter are both vegetarians. My daughter-in-law is also gluten-free. She gives me lots of recipes.

We go to my (son and) daughter-in-laws' house occasionally and she cooks for me, is always encouraging me, and gives me new ideas for food options.



My son, who was a healthy meat-eater, still eats chicken and meat occasionally, but his diet is much more aligned with my daughter-in-law now.

As a family, we eat a lot less meat, a lot less pasta, and a lot less of things that aren't healthy.

When I first started my diet and exercise, we were on vacation in Hawaii. Thayer's younger brother and his family showed up to surprise us.

They were amazingly helpful and encouraging when I was just beginning to change my diet and exercise habits.

Friends have been very supportive and encouraging as well—both with the cancer and the diabetes.

My daughter-in-law and my daughter are both vegetarians. As a family, we eat a lot less meat, pasta, and things that aren't healthy.

***Did you discuss the diet with your doctor, if applicable?
What was the response from your doctor?***

I did not discuss the specifics of the diet with my primary care physician. At the encouragement of my oncologist, I did interact with her, at various times, via email. (Our clinic has a pretty good online system.)

My oncologist saw the transformation because I saw her regularly. She was very complimentary and interested in what I was doing.

I told her about the diet and exercise. I explained to her—very minimally—how I knew Cyrus, and a little bit about his background.

When I explained to her about the diet, her reaction was the same as about ninety-nine percent of people who ask about the diet: “Where do you get your protein?”

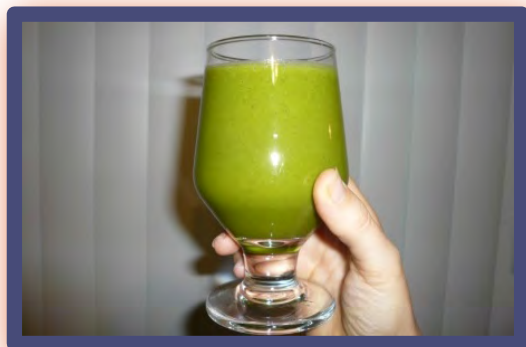
**My oncologist
saw the
transformation...
She was very
complimentary
and interested in
what I was doing.
When I explained,
her reaction was:
“Where do you get
your protein?”**



I haven't seen my primary care doctor since I was diagnosed. We have communicated via email. [She] has been following my progress.

To that (seemingly universal) question about my diet, I usually say, "Well, I use hemp protein powder, and Cyrus says that's all I need." I don't think people understand that...and I'm not sure I do!

Cyrus has explained it to me, and it's quite a bit over my head, in terms of intelligence level. I do understand that I don't need it.



***What support and interaction did you have from and with your doctor during your transition to the diet?
How is your current relationship with your doctor, if applicable?***

I haven't seen my primary care doctor since I was diagnosed. We have communicated via email. The communication has been very positive and supportive.

I conferred with her a couple times about my blood pressure medications, which she told me to reduce.

My primary care doctor has been following my progress, and has been very pleased with the results. She saw my (pre-infusion) blood draw fasting blood sugars and my subsequent HbA1c tests.

When she saw the results of my most recent HbA1c, my primary care doctor commented that she was happy and very encouraged with the progress.

She said to keep up the good work, and told me that I don't need to take daily blood sugar readings.

I didn't tell her how I was getting those results. She really doesn't know about my diet.

My primary care doctor commented that she was happy with the progress. I didn't tell her how I was getting those results. She really doesn't know about my diet.



My oncologist—who kind of knows about my diet—just keeps telling me I look good, and that she's very pleased.

I haven't offered to explain the diet in any more detail, and she hasn't asked me.

I think that the health community hasn't gotten to this level of understanding or acceptance...and I'm not going to try to change them.

I'm just happy that I know what to do to help myself.



A couple months ago, my oncologist said to me, “The chemo is working well—we are getting results there. I am really impressed with what you’ve done weight-wise, and the health results you’ve gotten...

“It would have been a shame to have all this success with the chemo and then have you die from a heart attack.”

I think that was pretty telling, and quite important—at least from a personal standpoint.

It made me feel good, and probably was what I was feeling as well, but had never really expressed.

The health community hasn’t gotten to this level of understanding...and I’m not going to try to change them. I’m happy that I know what to do to help myself.

Bibi's Support System



*Did you participate in a coaching process?
Did you have other forms of support? Please explain.*

Yes, Kristina Carrillo-Bucaram was my coach. We started working together on January 4th, 2012. .

I think she coached me for three or four sessions; that was it. She came to my house for (about) two-hour sessions.

We just addressed whatever issue I was having at the time. In-between sessions, I would email, text, or call her if I had something with which I needed support.

In the beginning, I was very apprehensive. I was going through extremely unpleasant detoxification symptoms, and things were very intense.

I needed an expert guide, because I didn't know what to expect. Thank goodness Kristina was there, because she helped me push through the hard times. She is truly an example to follow.

FOR REFERENCE PURPOSES ONLY

Last September, I rewarded myself, and my commitment, by attending FoodnSport's Health and Fitness Week with Dr. Graham.

A person can feel pretty isolated on this lifestyle. Not many people follow it unless they have some sort of illness motivating them to stick to it. That's why I wanted to meet my "family"—others with whom to share this journey.

I met the most wonderful people that week. They were all doing the same thing as me...and it wasn't a big deal.

The camaraderie felt so awesome! They all had overcome some sort of health issue as well. It was great to hear their stories and advice.

The thing that struck me the most was that everybody was super good-hearted, energetic, and very caring. I would even dare say they were all "supreme beings".

It was a really beautiful experience—such a friendly environment, supportive to all. We all understood the commitment it takes to live in a world that thinks and eats differently.



Thank goodness [my coach] Kristina was there, because she helped me push through the hard times.

My friends from FoodnSport help to keep me motivated. We keep in touch with each other on Facebook.

It doesn't matter whether we talk about food at all—it just helps to know they are there, and that we are doing the same thing.

My friends from FoodnSport help to keep me motivated. We keep in touch with each other on Facebook... It just helps to know they are there, and that we are doing the same thing.



***Did you discuss the diet with your doctor, if applicable?
What was the response from your doctor?***

No, I didn't discuss the fruit-based diet with my doctor before starting. I made the decision (to follow it) on my own.

Shortly after beginning, I heard different opinions about the diet from my gynecologist, endocrinologist, and also from a nutritionist friend.

They really can't comment (knowledgeably) if they haven't tried it for themselves.

**There are so many conflicting opinions in the health industry...I now question everything I'm told.
I analyze it, then I decide for myself.**



There are so many conflicting opinions in the health industry. Yes, it *is* an “industry”. People make money out of the theories they disseminate.

There will always be someone who wants to challenge a person’s beliefs. There are also many “diets” out there. Sure, they may work to slim a person down, but can they help that person heal as well?

I now question everything I’m told. I analyze it, then I decide for myself. I believe this is a good practice for everyone to follow.

I also believe there is no absolute truth. I just stick with this path because after trying many others, I’ve found this to be the only one that has healed my body, my mind, and my soul.

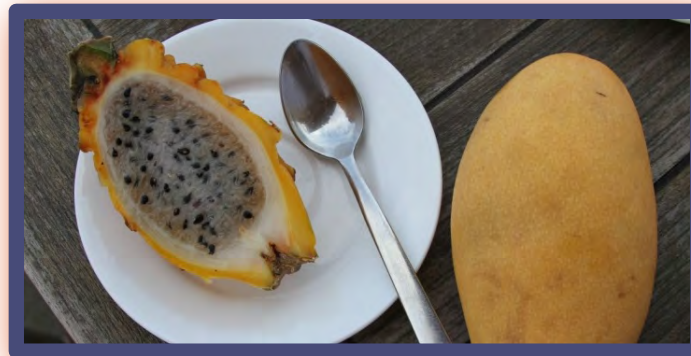
***What support and interaction did you have from and with your doctor during your transition to the diet?
How is your current relationship with your doctor, if applicable?***

When I began following this diet in January 2012, I took some blood tests in order to get “baseline” readings.

I hoped to undergo positive changes in my health, and wanted to be able to keep track of them.

The blood tests at that time showed insulin resistance; low B12, D, and co-enzyme 10; and also a bit of anemia. I started taking vitamin supplements to correct my deficiencies.

**I didn't discuss the fruit-based diet with my doctor before starting...
When I began following [it]...
I took some blood tests in order to get “baseline” readings.**



Six months later, I took another set of tests and the results were astounding! The only thing that remained a little bit low was my vitamin D level.

After I dropped my thyroid medication, everything went berserk. I started seeing an endocrinologist who did extensive tests on me every three months.

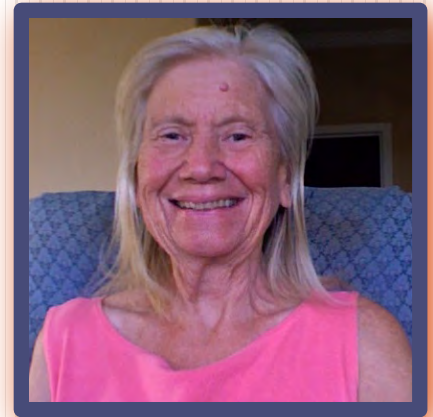
I told him about my diet—that I wanted to heal myself naturally. He wasn't concerned which diet I was following, as long as my lab results were good.

He has been observing the changes in me. At my last visit, he said I am doing great—I have a working thyroid now, and don't need to take thyroid hormones anymore! I still can't believe it!



**After I dropped my thyroid medication...
I started seeing an endocrinologist who did extensive
tests on me every three months.**

Carol's Support System



*Did you participate in a coaching process?
Did you have other forms of support? Please explain.*

My “coach” was Dr. Doug Graham's books and his forum on VegSource.com.

The best support was my body's response to the new food it was getting.

A huge support was being so far away from a city, where I might be tempted to eat out.

Another support was going to the nearby post office/feed store/restaurant/convenience store, which is about 50 miles away. This is an all-in-one type store found in rural communities.

Everyone knows everyone; and, when I would walk in, they would all tell me how good I was looking.

One gentleman who was always jokingly flirting with my fat, old-age self, would whistle and really carry on.

That really helped me continue through the phase of hanging on as best as one can!

**My “coach” was Dr. Doug Graham’s books and his forum.
Another support was going to the nearby post office...
they would all tell me how good I was looking.**



***Did you discuss the diet with your doctor, if applicable?
What was the response from your doctor?***

I had, long ago, learned never to discuss certain things with one's doctor!

I remember telling my orthopedic physician that I had quit taking Naprosyn for the osteoarthritis.

He had exploded in a rage, shouting, “You will take whatever I prescribe until I tell you to stop!”

I had, long ago, learned never to discuss certain things with one's doctor.

Then, every six months, at my required visit, when he would ask again, I would say that I was taking it as prescribed...although I had quit before he had the tantrum.

When he wrote me a prescription to get liver function tests because of the Naprosyn, I made the decision to never go back to him.

Instead, I decided to use the pain and swelling to indicate when I had to get off my feet.



Typically, advanced osteoarthritis causes pain—to the extreme of needing joint replacement. This is because of the ragged ends of the joints.

Unlike the usual scenario, I had pain that was there, but not anything for which a doctor recommended surgery.

This was because X-rays showed that—although I had no cartilage in hips or knees—I had smooth, round heads. There were no ragged ends that ate away the joint heads (and eventually the bones).

I look forward to a time in the future when I can perhaps have those joints X-rayed again, to see if my body has re-grown the cartilage.

I expect that I have, though, because I have no pain in any of the previously acutely-painful joints: ankles, knees, and hips.

The ankle joint in the club foot used to swell to the size of a grapefruit at the end of the day. It was so painful that I could not even lightly touch the joint.

It now stays completely normal—no pain except when the weather is in for a big change. I still have stiffness after sitting for an extended period, but no pain.

I look forward to a time in the future when I can perhaps have those joints X-rayed again, to see if my body has re-grown the cartilage. I expect that I have, though, because I have no pain.



What support and interaction did you have from and with your doctor during your transition to the diet?

The only doctors I saw during this period were two dentists—my local dentist and the root canal dentist.

They seemed okay with it, but recommended that I be sure to use fluoridated toothpaste (which I don't)!

Before going on the juicing or the 80/10/10 regimen, I had a dead tooth, with a steel implant on which to place an artificial tooth.

I was told that I had a lot of cracked teeth, and to be very careful when eating hard foods.



The only doctors I saw during this period were two dentists...They seemed okay with it, but recommended that I be sure to use fluoridated toothpaste.

Lonnie's Support System



*Did you participate in a coaching process?
Did you have other forms of support? Please explain.*

Support is very crucial, especially when living with a partner. I still have two kids that are young. They depend on me to prepare their food.

I do not crave meat any more. It actually disgusts me, and I hate to even touch it. But...I still have to cook the foods that my kids will eat.

My partner, up until recently, was pushing meat, meat, meat, cheese, cheese, cheese...so I'd always have to cook that food. I had no desire to eat the meat.

I will be honest, though: seventeen months after giving up cheese—to this day—I still struggle, when cooking for my kids, to not eat the cheese.

FOR REFERENCE PURPOSES ONLY

I still love cheese. I haven't eaten any, but it drives me crazy every time I have to prepare quesadillas or tortilla chips with cheese on top.



I consulted a nutritionist (via the telephone) through my work's insurance program, but her knowledge of a plant-based diet (that includes fruit) seemed very limited.

I read the book *The 80/10/10 Diet* by Dr. Douglas Graham, regarding a low-fat raw vegan diet.

My main support system, though, has been Durianrider and Freelee the Banana Girl. Via 30bananasaday.com, they gave me support, as well as a lot of information.

So, hats off to Durianrider and Freelee, because those two are wonderful. My doctor gave me the little nudge to get started; Durianrider and Freelee took it from there.

I have made numerous comments about how Durianrider literally saved my life; but, he's not as approachable as Freelee. He's never responded to me personally.

I consulted a nutritionist...but her knowledge of a plant-based diet (that includes fruit) seemed very limited.

My main support system, though, has been Durianrider and Freelee...My doctor gave me the little nudge to get started; Durianrider and Freelee took it from there.



Freelee has actually responded to me personally, via Facebook messages—wow!

It just floors me that somebody like her would actually take the time to talk to somebody like me. I mean, at times when I was at my lowest, she's always been there.

I follow Freelee and Durianrider on this physical app called “Strava”. It's a phone app.

People also use Garmin for tracking physical activity—biking, swimming, and running. I follow Freelee and Durianrider on that as well.

They provide encouragement when they see people go out and do their runs or biking, and it helps with accountability.

I made a lot of friends using Facebook; I cannot tell you how much support I received via this medium.

I made a lot of friends using Facebook; I cannot tell you how much support I received via this medium.

Victoria Arnstein (Mike Arnstein's wife) has been a fabulous person to lean on, in the Facebook community.

When I was unemployed, Facebook was pretty much what I did all day. There wasn't anything else to do, and I was depressed the first six months.

I'm on Facebook all the time. I know it's addictive, but there are just so many people in the raw food community that are available to give advice and support.

My facebook connections started when I "liked" Durianrider's page. I don't think it's possible to friend him because he's so wildly popular.

I liked Freelee's feed as well, and then sent her a friend request. Lo and behold, she accepted me!

I "friended" Princess Raw Fruits Neet through Freelee; then from her, I "met" Drew McCall Burke, then John Sakars, and then other people.

As I started reading comments, sometimes when I "liked" what somebody said, they sent me a friend request, or I sent them a friend request.

That's how I built up my community.



I think I have about five hundred friends now, which isn't a lot, but I would guess that at least three hundred of them are in the vegan community.

I was unemployed for fourteen months, which meant I had no money. I was fortunate to get a job, but traveling is out of the equation at this point in time.

I didn't have the financial resources to actually go meet these people. Hopefully, within a year or two, I'll be back on my feet, and able to go to the Woodstock Fruit Festival.

I would also love to travel to Australia or Thailand to meet somebody like Princess Raw Fruits Neet, or Chris Randall, because those people are so instrumental in the raw community.

It would be great to meet a lot of my friends, like John Sakars, who is very into animal rights.



I didn't have the financial resources to actually go meet these people. Hopefully, within a year or two, I'll be...able to go to the Woodstock Fruit Festival.

As a diabetic, I encounter a lot of nay-sayers. They tell me, “You are nuts; you’re going to kill yourself!” Or, “You are stupid, eating like this,”—and I’m a type 2.

People think that type 1s should not even touch fruit at all because they are on insulin.

I have some friends on my Facebook page that are type 1 diabetics, and they tell me, “Dude, you’re nuts.” They don’t eat any fruit at all.

But this lifestyle, if done correctly, can reduce the amount of insulin a person requires. It can reduce the amount of medicine required. It just takes commitment.



There’s a diabetes forum on WebMD. In my opinion, those on the forum are very anti-fruit diet. They feel a low-carb diet is necessary for diabetes sugar control.

I was trying to say, “Look, I’m doing a high-carb diet and it’s working for me.” I’m doing (I guess it’s called) “simple carbs”.

I’m not doing refined carbs. Obviously eating white bread, white potatoes, and white rice is going to create issues, but I am doing fruit-based carbs.

**As a diabetic, I encounter a lot of nay-sayers...
There’s a diabetes forum on WebMD...Everybody
[there] would bash me about my approach, so...I left.**

But everybody would bash me about my approach, so I disagreed with the stance of the community, and I left.

There's a Facebook page called Blood Sugar 101; this lady advocates low-carb.

I would always try to communicate, "Hey, I'm doing this high-carb lifestyle..." and she would reply, "I don't agree with that."

I still kind of follow her on Facebook, but again, it's just not a community that I felt was very supportive.



[My primary physician] was supportive...yet a bit apprehensive...I began, and continued, this journey with my doctor and with multiple blood tests.

***Did you discuss the diet with your doctor, if applicable?
What was the response from your doctor?***

Before beginning, I spoke with a nutritionist and several doctors, and they all told me that I could actually die from eating a fruitarian diet.

My male doctor is my primary physician. He is not a vegan; he is not a strict vegetarian; he eats mostly vegetarian food, though.

For the first month on the fruit-based diet, I would call and talk with a nurse or a dietitian...Their advice was more traditional: “You’ve got to have your protein.”

He was supportive of my decision, yet a bit apprehensive about the amount of fruit I would be eating.

I began, and continued, this journey with my doctor and with multiple blood tests.

My wife and I work for a very large hotel chain. One of the benefits is the ability to call in and get health advice.

I used this for the first month on the fruit-based diet. I would call and talk with a nurse or a dietitian about my health and my eating habits.

They were not quite as supportive as my doctor. Their advice was more traditional: “You’ve got to have your protein, via your meat,” and “You need to have some dairy.”

I told them I wasn’t including meat or dairy. They were somewhat understanding.

But then, when they reiterated, “You still need your protein,” I told them that I get plenty of protein from this way of eating.

But I did talk to them.



*What support and interaction did you have from and with your doctor during your transition to the diet?
How is your current relationship with your doctor, if applicable?*

I did the entire transition process scientifically and medically. I didn't just say, "Oh, I feel better so I am going to stop taking my meds."

I consistently tested my blood sugar. I bought a blood pressure monitor, and monitored my blood pressure.

I had professional tests done at the lab and worked with my doctor to see how my results were.

I had professional tests done at the lab and worked with my doctor to see how my results were.



After two months on the fruit-based diet, I went back to see my doctor.

Reviewing the lab results with me, he said, "Normally, you're on this for life; we don't take you off of it. But I can't refute the numbers.

"The numbers don't lie, and they say that you're fine. I'm going to take you off the meds." So my doctor took me off the medication.

After that, I felt pretty great.



I still interact with my doctor; I definitely listen to the medical and scientific facts that he gives out. He's very good at listening to me as well—he has been very supportive of my diet.

My doctor teases me all the time about being an extreme kind of guy: "There's nothing about you that's not extreme.

"With diet, you go from one extreme to the other. With exercise, you go from nothing to running twenty miles—that's extreme, dude."

On the other hand, he says, "I want to use you as a role model to my other patients—if you don't mind—about what you've done."

I told him that I don't mind at all—he can use me as an example any time. I also told him that I could come in and talk to people, if he wanted.

He hasn't taken me up on my offer yet, though.

I still interact with my doctor; I definitely listen to the medical and scientific facts that he gives out. He's very good at listening to me as well.

What Does A Healthy Lifestyle Look Like?

Type 1 Tasha: Healthy Living



Have you heard of Natural Hygiene? (Hygiene is an old word for “health”.) I never had, until recent years.

Practitioners of Natural Hygiene do not take medicines, or even alternative remedies, to alleviate symptoms. They seek instead to address the source of the problem, within the body, that is causing the symptoms.

Factors in health (or disease) creation can include—among other things—appropriate amounts of sunshine, pure air and water, sleep, recreation, stress management, physical activity, nutrition, and toxin avoidance.

Although I have not explored enough about Natural Hygiene to know whether I agree with all of it, I do really appreciate the importance of these factors in health creation.

The more I have educated myself in these areas and experimented to see how my body has responded, the more health improvements I have experienced.

The lifestyle factors listed in this section are taken from Don Bennett’s book, [*Avoiding Degenerative Disease*](#) (a book I highly recommend for “newbies”).

Larry's New Lifestyle



Please explain what the “basics of health” look like in your life now, and how you would rate yourself in them.

Physical activity:

The first time I tried Cyrus's exercise routine, I could barely get through one set of all nine exercises. The goal was to get through three full sets of each.

I had known that was going to be the case. I was obviously very physically challenged by the routine.

I was very motivated to start exercising, though. I followed his walking recommendations, and started out walking as many as three times a day.

When I didn't walk three times a day, I would walk twice a day, and do the exercise routine once a day.

FOR REFERENCE PURPOSES ONLY

After chemo infusions (which, only recently, I have stopped getting), my energy would be lower.

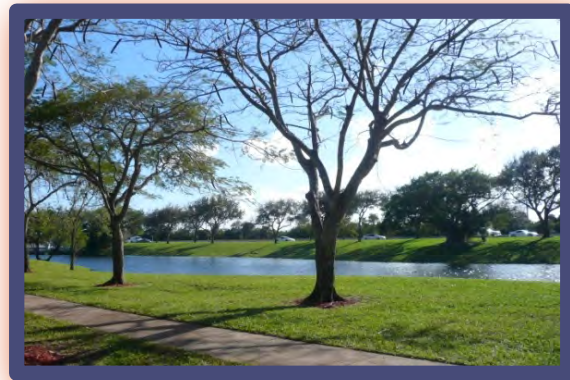
As a result, there were, quite often, one to three days at a time where I didn't do any exercise. On those days, I did only limited, if any, walking.

I did Cyrus's original exercise routine for quite a while. Later on, he gave me another series of exercises—variants of the originals, along with some new ones.

Now I just kind of mix and match all of them, making sure to do three exercises for each area: upper body, core, and lower body.

My plan from the beginning was to walk as much as I could while the weather was good. I wanted to enjoy the outdoors as much as possible.

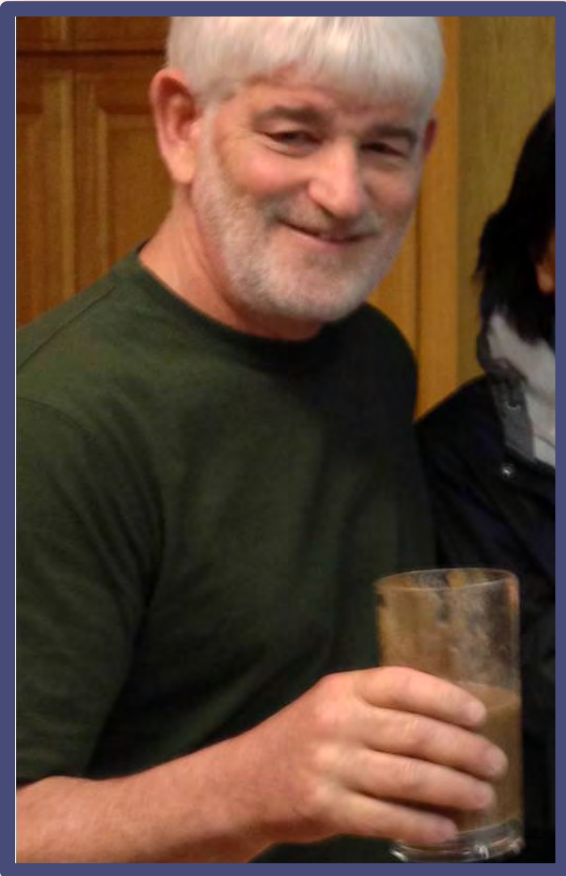
For this reason, I began with more walking than exercising. Although we aren't getting as much rain as we usually do this time of year, it is getting colder, so I walk outside less.



**I do some sort of exercise every day (unless unable to, due to tiredness from chemo).
I walk outside...and do bodyweight exercises inside.**

Instead, I do a lot more bodyweight exercises inside.

In summary, I do some sort of exercise every day (unless unable to, due to tiredness from chemo).



I eat fruits and raw vegetables every day. I always have fruit for breakfast. I have a smoothie as one meal; salad as my other meal.

Diet:

I eat fruits and raw vegetables every day. I always have fruit for breakfast and for a snack. I also have a snack of raw vegetables.

Five to six days a week, I have a smoothie as one meal. I almost always have salad as my other meal.

Recently, I have gotten into the habit (Cyrus wouldn't be proud of this) of eating my veggies in a sandwich instead of a salad. I do like bread. I do this about one or two days a week.

I drink a lot of water: probably a minimum of forty-eight ounces a day. I get all the sunshine I can—once a day if possible—for an hour or so.

Water/Hydration:

I drink a lot of water: probably a minimum of forty-eight ounces a day. This is more water than previously.

Before, I drank a fair amount of water, but I also drank a fair amount of diet soda and juice.

Although I know Cyrus doesn't like me to drink juice (because I only get the sugar), I do drink a glass of pure grapefruit juice (store-bought, no sugar added) or something similar, probably once a day.

Sunshine:

I get all the sunshine I can—once a day if possible—for an hour or so. I get more on sunny days if I go walking a couple times.



Sleep:

I sleep much better when I exercise.

When I don't exercise (for example, those periods during chemo when I'm tired), I sleep anyway. But it's a different kind of sleep than when I exercise. I just don't feel as well.

Occasionally, during chemo, I would get a day or so where I didn't eat—I just didn't feel like eating. (Now, since I'm not doing chemo, that's pretty rare.)

On those days, I didn't feel like exercising, either. It was then that I noticed the effect of eating and exercise on my sleep.

I'm still not the greatest sleeper in the world, but my sleep is significantly better than it was before.



My sleep is significantly better than it was before. I sleep much better when I exercise. Exercise helps significantly with...keeping stress levels low.

Stress management:

Overall, my stress level is lower today than it was earlier in the year. One reason is the diet and exercise; another big reason is my overall health.

Certainly, the exercise helps significantly with managing stress and keeping stress levels low.

Toxin avoidance:

My toxin avoidance is pretty much the same as before.

I do buy organic when I can—more than I used to. I'm now more aware of its importance.

One of the big reasons that I don't exclusively eat organic produce is "availability". With the quantity of fruit that I eat, the variety wouldn't be nearly as good if it were only organic.

Health Information:

I consider Cyrus to be a source of health information, in addition to my doctor. I still rely on my doctors heavily, but I view Cyrus as a really great additional source of information.



I still rely on my doctors heavily, but I view Cyrus as a really great additional source of information.

Bibi's New Lifestyle



Please explain what the “basics of health” look like in your life now, and how you would rate yourself in them.

Physical activity:

Now, if I decide to exercise, it is because I enjoy it. I don't drag myself to the gym (or any other place). I look forward to my workouts—it's my “me” time.

I absolutely love to walk outdoors—it's one of my favorite activities in the world.

Walking gives me time to organize my thoughts, evaluate my life, get creative, and find solutions to problems. It brings me such peace.

Yoga is my second favorite. To me, it's like a moving meditation; it's a great way to manage the stress of daily living. I also love becoming flexible and strong—both in mind and body.

Recently, I've begun kickboxing, and it has been a blast! It's definitely a full-body workout—just an hour to take my body to the max.

Every so often, I lift weights—truly a “bodybuilding” activity. I wish I could do it more often, but I really don't like to spend too much time in the gym.



Now, if I decide to exercise, it is because I enjoy it...I look forward to my workouts; it's my “me” time.

I also really love to swim and snowboard—favorite “seasonal” activities that really give me a sense of freedom.

Exercising is not about aesthetics, it's about well-being. The body is designed for movement.

A friend once told me, “Whatever we don't use, ceases to work.” Activating every body part contributes immensely to health. I find this amazing.

I love moving my body—it helps my mind feel connected to my physical self. I function so much better if I exercise at least one hour per day.

With exercise, I eat better; I sleep better; I get more things done; I'm even a nicer person. Exercise is also great in aiding the detoxification process and cleaning out the skin.

If, for some reason, I just can't, my body is still good, though. I am finally at peace with myself.



If, for some reason, I just can't [exercise], my body is still good, though. I am finally at peace with myself.

I have to share this story in this part of the interview; it's for those who are overweight...

Not too long ago, after dropping my thyroid medication "cold turkey", I gained more than twenty pounds in two months.

Yes, it was shocking—and quite alarming. I had never been so heavy in my life (except when I was about to give birth to my daughters)!

This, as horrible as it was, gave me an incredible compassion for people who struggle with serious weight issues.

FOR REFERENCE PURPOSES ONLY

At the time, I was feeling so frustrated...and helpless. I wanted to just stay in bed all day, crying.

Yet, I knew this was a battle of the mind, and that I had to get my body moving. My joints were in tremendous pain, but I started moving...little by little.



My husband would say, “Don’t walk—run!” I would get so mad at him! How could I run if I could barely move?

I ended up wearing my husband’s pants for a snowboarding trip—how embarrassing! Even in his pants, I was having difficulty tying my bindings, due to my belly fat.

It was one of those moments when I didn’t know whether to laugh or cry—was this really me? I could have thrown a big pity-party for myself...but instead, I chose gratitude.

I was grateful for being alive; for being loved; for being in the midst of such an incredible view; for being able to do one of the things I love most...and for sharing it with my very best friend.

In order to make the physical change, I had to get my body moving. I did it at my own pace, and made sure I enjoyed every bit of it.

It's all about perspective—something only I can adjust. No one else has the power to do it for me.

In order to make the physical change, I had to get my body moving. I did it at my own pace, and made sure I enjoyed every bit of it.

If I were to go to the grave regretting my inconsistency at the gym, I am certain that it would not be due to concern about my appearance.

(Update: My thyroid function is now at a normal range, and I am almost back at my healthy weight. Yay!)



For me, the most important “ingredient” in reversing diabetes was keeping fat intake below ten percent of daily calories.

Diet:

For me, the most important “ingredient” in reversing diabetes was keeping fat intake below ten percent of daily calories.

Since beginning my healing process, I have been adamant about following this dietary guideline—no exceptions. I would rather eat cooked vegan food than go overboard on fats.

I am now eating when hungry, and stopping when satisfied...I now prefer to eat four meals per day, enjoying every bite.

Another aspect—evolving for me—has been learning to listen to my body; learning the meaning of “true hunger”. I am now eating when hungry, and stopping when satisfied.

I have an approximate schedule for my meals, but I try to be sensitive to my body’s signals regarding “fuel”. I usually eat around 2,300 calories per day—that seems to be my “sweet spot”.

Some people emphasize eating massive amounts of food, fewer times per day (on the fruit-based diet).

I tried that for a while, but it felt like homework! I was not enjoying my meals at all, and I was eating beyond the threshold of pain in order to meet a caloric requirement.

I now prefer to eat four meals per day, enjoying every bite.



I used to be an “emotional eater”. This lifestyle has afforded me such clarity: I can see now that my enervating time is usually around 6pm—when I have a multitude of tasks to accomplish.

Now, I simply focus on my duties, rather than numbing myself with food.

If, at any point, I find myself eating “for no reason”, I immediately stop. I know I am just bored, so I find something useful to do.

I should mention that on this diet, I have *never* had cravings for “sweets”. I eat so much fruit throughout the day that cakes, cookies, and chocolate do not appeal to me at all.



Water/Hydration:

First thing in the morning, I drink plenty of water. I drink (maybe) a few glasses in the afternoon.

I just don't feel too thirsty anymore, eating an abundance of water-rich foods. This is a change—as a diabetic, I was always thirsty.

**I just don't feel too thirsty anymore,
eating an abundance of water-rich foods.
This is a change—as a diabetic, I was always thirsty.**

Sunshine:

It's funny: in the past, I hated sunshine. Now, I crave it! My body wants to go lie in the sun.

I now prefer the beach over the mountains, and would rather walk in the daylight than at night. I still protect my face though; I have not been convinced of the benefits of being completely exposed.

**In the past, I
hated sunshine.
Now, I crave it!...
I now prefer the
beach over the
mountains, and
would rather walk
in the daylight
than at night.**



Sleep:

Sleep is my number one priority. If I don't get enough sleep, every part of my life suffers: exercise performance, immune system, work, concentration, appetite...everything!

I try to eat dinner two to three hours before going to bed. With my food fully-digested by bedtime, my body can better heal and repair at night.

I used to be an insomniac—a crazy, restless sleeper. I was addicted to sleeping pills, and they totally fouled up my sleeping cycle.

It took quite some time to detox from the pills...and then to begin to follow my natural rhythm. I now usually go to bed at 9:30pm, and wake up at 6:15am.

Sleep on a low-fat raw vegan diet is so incredible! It is sound and heavy—the best reward for completing my day.

Ahhh...dreamland...zzzz...



Sleep is my number one priority. If I don't get enough sleep, every part of my life suffers.

Stress management:

My stress load has been changing over time. When I had only one kid, I was super-cool with being a mom.

After my second child, I experienced some postpartum depression—I was pretty overwhelmed with all the responsibility. I sought out help at therapy.

It was hard for me to be a full-time mom, yet also have all this profession-related anxiety in my head. I was angry and frustrated.

Adopting a raw vegan diet has helped me enormously. I had so much emotional baggage built-up.

**This lifestyle has taught me to take care of myself.
It has given me an enormous amount of peace...
I have been able to purge that [emotional] baggage.**

As I follow this diet and lifestyle, I have been able to purge that baggage over time. I now have the ability to deal with circumstances in a very mature way.

No longer do I get easily upset. I now take full responsibility for my actions. This lifestyle has taught me to take care of myself. It has given me an enormous amount of peace.

I've heard that stress affects cortisol levels, making weight loss difficult for those with excess weight.

I was very stressed when I couldn't fit any of my clothes. I simply had to learn to "let go". Yoga, walking, and meditation seemed to really help me.

I usually feel overwhelmed with all the chores I must perform on a daily basis.

It helps me to make a "to-do" list, then cross items off, one at a time. This helps me to feel a sense of accomplishment. I don't like to set myself up for failure, so I keep my lists short.



Toxin avoidance:

I swam in a chlorinated pool all throughout my first pregnancy. I even liked how I smelled so “clean”...I was clueless!

I still live in a big city where the air and water most likely aren’t the best. Eating this way has enticed me to connect more with nature, though—I now seek more countryside outings.

Nowadays, I don’t drink alcohol. I also have, as a result of this lifestyle, become very intolerant of cigarette smoke, household cleaning chemicals, perfumes, and aromatizers.



**I now use fewer
creams and
cosmetics...
I avoid laundry
detergents with
perfumes and
dyes, and overall,
try to buy only
natural products.**

I now use fewer creams and cosmetics for my body (especially avoiding glycerin and parabens). I avoid laundry detergents with perfumes and dyes, and, overall, try to buy only natural products.

I do use oil-based paint and thinners for my art work. I like the art medium so much! I just have to “deal with it” by using gloves and keeping my painting space well-ventilated.

Health Information:

Most of the information I have is about stuff I'm interested in, like diabetes and thyroid. However, along the way, I got to know about other things: cancer, heart disease, osteoporosis, and the like.

It all boils down to the same things—what goes in the body is what the body becomes (in other words, the manifestation of disease).

Of course, this manifestation has many variants. Food is not the only factor in disease, though. How the mind gets “nourished” is also important.

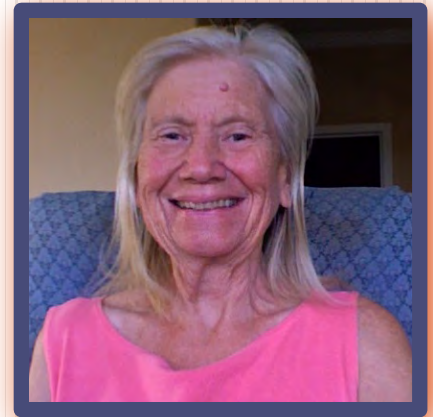
It's funny: some people have started relying on me for help with their issues. I don't feel—just yet—like a full manifestation of health. I guess something in me attracts them, though.

It feels great to be able to help...with what little I know. I have no credentials, but at least I can try to guide them in the direction that worked for me.



Some people have started relying on me for help with their issues...I guess something in me attracts them.

Carol's New Lifestyle



Please explain what the “basics of health” look like in your life now, and how you would rate yourself in them.

Physical activity:

I have been riding a quadracycle (a heavy one) frequently. I now also have a mountain bicycle.

As soon as my knee heals from an injury (trying to walk an overactive dog as part of helping my son in his business)—I plan to ride daily, increasing the distance each day.

I work outside in my garden, breaking new ground with a pick-axe and a garden fork. I remove various-sized rocks as I go, anywhere from rather small, to so-heavy-I-can-only-roll-them.

If I can lift the rocks, I load them onto a trailer or handcart. From there, I transport them to where I build rock terraces (for holding soil on sloping terrain). I do this for many more hours than I could before.

I work outside in my garden, breaking new ground with a pick-axe...[I remove] rocks as I go, anywhere from rather small, to so-heavy-I can-only-roll-them.

Diet:

I am restricting calories in order to reach my desired measurements. I am following 80/10/10, but including my meal of cooked beans.

Water/Hydration:

I drink water heavily, depending on how much I sweat. In the winter, I drink water in lesser amounts.

Sunshine:

I continue to work outside—most of the day in the summer, and somewhat less in the winter.

Sleep:

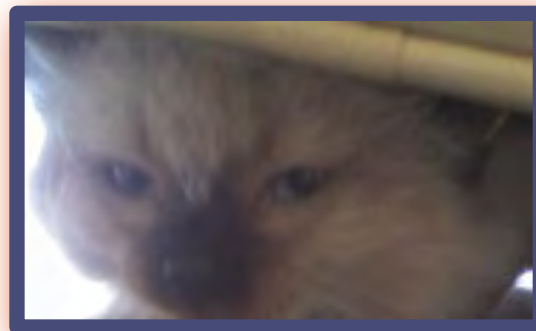
I sleep until I awake, as one can do when not working for someone else! I usually wake up at 4:00am and, if I didn't get to bed by 9:00pm the evening before, I take an afternoon nap.

Stress management:

I really have nothing to be stressed about, but I am trying to develop more of a sense of humor.

My funny cat just recently helped me with that, instituting a game of me chasing her around the house.

I was getting so irritated; she wanted to go in and out of the house all the time. Now she institutes that game and drops my blood pressure quickly.



Toxin avoidance:

Now that my water intake is rain-harvested, and most of my greens are non-sprayed greens, grown in my own rich soil, my only toxin source is from getting on the freeway to go to town.

The natural air is as clear as can be found anywhere in the world, I think. It gets a bit smoggy on weekends.

Americans seem to have nothing better to do at the end of the week than drive into the country to get some fresh air—thus polluting the air of rural residents.



**My water intake is
rain harvested...
my greens
are...grown in my
own rich soil; my
only toxin source is
from getting
on the freeway.**

I wish the urbanites and city-dwellers would, instead, spend their weekends gardening in their areas and planting fruit trees.

Their “country drives” contribute to poor air quality and increased CO₂ emissions.

They are not doing anything to protect themselves for the time when the grocery stores get too expensive, due to high shipping costs (a result of high petroleum product costs).

Health Information:

I plan no visits to the doctor.

While working in the legal and medical fields, transcribing legal documents, and later, medical reports, I learned how ridiculously ineffective standard medical care was.

First of all, in order to protect themselves from malpractice suits, doctors would just do whatever was the prevailing belief, as stated in the phrase "standard practice of care."

If a doctor were to deviate from that, it left him- or herself open to a malpractice suit. So, not many of them tried to do anything besides surgery, the pharmaceutical approach, or the "standard of care" prescribed by those that determine what is best.

In this case (as in all other cases), the bottom line is for the best profit for hospitals, doctors, surgical supply, and pharmaceutical companies.

It was especially bad in elderly patients, where as many as thirty to forty prescriptions were prescribed for a single patient. Most of the care was an attempt to determine which of the medications was causing the current problem.



Working in the legal and medical fields, transcribing legal documents and...medical reports, I learned how ridiculously ineffective standard medical care was.

So, given what I saw in these medical reports (no long-term health being achieved by the medical industry), I decided I would have to continue to use all relevant sources outside of standard medical care to solve my health problems.

In fact, it is ironic that the two phrases "standard medical care" and "standard American diet" are so close. Indeed, from my experience with this fruitarian diet, I know that the standard American diet automatically dooms everyone to standard medical care.

I decided I would have to continue to use all relevant sources outside of standard medical care to solve my health problems.



To me, everyone has it wrong, trying to get so-called "health care" insurance coverage. What the nation and its people should attempt is a campaign to change the standard American diet to a healthier diet.

Although there are feeble attempts by the government to change this, it is entirely hopeless, as things now stand.

There is relentless advertising for the junk called "food"; and a relentless campaign to promote standard agricultural practices and foods. Subsidies are afforded the grain, meat, poultry, and dairy industries, but not the vegetable or fruit growers.

Lonnie's New Lifestyle



Please explain what the “basics of health” look like in your life now, and how you would rate yourself in them.

Physical activity:

I was exercising between forty-five minutes to an hour a day.

That was just very light free weights: curls, and raising the weights above my head. I also did some sit-ups and some planking.

I'd walk on my treadmill for half an hour because I couldn't run at the time. I was building muscle, as well as losing weight.

I don't know if it was just the fruit-based lifestyle—probably because I was eating more calories as well—I was able to start increasing my times. I was able to start actually doing jog-walk-jog-walks.

Once I lost some weight—I think I was down probably about 50 pounds—I took to running outside (run-walking).

So that's how I incorporated the “cure” to this diabetes: eating a proper nutritious diet and exercising. I am now an avid runner, and also do light bodyweight exercises.

I recently found out that I have a hernia! The hernia apparently has always been there; it's just that I was so fat, I didn't see it.

When I started losing my huge belly, I could see two little nodules on each side of my lower abdomen. One fat spot kept getting smaller and smaller, but the other was not dissolving at all.

I was thinking, “Geesh, this other piece of fat is kind of hard to get rid of!” So I went to the doctor and was like, “Hey, what's going on? Is this fat or what?”



How I incorporated the “cure” to this diabetes: eating a proper nutritious diet and exercising. I am now an avid runner, and also do light bodyweight exercises.

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He took his thumb and pressed on it, and I was like, “Owww! That hurt!” He put a stethoscope down there and then told me it was a hernia, though not a really bad one.

Apparently, when I was fat, I had so much pressure on my abdominal wall that it ruptured, and I got a hernia.

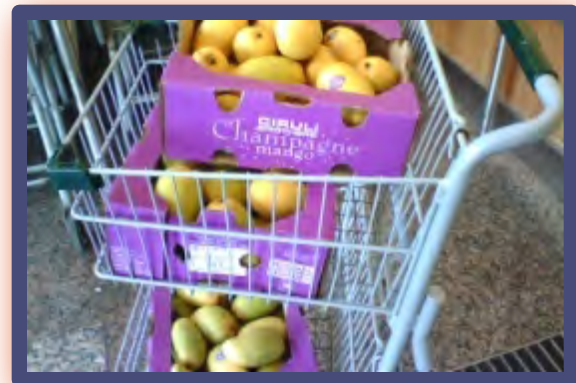
Of course, when I found out I had a hernia, my reaction was, “Hey, I can’t be doing my weights, because that sucker’ll pop out, and my guts will be...well, there’ll be issues.”

It scared me, so I reduced my level of activity by about ninety-five percent. I didn’t want that thing to pop out. I stopped doing my bodyweight exercise. This was a month and a half to two months ago.

I’m terrified of doctors; I really don’t like surgeries. I made an appointment with the surgeon, but haven’t gotten to see him yet.

Now, I’m getting back into physical activity—I’m not as scared. I’m doing it at a less strenuous rate until I get the surgery, though.

I don’t want to injure myself more. If that thing tears and the hernia pops out, it can be life-threatening.



My normal bodyweight routine: push-ups, crunches, squats, arm curls, and jumping jacks.

With diabetes, I feel that it is extremely important to have muscle tone. Muscle helps pull sugar out of the bloodstream and into the tissues.



Yesterday I started back with my normal bodyweight routine: push-ups, crunches, squats, arm curls, and jumping jacks.

With my jumping jacks, I do three or four sets—a couple minutes each time—usually about 120 jumping jacks each set.

With diabetes, I feel that it is extremely important to have muscle tone. Muscle helps pull sugar out of the bloodstream and into the tissues.

It's important to be fit—having the muscle developed—though not necessarily being all big and bulky.

I have continued to do some running. I usually like to log between ten and twelve miles.

I made the mistake of going from running ten miles to twenty miles, overnight. The fruit lifestyle gave me the energy and the endurance to be able to do that.

My goal is to do a marathon...I've just got to learn to moderate myself...I made the mistake of going from running ten miles to twenty miles overnight.

Unfortunately, though, I didn't build my body up to it over time, as I should have. As a result, my IT band got inflamed, and it was very painful to walk and bend my knee.

I rested for a month, and then went back out. Instead of doing two- or three-mile runs, though, I went back to doing ten- or twelve-mile runs.

I'm not a minimalist-type runner, because I believe, as a diabetic, I need cushioning for my feet. I don't care what anybody says; I'm not running in Vibrams.

I bought some shoes called Asics Gel 33s. They're not flat shoes, but they have a lower heel-to-toe drop than a normal shoe.



A week ago, I went out to do a one-mile run in them...and kept going for nine more miles. That's when my knee really started hurting.

I re-aggravated it, and now I've got tendonitis. It's fully curable; I've just got to learn to moderate myself.

I will probably end up taking a run tomorrow morning, and I'm going to try to keep it to less than three miles.

I think with that, I shouldn't re-aggravate my leg. I want to keep running, though, because I think exercise is really, really important.

My goal is to do a marathon. I'm actually getting a little money back on my taxes, so instead of paying bills, 125 dollars of that is going toward the marathon.

That way, I am forced to run in the marathon.

Last year, I wasn't able to do it because of financial reasons. This year, I'm taking the financial reason off the table. If I don't do it, it's because of me, not because of the money.



I don't drink any type of soda or fruit juice, other than what I make in my own juicer... I drink [about] a gallon of water per day. I also love [fresh] coconut water.

Diet:

Mostly fruitarian. Strict plant-based.

Water/Hydration:

I drink between a gallon and a gallon and a half of water per day. If I want variety, I add a squeezed lemon or lime, because I like the flavor. I also love coconut water, fresh from the coconut.

The one vice that, unfortunately, I have to admit I still have, is that I drink coffee. I want to be honest.

I know it's bad for me, but I like coffee, so I drink it. When I juice, I have less of a desire for coffee.

I don't drink any type of soda or fruit juice, other than what I make in my own juicer—no sugary drinks whatsoever. It's just water, coffee, and water—that's it.

Sunshine:

I live on the coast in Northern California. I do not get to see the sun very often here.

When it does peek out from behind the clouds, I am outside running in it.



I'm always cold. I have no hair on my head, so when I go outside, I wear a beanie. I usually have my jacket on, because I'm freezing.

I live...in Northern California. I do not get to see the sun very often here. When it does peek out from behind the clouds, I am outside running in it.

I still get some sun. When it warms up outside, I don't have a problem going out and sitting in the sun for a few minutes.

Last month, it actually got up to sixty-five degrees (F), so I took my shirt off and sat outside for five or ten minutes.

I used to get really bad sunburns. That's why I am conscious of how much sun I get. I don't want to get cancer from over-exposure to the sun.



I grew up in Tucson, and I used to get really bad sunburns. That's why I'm conscious of how much sun I get. I don't want to get cancer from over-exposure to the sun.

But I'm not afraid of the sun.

I also get Vitamin D from the fortified almond milk that I drink. On my last blood panel, I had my doctor test me for everything. I was not deficient in anything.

I no longer have 80 pounds of fat pressing down on my internal organs and lungs, so I can actually sleep well now—a nice, deep sleep.

Sleep:

I no longer require the BIPAP machine; I sleep without it.

I no longer have 80 pounds of fat pressing down on my internal organs and lungs, so I can actually sleep well now—a nice, deep sleep.

I also don't snore nearly as badly as in the past.

I now have a job that does not require overnight shifts. I usually get about eight hours of sleep.

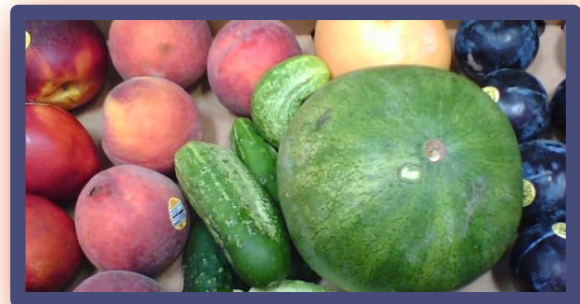
I work the night shift, so I get to bed usually between ten and eleven. Sometimes I have late nights and have to work until twelve or one in the morning, but those are seldom.

I have kids; I'm usually up at five or six in the morning.

Stress management:

I have a new lifestyle. I do not let things or people bother me anymore. I remove myself from negative situations; and, of course, I run.

From being unemployed, there are financial issues, so my stress level is affected. Those used to weigh heavily on my mind.



My perspective is different now: I'll pay what I can pay, when I can pay it. I'll work other jobs as I can get other jobs, to pay the bills.

My concern is my family—keeping a roof over their head and food in their bellies.

We had some people at work whose positions were re-classified, so they had to re-apply. The good thing was, everybody got their job back.

But they were all complaining about how they got screwed, how they had to do more work for the same pay, and how they lost their seniority.

My response was, “Yeah, you could look at it like that...or, you could look at the alternative. Somebody else may have gotten that job that you applied for, and you'd be out in the street with no job. Look at the positive side of things.”

**I have a new lifestyle.
I do not let things or people bother me anymore.
I remove myself from negative situations; and, of course, I run.**



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Now, when people are talking badly about others, I have a different response than in the past. I no longer join in.

Instead, I respond, “Well #1, I don’t agree; #2, I don’t know the person; #3, if you want to talk badly about that person, I don’t want to be here. I have other things to do. When you want to talk about something else, come look me up.” Then, I leave.

That’s the way I live now.



I’m forty-five years old. I am at least half-way, or closer, to the time when I’m not going to be on this planet anymore. I’m going to make the best of it.

I’m going to make the most positive impact I can, on the people with whom I come in contact. I plan to enjoy every minute of life, and not have any regrets.

Toxin avoidance:

Now, #1, I know what toxins are. I definitely try to stay clear of all toxins, now that I understand what a toxin is.

Nowadays, I am not going to stick my hand in emulsifier, or commercial laundry detergent, or bleach.

I’m going to make the most positive impact I can, on the people with whom I come in contact. I plan to enjoy every minute of life, and not have any regrets.

I don't use regular soap on my body anymore. I use African Black Soap, which is a more organic-type soap. I use that on my head, because I don't have a lot of hair.

I never was a big cologne person; I would get headaches from it. There was one cologne that smelled really good, so every once in a while I'd use it. I don't wear colognes any more, though.

When men get older, they tend to get this "old man smell", under the arms. It stinks! Even when I wore deodorant, that smell would come out, and man—it was terrible!

Being fruitarian, I don't smell as much, though. I don't get that "old man smell" anymore.

I could actually go a whole day without wearing underarm deodorant, and get only a slight odor. Since I interact with the public, though, I still use deodorant.



**[As a fruitarian],
I don't get that
"old man smell"
anymore...
Since I interact
with the public,
though, I still
use deodorant.**

Now, #1, I know what toxins are. I definitely try to stay clear of all toxins, now that I understand what a toxin is.

I remember as a kid, we used to wash stuff in gasoline. Now...that stuff doesn't get near my body.

Skin is like a giant sponge, and the liver is the body's filter. The liver has to work overtime to clear out all the crap that gets put on the skin.

I'm a very militant anti-smoker—I stay clear of smoke.

I try not to eat any processed food, and I'm usually very, very successful at it. I'm not going to say I never have processed food.



The almond milk that I'm drinking is processed. It might have some toxins in there, but it's also got some benefits, so I'll continue to drink it.

I try not to ingest any oils. I don't eat any fried food anymore.

With any fruit that has a thin membrane, I do everything I can to buy organically or locally-grown (purchased at farmer's markets).

Finances are kind of tight, so I buy watermelons and bananas conventionally (especially with bananas as my staple).

There still might be pesticides inside, but with the thicker peel, hopefully there won't be as many. If organic is on sale, I buy organic.

Health Information:

Obviously, my doctor has been one of the big places I have gotten my health information.

He is a trained medical physician: he went to school for twelve years to get his degree. I take a lot of what he says. I don't take it all—one hundred percent—though.

My doctor has been one of the big places I have gotten my health information... I also read *The 80/10/10 Diet*, research the internet, and read other books.



I also read *The 80/10/10 Diet*, research the internet, and read other books. I source information from WebMD, and I listen to Freelee and Durianrider a lot.

I like to listen to Rip Esselstyn when I can. There's a guy named John Kohler, whose YouTube channel is OKRaw, who is a really good source of information (more on the raw food side).

I read on the internet about diabetes studies, raw food, and the benefits of raw food.

WebMD has a lot of articles, but when it comes to anything "raw", I don't necessarily take all of what is said, because a lot of people don't believe that eating a raw diet can be healthy.

Can A Person Really Get Off Diabetes Meds?

Type 1 Tasha: Medications



As a type 1 diabetic, I have personal experience with drastically improving my body's sensitivity to insulin on a low-fat, fruit-based diet.

Despite my great lab results and blood glucose management, my endocrinologist still has trouble believing that my insulin: carb ratio could be correct!

Can a type 2 diabetic improve insulin sensitivity to the point of getting off meds, simply by switching to a high-carb, low-fat, plant-based diet? Yes. (Read [Neal Barnard, M.D.'s studies](#).)

Other clinical experience shows increased sensitivity to insulin by correcting certain nutrient deficiencies. (Read about [Jorge Flechas, M.D.'s work](#).)

How long does it take? It seems to vary by individual, but many in Dr. Neal Barnard's studies got off medication in less than a year.

As mentioned earlier, on a raw, low-fat, plant-based diet, the results are often much quicker (depending, of course, on transition speed). Be prepared to be inspired as you read the results of those who committed to this process!

Larry's Meds & Lab Results



How has this diet & lifestyle affected your diabetes control/meds intake/blood test results?

I don't test my blood anymore, because I don't need to on a daily basis. My fasting blood sugar is well within the normal range on an ongoing basis.

For four months (July, August, September, and October), I regularly tested my blood glucose, and sent my readings to Cyrus.

(See chart: [July and August fasting blood glucose readings.](#))

I tested predominantly before or after dinnertime, and always before bed and upon awakening.

I should mention that my blood sugars were affected by the chemo. I would take pretty large doses of steroids—the day before, and also intravenously on the day of, infusion.

The steroids would, on a regular basis, cause my blood sugar to spike for a couple of days.

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My fasting blood sugars in early July (when I started with Cyrus) were 178, 180, 160, and 170mg/dl.

Within about two weeks, they were down into the 140s and 130s.

By the third week, my fasting blood sugars were 120, 125, 119, 128, and 127mg/dl.



By the fourth week, I was down forty or fifty points from where I started—into the 120s.

On August fifth, my fasting blood sugar was 102mg/dl.

I had four milligrams of Decadron in the morning and ten milligrams in the afternoon. When I went to bed that night, my blood sugar was 137mg/dl.

The following morning, my fasting blood sugar was 144mg/dl. I had my infusion, along with ten milligrams of Decadron, intravenously. My blood sugar at bedtime was 156mg/dl.

I don't know how, but the next morning, my fasting blood glucose was 114mg/dl. The next day it was 84mg/dl.

I don't test my blood anymore, because I don't need to on a daily basis. My fasting blood sugar is well within the normal range on an ongoing basis.

So, by the fifth and sixth weeks of the program (post-steroid blood sugar spike), my fasting blood sugars were back down, this time with readings of 111, 100, 112, 112, 103, 89, and 103mg/dl.

My blood sugars for the rest of August stayed pretty much in the low 100s, and got into the high 90s several times by the end of the month. This was about eight weeks into my new lifestyle.

On September ninth, my fasting blood sugar was 99mg/dl.

I did my pre-infusion steroids, and when I went to bed, my blood sugar was 161mg/dl. On the tenth, my fasting blood sugar was 145mg/dl, and I proceeded with my chemo and intravenous Decadron. At bedtime, my blood sugar was 188mg/dl.

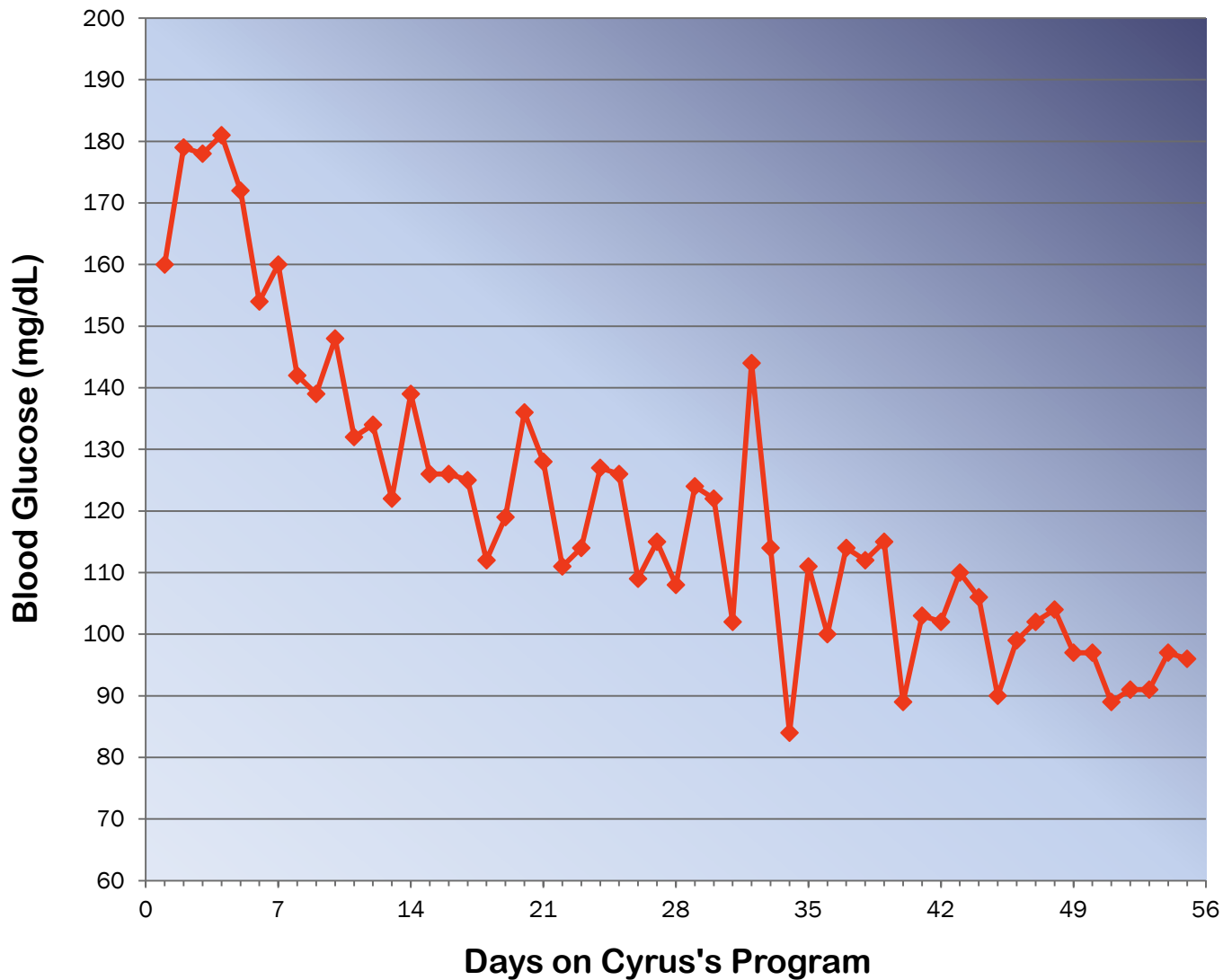
The next day, my fasting blood sugar was 89mg/dl and my bedtime blood sugar was 102mg/dl.



My blood sugars were affected by the chemo. The steroids would, on a regular basis, cause my blood sugar to spike for a couple of days.

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Larry's Fasting Blood Glucose (July & August 2013)



On June thirtieth (2013), my HbA1c was 7.7%. By October first, it was 5.9%. At the beginning of 2014, around January fifth, it was 5.7%.

About this time, I was getting my blood drawn before my chemo, so that the doctor could see my blood counts.

My readings from the blood draws, which I guess are more accurate, were anywhere from five to twelve points lower than my test strip readings.

For the remainder of September, my highest fasting blood sugar was 110mg/dl. By then, most of my readings were in the 80s and 90s.

During the last two months—September and October—my readings were pretty consistently below 100mg/dl. I stopped doing regular testing at the end of October.

On June thirtieth, my HbA1c was 7.7%. By October first, it was 5.9%. At the beginning of 2014, around January fifth, it was 5.7%.

I was a little disappointed with the January HbA1c—I had been hoping it would be better. I assume that the ongoing steroid usage probably held it up in that range.



How long did it take before you could come off of or reduce your diabetes meds?

I never started taking diabetes medication.

Do you continue to test your blood sugar? Please explain.

Currently, I don't do blood sugar testing at all. I stopped near the end of October.

Before each chemo, I have blood drawn. For about the last five chemo cycles, my blood sugar has been in the 70s and 80s (mg/dl).



One of the reasons is that, before each chemo (every three to four weeks), I have blood drawn for the oncologist.

For about the last five chemo cycles, my blood sugar has been in the 70s and 80s (mg/dl).

Since I've now stopped chemo for a while, I won't have those blood draws.

I will probably pick a day and test my fasting blood sugar every other week for a while. I just want to be able to see how things are going.

Bibi's Meds & Lab Results



***How has this diet & lifestyle affected your diabetes control/
meds intake/blood test results?***

It has impacted them all!

No more medication, no more sugar imbalances, and almost perfect blood tests (with the exception of B12 and D, with which I am now supplementing).

After a few months of 1) eating very high-raw; and 2) with fat intake below ten percent of my total calories, my blood tests were repeated.

This time, my glucose was perfect—woohoo!! Bye-bye, diabetes!!

How long did it take before you could come off of or reduce your diabetes meds?

The first day I turned vegan (following *Neal Barnard's Program for Reversing Diabetes*), I reduced my diabetes meds (pills) from twice to once a day.



I decided to reduce the meds on my own—nobody was supervising me.

After a month, I felt okay, so I decided to drop the meds completely.

Like I said, I felt better, but not super. That's why I decided to go raw vegan, because I really wanted to feel one hundred percent—my full potential.

In the beginning, I still had some blood sugar issues when consuming fruit juices. I had to mix them up with greens like spinach, kale, and lots of celery.

I had to drink them s-l-o-w-l-y.

After a few months of 1) eating very high-raw; and 2) with fat intake below ten percent of total calories...my glucose was perfect—woohoo! Bye-bye, diabetes!

Back then, my body craved greens like crazy! After two weeks of combining fruit and greens in every meal, I started to feel much better.

Now, I'm more of a fruit person. I drink 34 ounces of orange juice every morning (blended with some other fruit and a bit of kale), and I no longer experience any sugar rush afterward.

During this time, I wasn't testing my blood sugar; I was just going by how I felt. I think that—same as with weight and the scale—I didn't want the “numbers” to get in the way of healing.

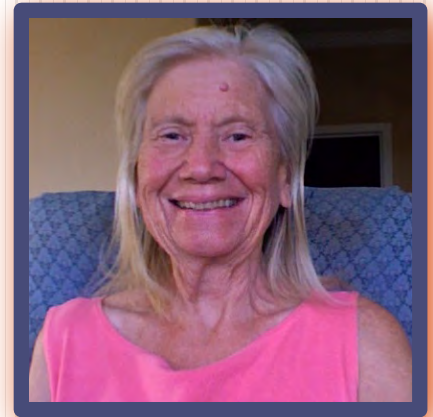


**I didn't want the
“numbers” to get
in the way of
healing...
Every three to
six months I have
my levels
checked when I
get my blood
drawn at the lab.**

***Do you continue to test your
blood sugar?
Please explain.***

I never had a personal blood glucose meter, so...no. Every three to six months I have my levels checked when I get my blood drawn at the lab.

Carol's Meds & Lab Results



How has this diet & lifestyle affected your diabetes control, meds intake, & blood test results?

My blood test results are now normal. My pre-diabetic condition has disappeared.

How long did it take before you could come off of or reduce your diabetes meds?

My self-medication before was diet colas. However, I quit doing them several years ago when I learned of the adverse effects of the artificial sweeteners.

I recently had lab tests done, and my blood sugar is now completely normal. I am no longer pre-diabetic.

At the time I started, with a blood sugar test of pre-diabetic, to the recent blood test showing recovery, it was a total of a year.

I don't know, in-between that time, when the blood sugar became normal.

Do you continue to test your blood sugar? Please explain.

I will continue to test it whenever the locals give a free testing day, as occurred this year.

Previously, if I ate anything with carbs, or anything sweet (like potatoes or candy), I had to eat protein with it. If I didn't, I would get weak and slightly dizzy--i.e., hypoglycemia.

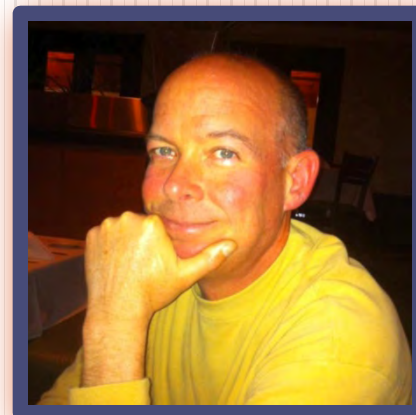
I was told that alcoholics are usually hypoglycemic, and I think that is so for me.

Eventually, a hypoglycemic condition becomes type 2 diabetes.



My blood tests are now normal. My pre-diabetic condition has disappeared.

Lonnie's Meds & Lab Results



How has this diet & lifestyle affected your diabetes control, meds intake, & blood test results?

I am off all medications. My doctor told me that I should be on them for the rest of my life—but that the numbers tell a different story!

My HbA1c went from 11.6% to 5.4% in a years' time. My blood glucose was 388mg/dl, and now stays between 70 and 100mg/dl.

How long did it take before you could come off of or reduce your diabetes meds?

I believe it was within sixty days of starting the fruit-based diet/lifestyle.

When I first started transitioning onto the fruit-based diet, I was taking 500mg—one pill—of Metformin per day.

I would get up in the morning, and, first thing, test my blood sugar. My fasting blood sugar would usually be around 110-120mg/dl.

FOR REFERENCE PURPOSES ONLY

They say that once up and moving, blood sugar could change a little bit. So, right before I had my breakfast, I would check my blood sugar again.

I'm kind of going off memory here, but I'm pretty sure my blood sugar would actually drop, and I'd be around 95-100mg/dl. Then, I would eat my fruit-based smoothie.



When doing the initial blood sugar tests on the fruit smoothies, my smoothies were mostly just bananas with cinnamon. I would blend it with a splash of almond milk—like a half-inch in the very bottom of the blender.

When I first started this, my blood sugar, right after eating my breakfast smoothie, would be around 120mg/dl.

Fifteen minutes after that, I tested again, and my blood sugar would tend to go up to about 180mg/dl—that's high. The fifteen-minute mark seemed to be my "spike".

Half an hour after eating, it would drop down to around 160mg/dl.

After two months on the fruit-based diet, my doctor—seeing the blood work and test results—took me off of Metformin.

At the forty-five-minute mark, it would drop some more; I think it was down to like 145-150mg/dl.

At the one-hour mark, it was down to 130mg/dl.

I really couldn't remember what the rest of that hour would be like, but at the two-hour mark, it was usually down to about 120mg/dl.

I consistently checked my blood sugar at those regular intervals, and that was pretty much how it ran every time.



My doctor told me that I should be on [medication] for the rest of my life—but that the numbers tell a different story!

I would get concerned about any reading over 160mg/dl, because everything I had read said that blood sugars over 160mg/dl are damaging to the internal organs, due to excess blood sugar.

It was probably about two months before I started feeling “normal” after eating a fruit smoothie.

After two months on the fruit-based diet, my doctor—seeing the bloodwork and test results—took me off of Metformin. After being taken off of Metformin, I continued my frequent testing.

When I started this diet, I tested...ten times per day...I consistently checked my blood sugar at those regular intervals...I'm very scientific when it comes to diabetes.

As I mentioned, my fasting blood sugar was initially around 120mg/dl.

After two months, even off of Metformin, I started waking up with blood sugars around 60-70mg/dl. At 60mg/dl, I didn't feel good. When my blood sugar gets low, I tremble a little bit.

I would then go have my breakfast smoothie and my blood sugar would shoot up to around 160mg/dl, fifteen minutes after my meal.

It got to the point where, probably six months later, my blood sugar would only spike to 130mg/dl, for fifteen minutes.

By the hour, it would be down to 90mg/dl. I started to feel comfortable with my blood sugars, so I stopped getting the test strips.

I believe, at the six-month mark, my HbA1c was down to 6.4%. At the one-year mark (six months ago), it had dropped to 5.4%.



**My HbA1c
went from 11.6
to 5.4% in a
years' time.
My blood
glucose was
388 mg/dl, and
now stays
between 70
and 100 mg/dl.**



I just got my prescription renewed, to get a new blood glucose meter and start testing my blood again, just to make sure everything's still okay.

I'm a little bit skeptical. I'm not one of these people that say, "Oh, my diabetes is reversed; I don't have it anymore." I'm very scientific when it comes to diabetes.

On YouTube, there are a lot of videos by people in the raw community that get so religious, or Zen-like, about the diet. I'd like to believe that as well.

However, I'm not going to take for gospel, somebody on YouTube saying, "You can cure all your ills." I definitely want to have some medical and scientific back-up as well.

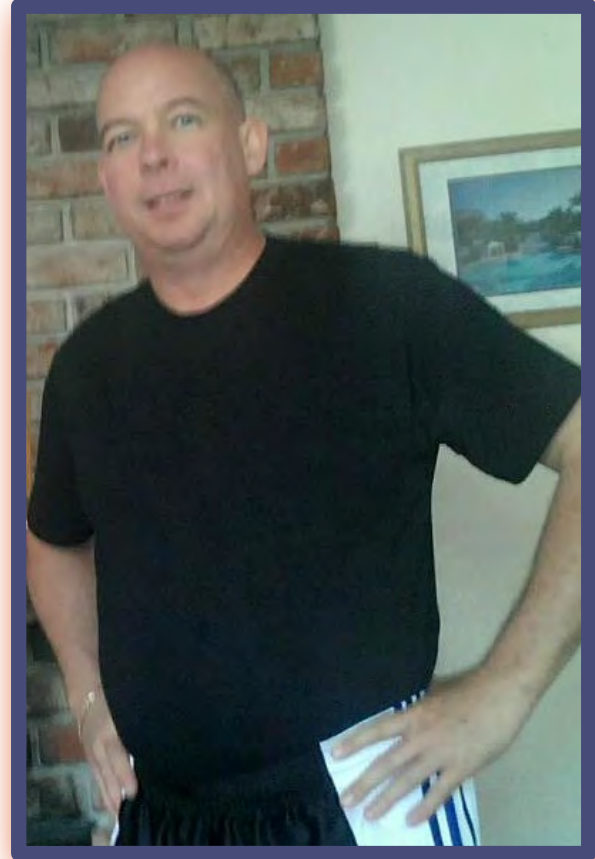
I don't want to be eating twenty to thirty bananas a day, have my blood sugar stay at 300+(mg/dl), then go in to the doctor with a scab on my foot from running...and have it turn into gangrene, necessitating the chopping off of my body parts.

I'm not leaving that up to some guru on YouTube. I'm going to make sure that, medically, the numbers are in the right place. That's the reason I did things so scientifically.

Plus, people who eat plant-based diets get automatically categorized as nut-cases, and weirdos from outer space. As a diabetic, I was told I was killing myself.

I wanted to have medical proof, so I could say, "Look! Medically, this is where I was, eating the diet that you eat.

"I now have medical facts based on scientific data, documenting the improvement from the diet that I now eat and the lifestyle that I now live."



**I'm not going to take for gospel, somebody on YouTube saying, "You can cure all your ills."
I wanted to have medical proof.**

My eldest son, who has diabetes (though not from me, as he is not my biological son), regularly sees Dr. Lustig.

In our community, everybody's probably heard Dr. Lustig talk. He's a world-famous doctor who talks about how sugar damages peoples' bodies. Durianrider even did a video on him.

**I now have
medical facts
based on
scientific data,
documenting the
improvement
from the diet that
I now eat and
the lifestyle that
I now live.**



One day, I was in the office talking to Dr. Lustig about my diet. Dr. Lustig said that if I eat more than one banana a day, I could literally kill myself.

I told him, "Well, I eat twenty to thirty bananas a day, and I'm doing just fine."

He said he didn't know what to tell me; that maybe it could be because the fiber was counterbalancing the sugar from the fruit.

I said, "Well, this way of eating is working great for me!"

Now that I am beginning to juice vegetables, I will start testing again, to see how my blood sugar is doing with juicing.



Do you continue to test your blood sugar? Please explain.

When I started this diet, I tested my blood sugar ten times per day. I wanted to see how much my sugar levels spiked after meals, and how long they took to normalize.

Once I felt comfortable with my blood sugars off medication, I stopped testing for a while, though I continued to get my HbA1c checked.

Now that am beginning to juice vegetables, I will start testing again, to see how my blood sugar is doing with juicing.

Can Other Symptoms Of III Health Be Reversed Too?

Type 1 Tasha: Overall Health



I began this diet seeking a way to better control my diabetes. I was not prepared for the amazing transformation—body, mind, and soul—that I would undergo!

In the past, I thought I was fairly healthy. I now realize that I had no idea how sick I was...until I got better.

I have a very long list of [health improvements](#) from following this lifestyle. I believe that any person who begins this diet with the goal of reversing or improving diabetes will find much more along the way.

Eating a fruit-based diet may be more expensive than eating junk food. However, every day that I eat this way, I am saving money on prescription medication, ambulance fees, and doctor visits...not to mention, costly surgeries and health care later in life.

I love how the energy and happiness I get from this lifestyle make my daily activities a delight. I love feeling good, and I love that I am not wasting valuable time, sick in bed.

Does your lifestyle support the life you wish to lead?

How Larry's Health Improved



How has this diet & lifestyle affected other symptoms of ill health in your life?

My blood pressure is down. Before, it was usually about 135/80. Now, it is usually around 115-120/65.

I have also reduced my blood pressure medications. I now take just the Enalapril—at half the dosage I was taking previously. I no longer take the Hydrochlorthiazide.

When I was diagnosed with diabetes, my cholesterol was up to 250mg/dl. My last cholesterol reading (about two months ago) was about 170mg/dl.

I haven't had any asthma symptoms since last January, but those were never regular anyway.

I still take my allergy medication. I've had allergies for almost all of my sixty-six years; I assume I'll have them for the rest of my life.

I continued with maintenance chemo (one instead of two chemo drugs) up until early December 2013—a little over a month ago. I went on a regular three- to five-week schedule.

Although I had very little nausea or difficulty eating with just the one chemo drug, I still had the same tiredness after the infusion.

Once I started this diet and exercise, things were much better with regard to chemo. According to doctors, I probably should have been feeling progressively more tired, due to the “cumulative effects” of chemo.



However, the further I got into exercise and the diet—and into better physical condition—I was not nearly as tired or limited on the weekends after my chemo infusion.

There may have been cumulative effects in some ways. “Chemo brain”, where a person forgets things, is something I seem to experience.

**My blood pressure is down (from 135/80 to 115-120/65).
I have also reduced my blood pressure medications.
I now just take the Enalapril—at half the dosage.**

My physical energy and my ability to do things following infusion definitely improved, though.

I started to be able to get through Saturday without sleeping all day. I was still tired, but occasionally I would go on a short walk.

Usually, by Sunday I could be somewhat active; it varied. Sometimes I would go for a nice walk.

When the weather was good, I could get out of the house and go places. I didn't drive, but my wife or someone else would.

By Monday (during the last three months of the chemo cycle), I was usually doing well.

I met with my doctor about a week and a half ago, and we decided that I'm going to take a break from chemo. It has done a good job—there's no active cancer, and I'm feeling well.

When I was diagnosed with diabetes, my cholesterol was up to 250mg/dl. My last cholesterol reading (about two months ago) was about 170mg/dl.



The further I got into exercise and the diet—and into better physical condition—I was not nearly as tired or limited on the weekends after my chemo infusion.

I'm sure I'll start again at some point, but that will be determined by scans, chest X-rays, and symptoms.

Since I did have the brain tumor, my doctor wants me to do brain MRIs every three months. I had scans recently; the last one was clear. I'm due for another one at the beginning of March.



***Was your weight affected by transitioning to this diet?
Please explain.***

I've lost 40 pounds since being diagnosed with lung cancer.

I had lost a little bit of weight before starting to work with Cyrus (from January to July). Once I started with Cyrus, it took about four more months to lose the rest.

By October, I had gone from 200 pounds down to 160 pounds.

As I got down to around 160 pounds, my oncologist said, "You aren't going to lose any more weight, are you?"

**I've lost 40 pounds since
being diagnosed with
lung cancer...
From 200 pounds to 160
pounds.**

I said, "Well, I could, but I think I'm done." I started exercising a little less, and it was pretty easy to just taper off and not lose any more weight.

I now find it very easy to maintain my weight.



How Bibi's Health Improved



How has this diet & lifestyle affected other symptoms of ill health in your life?

After detox, the first thing I noticed was this astounding flow of air through my nostrils. My sleep was amazingly deep and replenishing.

Changes also started to show on my skin, which was much smoother. My eyes seemed more open and clear.

I was more alert, and I just felt like singing and jumping for joy...all the time!

As time passed, everybody around me started to have colds or complain about some illness. I felt so immune and far away from all of that.

I was feeling on top of the world!

That's when I decided to go to the next step: dropping my thyroid medication on my own. That's another story...



My life has changed completely, for the better. I feel alive and healthy!

I have no more migraines, and I hardly ever get sick. I feel so free, not having to depend upon prescription drugs.

I feel much more connected to life and to everything—and everyone—around me. I have clarity of mind that I have never before experienced.

It has been worth all the effort I had to put forth in the beginning. Now, feeling good is part of my life...as are my healthy habits.

**I have no more migraines, and I hardly ever get sick.
I feel so free, not having to depend upon
prescription drugs.**

***Was your weight affected by
transitioning to this diet?
Please explain.***

Yes. Initially, I was losing about a pound per week, and fitting into my “forgotten” pants. I was super-excited, and felt amazing.

Then, when I dropped my thyroid medication, I started to gain weight. However, now that my thyroid has stabilized, my body is adjusting downward to its ideal weight.

I’m so “done” with going on diet after diet, restricting calories, and weighing myself. It’s a never-ending cycle, and *I’m done with it!*

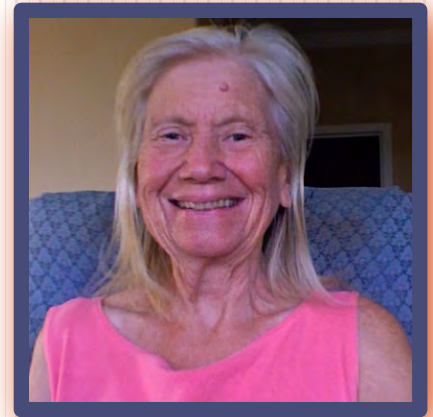
I now just listen to my body—I eat for fuel, not for comfort.

There are so many wonderful things to experience in life. Spending all my energy evaluating myself is a waste of precious time! I am perfectly happy being imperfect.



**When I dropped
my thyroid
medication, I
started to gain
weight. However,
now that my
thyroid has
stabilized, my
body is adjusting
downward to its
ideal weight.**

How Carol's Health Improved



How has this diet & lifestyle affected other symptoms of ill health in your life?

My osteoarthritis appears to be cured—medically impossible!

I no longer have the meralgia paresthetica condition. I am able to sleep on my back. I lift heavy rocks each day, preparing new garden ground, and I have no back pain of any kind.

My cholesterol levels are excellent. My blood pressure is normal.

My skin and hair have also been affected positively. Since I spend so much time in the sun, I don't have any of the brown hair I had. It is now blond with a bit of gray in the back.

It shines now, and seems to be getting thicker. As a friend joked, I am now a “dizzy blond!” Part of the dizzy, I am sure, (according to this friend) is my food choices now!

My skin is tanned in all exposed places.

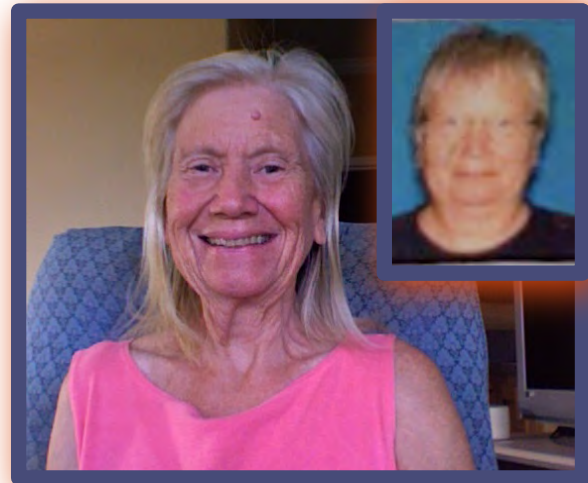
However, it is very funny-looking, because I have thin limbs, but my skin hangs in folds, almost, on my trunk, and I have lots of loose skin on my legs and arms (from the weight loss).

It seems to be thickening, because when I first started working harder outside, it would bleed very easily and I had a lot of scabs on it.

Now, I hardly ever break the skin. It is still somewhat dry, as I have always had dry skin, but less so than before.

***Was your weight affected by transitioning to this diet?
Please explain.***

I have changed from the BMI category of obese to normal. At the start, I weighed 205 pounds; today I am 126 pounds.



**My osteoarthritis appears to have been cured—
medically impossible! I no longer have the meralgia
paresthetica...I have [gone] from...“obese” to “normal”.**

How Lonnie's Health Improved



How has this diet & lifestyle affected other symptoms of ill health in your life?

Migraines: I haven't had a migraine since beginning the plant-based diet.

I've had a couple of headaches—normal headaches—from caffeine withdrawal, whenever I try to quit coffee. (I was semi-successful; however, it's just something I can't seem to give up.)

Asthma: I haven't had any asthma attacks.

Allergies: I haven't had allergies since I went on the plant-based diet.

When I was living in Maui, my wife would eat mangoes. I loved the taste of mangoes, but whenever I would eat a mango, my lip would feel like it had caught on fire—burning and itching.

Now, I can eat mangoes with no adverse effects.

Sickness: pre-plant-based diet, I would get sick—“catch a cold”—about every other week. Thus far, since going plant-based, I haven’t gotten “plugged up” (mucus) like I used to.

Everybody in my office has fallen to the flu; they’ve been out ten to twelve days. “Knock on wood”, I have not gotten sick yet.

I don’t know what it is about this diet/lifestyle, but I haven’t gotten sick in a year and a half.

Obstructive Sleep Apnea: I no longer require a BIPAP machine to sleep at night.



I no longer take any medication, whatsoever... I haven’t had any migraines, asthma attacks, or allergies since going on the plant-based diet.

Gallbladder issues: I know this is kind of disgusting to talk about, but if this will help anybody out there, I don’t mind talking about it.

When you lose your gallbladder, it changes the way you “flow”. When I ate a standard diet, with a lot of fat, my excrement would just be liquid.

Eating this fruit-based diet, my fecal matter is actually more solid—not hard, but solid.

I figure that if taking a B12 supplement will help prevent depleting my B12 stores, I'll take it just to be on the safe side.

Medications: I no longer take any medication, whatsoever.

Supplements: the only pill that I take today is a Vitamin B12 sublingual supplement, usually once every three days.

When I had my last blood test done, my B12 level was at 744pg/ml; at the time, I was not taking Vitamin B12.

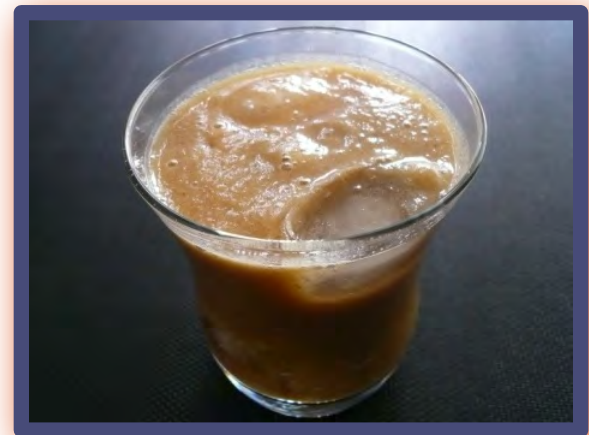
I don't know if it's true, but in my reading, I kept seeing that it takes a year to two years to deplete Vitamin B12 stores.

I figure that if taking a B12 supplement will help prevent depleting my B12 stores, I'll take it just to be on the safe side. That's the only reason I take Vitamin B12.

The Pure Almond Milk I use is also fortified with calcium, Vitamin D, and, I think, B12.

I know in the raw community, a lot of people don't like supplementing.

I generally don't supplement, but I think that I get anything that I'm missing through the milk and the B12 sublingual.



Was your weight affected by transitioning to this diet? Please explain.

Yes—I lost 100 pounds! I was five-foot-nine and 250 pounds—100 pounds overweight—when I started eating the fruit diet. I went down to 150 pounds.



**I lost 100 pounds!
I was...100 pounds overweight when I started eating the fruit diet. I went down to 150 pounds.**



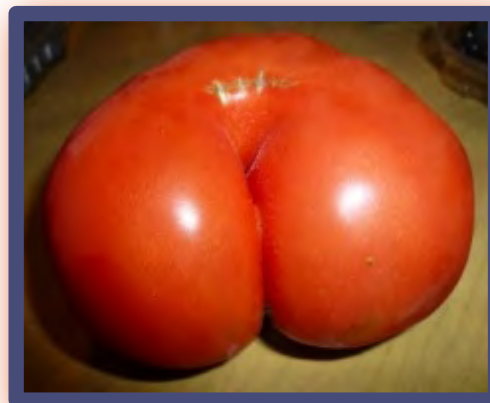
In full disclosure, since I've been eating beans and rice the last month and a half, I've gained 15 pounds (I'm now at 165 pounds).

That's why something "clicked" in my brain: "Lonnie, let's get back with the program." So I'm back on the raw.

My bananas will probably be ripening up in another day or two, so I will juice until the bananas are ready, and then I'm back to bananas.

Once I get my little paycheck back from the government, I'm going to order some dates, and then it will be full-on dates and bananas again. And the weight will come off.

I know it's the physical activity too—I need to exercise. I've got a nice butt; it's part African, this little bubble-butt—I'm really proud of that.



I would run, and my butt was firm; my abs, while I don't have a six-pack, were tight; and my arms and legs were tight.

Pre-plant-based diet, I would get sick...every other week...I don't know what it is about this diet/lifestyle, but I haven't gotten sick in a year and a half.

Well, I stopped doing my bodyweight, and these last few times when I have gone out running, I was jiggly. And I was like, “Man, I don’t like this feeling, because I’m not tight anymore; I’m jiggly.”

So...I think it’s really important to exercise. Eating the raw diet—without all the fat—my body seems to tighten up a lot quicker, though.

Now, I’m not an expert, but I do consume some fat, because everything I have read says that fat is necessary for brain and body function, and that consuming some fat helps to burn fat as well.



I think it’s really important to exercise.

Eating the raw diet—without all the fat—my body seems to “tighten up” a lot quicker, though.

So I drink some almond milk, but not a full cup as I did in the past. I also eat an avocado from time to time.

The more I get back to eating raw, though, the less I will be using the almond milk and avocado—I’ll cut those down to almost nothing.

Are There Any Downsides To Reversing Diabetes?

Type 1 Tasha: Pros and Cons



My personal experience with the fruit-based diet has overall been incredibly good. It would not be honest of me, however, to say that there have been no downsides.

Exchanging “entertainment eating” for “nourishment eating” has meant having a totally different outlook on food than most family and friends.

I also (despite numerous amazing improvements) encountered health problems on this diet. (I am so happy to have gotten to the other side of those!)

I have learned the hard way about the consequences of depleted soils, environmental toxins, and my previous poor lifestyle choices—I now supplement to avoid further nutritional deficiencies.

Though I have had ups and downs on this lifestyle, I am grateful for the immense personal growth that has come from working through those challenges. I am also grateful that my experiences have equipped me to better help others.

The rewards of this lifestyle far outweigh any short-term difficulties I have had to face. I fully believe that my efforts to live healthfully will pay off for years to come.

How Larry Feels About His Life on a Fruit-Based Diet



How do you feel on this diet & lifestyle compared to how you felt with past attempts to control diabetes?

This was my only attempt.

How do you feel now physically, compared to how you felt before and during your diabetes diagnosis?

I feel significantly better in many ways.

I have much more energy; I weigh less; my clothes fit well; and my movement (ability to exercise) is much improved.

How else has this diet & lifestyle affected your life, both positively and negatively?

I don't see any negatives.

I guess it has induced some guilt when I don't follow the diet the way I know I should. That doesn't happen a whole lot, though.

How do you feel about the life you live today, compared with your life before transitioning to the fruit-based diet?

Following this lifestyle has changed my life significantly, and it is all positive.

I don't see it as limiting me in any way from enjoying life and doing what I want to do.

I just had to learn how to operate differently in certain (mostly social) situations.

In terms of physical ability, stamina, and enjoyment, it's a much easier life.



Following this lifestyle has changed my life significantly, and it is all positive. I don't see it as limiting me in any way from enjoying life and doing what I want to do.

How Bibi Feels About Her Life on a Fruit-Based Diet



How do you feel on this diet & lifestyle compared to how you felt with past attempts to control diabetes?

It's definitely a breakthrough!

In addition to feeling great, getting off my meds, and having normal blood sugars, I now can go for longer periods of time without food, and feel no dizziness or sugar-related symptoms at all.

Other diabetes diets just keep the disease under control—"stable"—but none of them allow the body to heal.

Diabetes is a business. I'm so happy to no longer be a part of that.

My current motivation to continue with this lifestyle is my desire to feel great all the time.

I want to have plenty of energy throughout the day, so that I can focus on my creative work.



A motivation of equal importance is the amazing state of mind that comes with this lifestyle. It pours heaps of love, peace, and connection into everything in my life—it is unbelievable! I'm not kidding.

Only a person who has tried this lifestyle could understand—feeling like a feather, so light and joyful. Sometimes I feel so exhilarated!

I find myself playing with my girls, feeling like a girl too, and understanding exactly what fun *is* in their heads...then realizing how boring I must sound when I ask them to clean up the room. I “get” them completely!!

For me, this is basically about love. I am honoring my body, liberating my mind, and bringing happiness to everything I do, sharing with everybody around me. It is so simple, yet so profound.

Only a person who has tried this lifestyle could understand—feeling like a feather, so light and joyful. Sometimes I feel so exhilarated!

*How do you feel now physically,
compared to how you felt before
and during your diabetes
diagnosis?*

I envision a compass: north is health and south is disease. I know what being “down south” feels like and I don’t ever want to be there again.

I also know how it feels to be “up north”. (I definitely feel like a superhero when I’m one hundred percent low-fat raw.) “Normal” people dwell in-between.



**I envision a
compass: north
is health and
south is disease.
I know what
being “down
south” feels like
and I don’t ever
want to be
there again.**

Knowing how I feel at both ends of the spectrum, I am now determined that the lifestyle I choose *must* provide above-average results; I will settle for nothing less.

One thing is for sure: I will never be less than eighty percent raw. Nothing tastes as good as being healthy feels.

There is nothing negative about it...There might be challenges...but I have learned to deal with them in a positive way...because my health comes first.

How else has this diet & lifestyle affected your life, both positively and negatively?

There is nothing negative about it. I think it's a "win-win".

There might be challenges here and there—restaurant outings, traveling, socializing—but I have learned to deal with them in a positive way...because my health comes first.

I feel I've gained the most from this lifestyle in the psychological aspect. I am finally at peace with myself.

My relationships with family and friends have also improved. I feel that every day is a gift to cherish, and every person that crosses my path is there for a reason.

I have these funny "sprouts" of love that come and go, which I express in weird ways—so "nuts"! I love life!!



How do you feel about the life you live today, compared with your life before transitioning to the fruit-based diet?

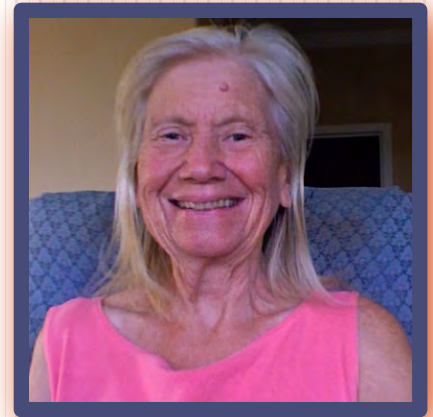
This lifestyle has been a blessing—not only because it has healed my body, but also because it has helped me love the life I live.

I feel more positive and focused...and just happier, overall.



For me, this is basically about love. I am honoring my body, liberating my mind, and bringing happiness to everything I do, sharing with everybody around me.

How Carol Feels About Her Life on a Fruit-Based Diet



How do you feel on this diet & lifestyle compared to how you felt with past attempts to control diabetes?

I feel happy, with good energy all day. I seem to continually think of ways of solving problems, and have good ideas each day. My friend at the nearest store says that I “glow” with sparkling eyes.

How do you feel now physically, compared to how you felt before and during your diabetes diagnosis?

I feel like a teenager again! Some days I even act like it!

How else has this diet & lifestyle affected your life, both positively and negatively?

The positive is so much that I could go on forever—and I do! I tell it to everyone, especially other old, obese women...in the hopes that I can help them.

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Joe Cross, in his film *Fat, Sick, and Nearly Dead*, mentioned that he had decided that he couldn't afford the cost of fruits and vegetables...but then he realized that he was spending three times that amount, monthly, on medication for his ills.



When I heard that, I realized that, for me, continuing with my current eating habits was going to mean either living out the rest of my life in a nursing home; or, going through the required joint replacements, i.e., two knees, two hips, and two ankles at a cost of \$50,000 for a single surgery, when last I checked.

That would mean supplemental Medicare several times over, compared to the price of the fruit and vegetables and the gasoline to buy them.

It would mean placement in a nursing home the rest of my life as well—and the expense of that—with the horrible food!

How do you feel about the life you live today, compared with your life before transitioning to the fruit-based diet?

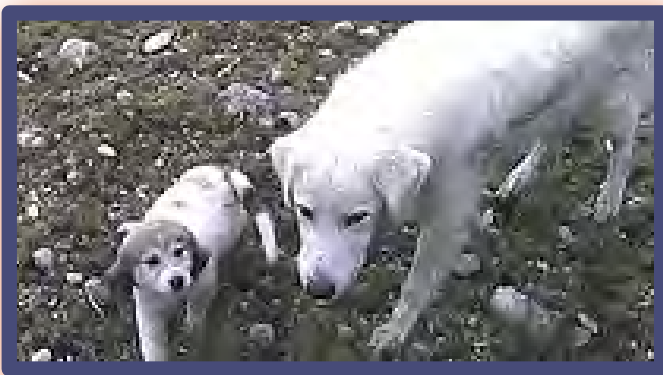
I sometimes grieve (miss!) going to the movie theater along with my gallon of soda and my largest tub of popcorn (with plenty of salt)!

I feel like a teenager again! Some days I even act like it! The positive is so much that I could go on forever—and I do! I tell it to everyone...

Or, I miss my previous evening staple meal: whole wheat buns that I made, with grass-fed beef hamburger patties (from beef that I pastured—with natural grass and no pesticides—and butchered at a local processing plant), with freshly-cut french fries, fried in lard.

But then I remember the pain I lived with physically, and the self-hatred I felt every time I looked in the mirror at the dead hair, the dull eyes, and the fat body.

I return to my fruit, and, each day, the fruit becomes more and more alluring. Even my garden plants seem to be responding—they almost glow at me when I am deciding which leaves to cut, or which (sigh) plant to pull.



**Sometimes...
I miss my
previous evening
staple meal...
But then I
remember the
pain I lived with
physically...
Each day the
fruit becomes
more alluring...**

I have three dogs: two Pyrenees and one border collie. They smell me, and seem to look at me with confusion!

I look like the same person, almost, but I definitely smell different. It is like they cannot understand that I no longer smell like another carnivore.

How Lonnie Feels About His Life on a Fruit-Based Diet



How do you feel on this diet & lifestyle, compared to how you felt with past attempts to control diabetes?

I didn't really have "past attempts". It was, "You've got diabetes" and "What do I need to do to get over it?"

Once diagnosed, I started on the road of trying to manage my diabetes.

I will say that when I was trying to lose weight on the calorie-restrictive diet, my exercise efforts were hampered by the lack of calories.

How do you feel now physically, compared to how you felt before and during your diabetes diagnosis?

Great! Previously, I could not walk from my couch to my front door without running out of breath. Now, I can run twenty miles!

How do you feel about the life you live today, compared with your life before transitioning to the fruit-based diet?

I feel wonderful. Before, I was not happy, and I always doubted my abilities. I was embarrassed to go out and run because I was afraid of what others were thinking of me.

Now, I am no longer focused on what others think about me, and I love living!

I feel wonderful... Previously, I could not walk from my couch to my front door without running out of breath. Now, I can run 20 miles!



How else has this diet & lifestyle affected your life, both positively and negatively?

As a result of this lifestyle, I am a happy person. When I go to work now, I am super-positive.

We deal with meeting planners at work. Meeting planners come in under a lot of stress; it's our job to make them happy.

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We've had some meeting planners that are very challenging to deal with.

I was told, "These people don't smile," and been given tips for how to "deal with them". I've had these people laughing and having a great time.

I'm just positive—99.9% of the time.

The only time I find myself negative is when I don't get to eat my bananas. I'm not teasing; I am dead serious.

When I go without my bananas for more than two or three days, I start getting moody, and start letting things affect me.

When I go back to my bananas, I am perfect—I again look at the positive.



**As a result of this lifestyle, I am a happy person.
The only time I find myself negative is when I don't get
to eat my bananas.**

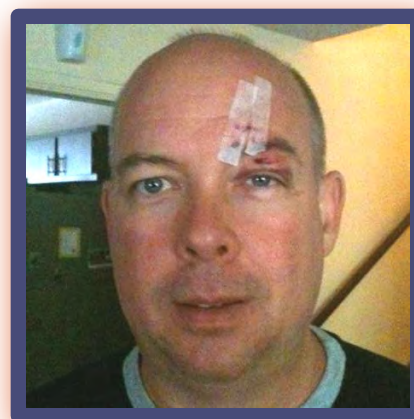
Here is a story about how eating raw has affected my body's ability to heal.

My wife bought an elliptical machine. We were bringing it up the stairs, and I wasn't thinking. It's got a big five- or six-foot arm—with a metal piece on it, that goes over a "donut" on the wheel.

I had it propped up on a magnet. As we were pulling it up, the magnet gave way, and the metal piece came down. It hit me in my eye socket and busted my eye.

There was blood coming from underneath my eyelids; I thought I had busted my eye out so I went to the doctor really quickly.

My doctor was amazed at how quickly I recovered from that injury. It was from eating raw.



My eye was actually okay; the blood had just gone underneath my eyelid from where the metal piece hit me.

As a diabetic, sores and injuries take a lot longer to heal, supposedly because of all the sugar in the body.

Well, within three or four days, that cut in my eye had healed.

My doctor was amazed at how quickly I healed from that injury. it was from eating raw.

Is Reversing Diabetes Hard Or Easy?

Type 1 Tasha: Transition



Is eating an abundance of delicious fruit an unpleasant diet? Not at all. Who doesn't like at least some kind of fruit?

Then what is so hard about eating a fruit-based diet? For most of us, the difficult part is creating new habits—replacing “instant gratification” with healthier sources of comfort and pleasure.

So many transitioning individuals have expressed to me their feelings of failure due to imperfect eating. Please hear this: struggles do not mean failure! What is a success story, if not a journey of facing challenges and overcoming obstacles?

Due to my terrible prior eating habits, I could write the book on failure! But guess what? I made forward progress because I kept on trying!

Thankfully, the transition process became progressively easier. As time passed, the “old foods” began to lose their appeal. Though they still smell and taste good, they no longer feel good in my body.

The healthier I get, the more I want to feel good all the time. In this way, the body itself assists in the transition process. What a priceless gift!

Larry's Transition



***How long did it take you to transition to this diet?
Do you feel comfortable with it now? Please explain.***

Right from the get-go, I transitioned.
I don't think I wasted a day.

Although I didn't go "cold turkey" into a fruit-based raw food diet, it sure felt like I did. From the very beginning, the change was so drastic that, in my mind, it was a total transformation.

For the first three weeks, Cyrus gave me weekly food goals. He would say, "Okay, this is what I want to change in your diet this week..."

We negotiated to come up with the goals. For instance, "Okay, you can have two egg meals per week; you can have two bread meals per week; you can have two meat meals per week."

I actually went more conservatively than his weekly goals for me—I was quite motivated to do "even better".

I didn't have any trouble committing to the diet, and felt very comfortable with it after working with Cyrus for only a short time.

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I like fruit, so it was easy for me to move into fruit-eating. It was summertime, so fruit was plentiful.

I also like salad. The problem was, I liked salad with dressing, and the oils in dressings aren't good. I did find some no-oil dressings which were okay.

I also tried out Cyrus's suggestions to use lemon, lime, and orange juice on my salads, which worked fairly well.



I don't think he liked it when I used dressing on my salads (but I did, sometimes).

I was very committed to the diet overall, though. I didn't eat meat of any kind for the first two months.

Bread, pasta, and chips are my big weaknesses. I actually did better than I thought I would with those—I didn't have them very often at all.

Occasionally, in the early days, I would "cheat" while out to dinner with friends—I'd eat things that weren't on the diet.

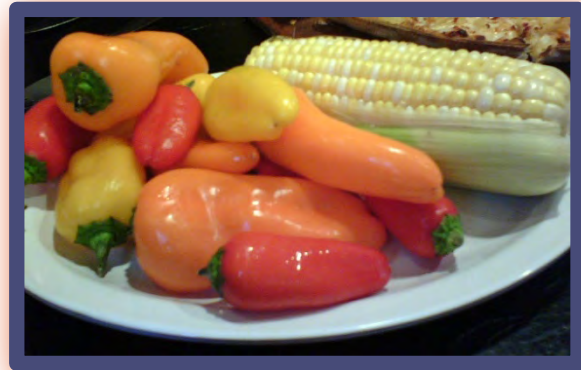
I needed to work extra hard for a couple of days after that, in order to get back to where I needed to be.

Although I didn't go "cold turkey" into a fruit-based raw food diet, it sure felt like I did. The change was so drastic that, in my mind, it was a total transformation.

I had, very quickly, seen dramatic results, though, so I was pretty comfortable that my blood sugar was under control. I could tell how things were going.

I was very comfortable from the outset—the formula was pretty straight-forward and easy, and I knew what to do.

I do occasionally give in and eat things that I crave. I don't have prolonged "off" periods, though. I know how my food choices affect me.



What mistakes have you made on your health journey?

I can't think of any. I think it's all been positive and good.

Do you ever have "off days" on this diet, or do you stick to it pretty strictly? Do such changes affect you in any way? Please explain.

I feel very comfortable on this diet. I understand the elements of the diet and exercise well enough.

If I am rigorous about exercising and eating correctly after I have taken days off, it's very easy for me to get back on track.



I do occasionally give in and eat things that I crave, taking a day or part of a day “off” (or multiple part-days, as I did over the holidays).

I don't have prolonged “off” periods, though. I know how my food choices affect me. More importantly, I know how to get back to where I need to be.

If I am rigorous about exercising and eating correctly after I have taken days off, it's very easy for me to get back on track.



Bibi's Transition

*How long did it take you to transition to this diet?
Do you feel comfortable with it now? Please explain.*

It took me—literally—two weeks to go just one day raw. I asked myself many times, “How can people live like this?”

At some point, I found I was actually doing it...but I still thought those people were totally insane!

I took it a day at a time. I started by doing just one day raw. Then, I did two days; then three days; then a week.

I kept a “food and feelings” journal, and drew a “happy face” every time I completed another day raw. My happy faces kept me motivated.

Doing smoothies seemed the best way to start. What worked for my morning meal was blending a lot of greens (either juiced or whole) with a few pieces of fruit.

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I felt light-headed if I drank blended fruit alone. Instead, I added massive amounts of celery and leafy greens to all my smoothies.

Little by little, I increased my fruit intake, and my sugar rushes went away.

Lunch was usually fruit—with many greens—as well. At dinner time, since I was transitioning, I experimented with various recipes from my vegan “un-cook” books.

Those complicated, gourmet (high-fat) raw vegan recipes always left me with a heavy feeling in my stomach, and an unsatisfied sweet tooth as well.

After two weeks of experimentation, I knew a low-fat raw vegan diet was the best for me.

Thankfully, it turned out that this lifestyle was easier to do than it had (at first) seemed. As with everything, it just took time to learn and master.



It took me—literally—two weeks to go just one day raw. Thankfully...this lifestyle was easier to do than it had seemed...it just took time to learn and master.

So what happens first and foremost on this diet? *Detox...*and it is *dreadful!* No wonder a lot of people get turned off!

In those early days of detox, I kept holding on to Kristina's phrase: "Before it gets better, it'll get worse."

Everybody detoxifies differently. For me, this is what it looked like: 1) headaches; 2) acne "breakouts" on my face; 3) bloating (I looked pregnant!); 4) going to the restroom five to eight times per day; and 5) sweating and cold spells at night (the worst part).



I added massive amounts of celery and leafy greens to all my smoothies. Little by little, I increased my fruit intake, and my sugar rushes went away.

I felt like a junkie! It was awful, but I knew that going through detox would be a far better option than dealing with manifestations of my disease later in life.

As I mentioned, it took me two weeks to do one day raw. It was extremely difficult, *despite* already having been vegan for a while.

I cannot imagine how a person eating a standard American diet could jump into eating a fruit-based raw food diet overnight. I think "slow and steady" is best.

After I had been on the low-fat raw vegan diet for two weeks, I was thinking, “I’ve totally nailed it!” That is...until I had a cooked-food binge.

After I had been on the low-fat raw vegan diet for two weeks, I was thinking, “I’ve totally nailed it!” That is...until I had a cooked-food binge.

In this way, I learned the necessity of evaluating the weak areas in my diet. If I was tossing and turning at night, dreaming about cooked food, it meant that I hadn’t eaten enough calories that day.



In the beginning, I was constantly pushing food down my throat that I didn’t like, “for the health benefits”. I even juiced radish leaves—yuck! Of course they tasted awful!

I also used to plan out my daily menu and follow that plan exactly. Now, though, I eat more intuitively...and it works great! My body knows what it needs, when it needs it, and how much is needed.

I used to have intense cravings for salty, spicy foods. I added a lot of lime and jalapeño to my recipes.

When I wanted to “break” the diet, I would head straight to an ethnic restaurant: Indian, Thai, Japanese, or Mexican, of course! The more deprived I felt, the more shocking my binge would be.

As time passed, however, and my body got cleaner and cleaner, I no longer had those sorts of cravings. I even stopped using garlic on recipes, because I hated the aftertaste.

It is important for me to fully enjoy my life experiences, so if I make a less-than-optimal food choice, I don't make a big deal of it.

If I fall hard, it's difficult get up again, but if I only stumble, it's easier to get back in step.

If I have a bad experience, I learn my lesson and move on with life. Despite my "falls", I know I'm still eating much better than the rest of the population.



If I have a bad experience, I learn my lesson and move on with life. Despite my "falls", I know I am still eating much better than the rest of the population.

I think the first year is all about persistence—fall down...get up...again, and again, and again, and again! It takes time.

I know a person who has been transitioning for *ten* years! Who cares if a person is not "fully raw"—no one is counting!

I started my transition in January 2012, and I'm still tweaking things here and there. I am very comfortable right now.

I might go "fully raw" later on; I might go easier on myself—I don't know. I always try to listen to my body.

When I start having cooked food here and there, I notice changes beginning to happen...clogged sinuses, slower digestion, or more difficulty falling asleep at night.

For me, following this lifestyle is worth the effort, because I truly believe I am giving my body the very best fuel.



People say that this lifestyle is very extreme—not a lot of people take this route “just because” (or perhaps I should say, hardly any people embark on it at all)!

It took me a while to transition, and I still stumble from time to time. But I'm very stubborn. I have great faith in the healing power of fresh fruits and vegetables.

I can—literally—feel my body changing every time I eat this way.

FOR REFERENCE PURPOSES ONLY

I might not eat one hundred percent optimally all the time, but I'm still reaping many benefits, the longer I am on this path.

For me, following this lifestyle is worth the effort, because I truly believe I am giving my body the very best fuel.

I think it takes time to truly get in touch with what the body is saying, though. It took me about a year to really understand what worked and what didn't work for my body.

I have changed so much inside, it's bizarre! I am now vegan for ethical reasons as well—it is my personal contribution to the planet.

Even if I am tempted to eat animal products (which I no longer crave), I just cannot. Though I know chicken tastes good, and might occasionally miss my Chilean bass meal, it's just not appealing to me anymore.

I have never been fond of any cow products, but I used to love all sorts of seafood and chicken. I thought they were going to be difficult to leave behind, but they weren't.



I think it takes time to truly get in touch with what the body is saying...It took me about a year to really understand what worked [and what didn't] for my body.

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What a change! I used to be one of those people who made fun of vegans because “they don’t want to hurt the animals”. I thought, “*Dummies!* If the animals are here, we are supposed to eat them!”

Well, I take my words back. I now know from experience that animal products do not digest well. I also get an instant bad vibe when I consume them.

Of course they taste good! If I were to be cut into fillet-size pieces, marinated, and grilled, I would taste yummy too!!

I definitely feel very comfortable and capable with this diet now. I’m so proud of myself—I’ve come a long way.

Animal products do not digest well...Of course they taste good! If I were to be cut into fillet-size pieces, marinated, and grilled, I would taste yummy too!!



What mistakes have you made on your health journey?

At first, I felt like I needed something more “solid” to eat, so I would eat a lot of nuts.

As a result of the high fat intake, I couldn’t sleep at night. I think I should have eaten potatoes instead.

Nowadays, I hardly eat overt fats at all. I have to remind myself to include them in my diet (along with greens).

I was pretty obsessed with the diet/lifestyle in the beginning, but I don’t see that as a mistake.



At first, I felt like I needed something more “solid”...so I would eat a lot of nuts. As a result of the high fat intake, I couldn’t sleep at night.

I actually needed that drive to go all the way—to kick the sugar imbalances out of my life once and for all. I guess that’s the way to go, when dealing with diabetes.

The thyroid issue is another story. I should have consulted a doctor before I decided to drop my medication “cold turkey”.

Apparently, if medication is decreased gradually, it doesn’t take such a toll on the body.

The only thing that I didn't like when "fully raw" was that I felt a little fearful of traveling...a bit paranoid that I might not be able to find enough fruit to eat.

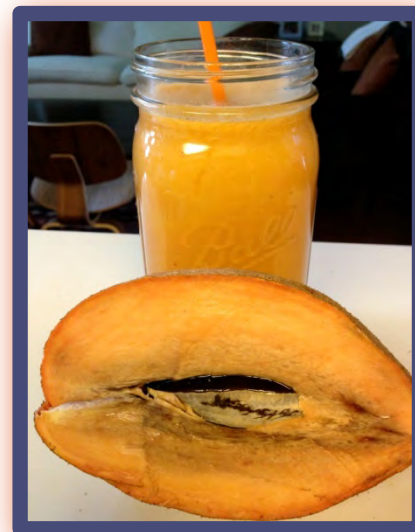
Do you ever have "off days" on this diet, or do you stick to it pretty strictly? Do such changes affect you in any way? Please explain.

When I first started, I was one hundred percent low-fat raw vegan for a few months. Those months changed my life in many ways.

It's a feeling I can't describe. A person must experience it for himself...simply amazing!

The only thing that I *didn't* like (when "fully raw") was that I felt a little fearful of traveling.

Although I have traveled to many places and have always been able to find fresh fruit, I nonetheless felt a bit paranoid that, at some point, I might not be able to find enough fruit.



I knew that if I changed my mindset to "I don't have to be one hundred percent raw *all the time*", I would feel more relaxed...so I did!

**I decided to
“treat myself”
once in a while...
I now consider
myself to be
“almost always
raw”...This keeps
me from falling
off the wagon in
a bad way.**



I also missed certain foods that I'd rather have cooked or that can't be eaten raw: artichokes, green beans, eggplant, okra, cactus plant, potatoes, sweet potatoes, lentils/garbanzos/beans, quinoa, rice, and corn tortillas.

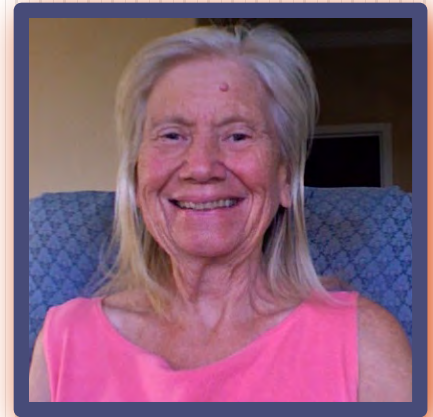
I decided to “treat myself” once in a while. Those foods still made me feel “okay”. Now, I don't feel I'm missing out on anything. I just eat what I love, and what loves me back.

I now consider myself to be “almost always” raw. My “cheat foods” are those above, and I feel great.

It keeps me sane; it keeps me balanced. This keeps me from falling off the wagon in a bad way—it feels perfect to me.

I never fast; I never do juice feastings; I never gorge. As I mentioned, I like balance.

Carol's Transition



***How long did it take you to transition to this diet?
Do you feel comfortable with it now? Please explain.***

From one hundred percent freshly-squeezed fruit/vegetable juice (from October 2011 to mid-January 2012), I began the 80/10/10 diet, one hundred percent, faithfully for five months.

Five months into it, I spent \$2,000 on a root canal and a crown, and needed a cheaper food source for part of the day. I began to supplement with a meal of cooked beans. (Checking the nutrition, I found beans to be high in minerals.)

I have full fruit/veggie days for several days after a shopping trip because I have so many fresh fruit choices. I seem to be enjoying every bite more and more.

I have been hungry the past month, but I have checked it with others and they all agree that cold weather causes an increase in appetite.

My goal is 120 pounds. I want to buy petite cotton tights, and I have to reduce my waist and hip measurements to fit.

I am currently ranging in the mid-120s, depending on my intake of calories and activity level.

When I get there, I will go into maintenance eating, and continue my current regimen. I will continue to weigh myself, at the same time, daily.

Perhaps, eventually, I will eliminate the one cooked meal as well—particularly if I can get more fig trees planted, and other fruit-bearing trees.

My current orchard is one fig tree, one apple tree (the other died), four peach trees, and one grapevine. I would like to add to it.

What mistakes have you made on your health journey?

Believing what the mainstream media and physicians say is true.



**From one
hundred percent
freshly-squeezed
fruit/vegetable
juice...I began the
80/10/10
diet...Five months
into it...I began to
supplement with
a [cheaper] meal
of cooked beans.**

Do you ever have “off days” on this diet, or do you stick to it pretty strictly? Do such changes affect you in any way? Please explain.

I do have meals out, and I regularly eat the cooked bean meal that I mentioned.

If I do eat strictly 811RV (80/10/10- raw vegan), I have no problems with elimination. It is as like urination as it can be.

I have a bit of gas after the bean meal, and it doesn't float out as easily.

If I do a cooked fish meal, with baked potato and sour cream, I have to blow my nose the next day. It is mucus-producing. I also have to strain to defecate.

What delights me the most, though, is the smell of my bathroom on “one hundred percent” 80/10/10 days. It smells absolutely “delicious”!

During drought, as has occurred here since 2007, I try to conserve water usage, so I only flush the toilet once a day. My bathroom just smells better at the end of the day, with no venting whatsoever.

My defections are the best kind of air freshener! I am not kidding here!



Perhaps, eventually, I will eliminate the one cooked meal...particularly if I can get more fig trees planted, and other fruit-bearing trees.

Lonnie's Transition



***How long did it take you to transition to this diet?
Do you feel comfortable with it now? Please explain.***

I have been doing the diet for seventeen months now (about a year and a half). It took two months to transition.

I am extremely ecstatic about this diet! I would not eat any other way.

My first step in transitioning from the calorie-restrictive diet was phasing out processed food, which I did immediately.

Then I started doing chicken instead of red meat. I would also steam some yams and veggies.

I would cook chicken or fish, topped with lemon juice, pepper, and jalapeno—because I liked my food hot.

Milk wasn't hard to give up since I rarely drank it anyway, due to lactose intolerance...but I still ate cheese.

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After three weeks of eating properly, I gave up chicken, and still ate fish. A month in, I gave up fish (the last of the meat products), and still ate cheese.

About two weeks later, I gave up cheese (the last of the dairy products), and went full-on to the vegan lifestyle.

In summary: within thirty days, I had transitioned from a standard American diet to a vegetarian diet.

A month after that, I was completely plant-based, and had started eating fruit.

As I transitioned into fruit, I started eating as much fruit as I wanted. I was probably up to around 2000 calories a day.

The first month after I transitioned, did I miss meat? Oh yeah. When I smelled meat, did my mouth water? Yes, it did.

Three months into it, I had no craving for meat products at all.



**Within thirty days, I had transitioned from a standard American diet to a vegetarian diet.
A month after that, I was completely plant-based.**

The cheese was a little more difficult. I still crave cheese—my mouth waters even talking about it—but I haven't had any.

I've tried some cheese alternatives, like almond cheese and soy cheese.

Even vegan cheese is processed, though, with high oil and salt content. It doesn't make me feel good, so I just don't eat it.

The only problem that I've had with sticking to this diet—and it's my fault—is keeping my fruit in a constant state of ripeness.

**Being a “junk food
vegan” would be
super-easy...
Raw vegan is
more difficult—
just being honest.**



I need to buy two cases of bananas, the next week buy another case of bananas, then the next week buy another case of bananas.

I've got to keep my fruit ripe at all times; if I don't, and I go back to cooked food, it becomes extremely hard to go back to raw.

I've spent forty-four years eating crap—eating hot food—and it takes time to transition. Life-long habits don't change overnight.

**I've spent forty-four years eating crap...
and it takes time to transition.
Life-long habits don't change overnight.**

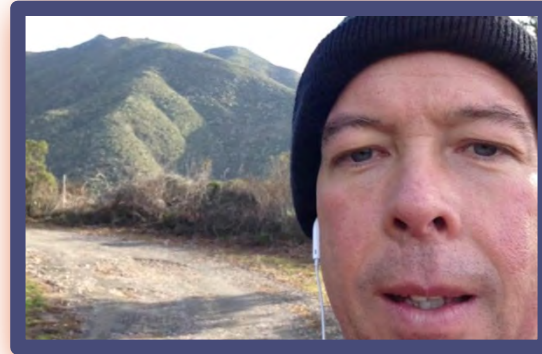
My one complaint with the raw food diet is that I'm always cold. My body temperature used to be 98.8 degrees Fahrenheit.

When I'm completely raw, my body temperature drops to 96.8F. And I freeze. I mean, I literally stand in front of the heater, just shaking.

Once I get moving, I warm up, obviously...but it's hard to get moving when I'm freezing.

So I get into the hot shower and just stand there for fifteen minutes and that'll usually get me nice and warm.

Staying vegan—being a “junk food vegan”—would be super-easy. I'd still be fat; I'd still feel like crap; but I wouldn't crave anything.



Raw vegan is more difficult—just being honest—because I do miss having that warm, cooked food on my palate...even though I know it's not great for me.

It's winter-time here, and I have noticed that the last month and half, I have started eating more and more black beans and brown rice.

They are nice and warm and make me feel good; I also enjoy the taste.

The only problem that I've had with sticking to this diet—and it's my fault—is keeping my fruit in a constant state of ripeness.



But with eating the cooked food, I don't have the same energy levels, and I have also gained back some weight.

Other than that, I have no regrets about this diet. I don't crave ice cream; I don't crave sweets. I'm getting all the sweets I want through my fruit.

What mistakes have you made on your health journey?

I have been very careful with this journey. I do not think I have had any issues, other than running out of ripe fruit.

When I run out of fresh fruit, I switch to beans and rice as my staple until I am able to get fruit and have it ripen.

When I buy yellow bananas, it usually takes two weeks for them to get spotty. If I buy green bananas, it takes a month for them to ripen.

Do you ever have “off days” on this diet, or do you stick to it pretty strictly? Do such changes affect you in any way? Please explain.

Going raw is really difficult. Even today—I will be honest—I still am challenged at being raw.

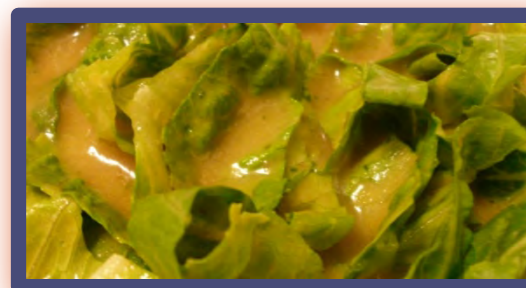
I remember one time when I cooked some zucchini in tempura batter, and fried it in vegetable oil.

After eating the fat and grease from that along with my smoothie, I tested my blood sugar, and—after it was already down into the 120-130s (mg/dl)—it went up to around 190mg/dl.

I think it's crucial to watch the amount of fat consumed, as a diabetic.

Whenever I consume a large amount of fat, my blood sugar tends to go up, especially if I eat the fat and then have a smoothie.

The small amount of fat in the splash of almond milk that I use for my smoothies doesn't appear to cause me problems, however. That seems to work fine for me.



When I run out of fresh fruit, I switch to beans and rice as my staple until I am able to get fruit... when I [do this], I find that my energy levels drop.

On the occasions when I use cooked beans and rice instead of bananas and dates, I find that my energy levels drop.

I can normally run ten miles and still have energy. I don't feel like stopping. I don't hit the proverbial "wall".

I'm not saying that my legs don't ache, or that I don't get cramps; I simply don't run out of stamina. When I eat my fruits, I can just run...and run...and run.

However, when I go out to run the day after eating beans and rice instead of fruit...Man! The first two miles kill me! Everything in me says, "What am I doing out here?"

The third mile, I am done! It takes every ounce of energy in my body to run past that three-mile mark when I don't eat my fruits.



**I think it's
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Whenever I
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Am I The Only One?

Type 1 Tasha: Social Life



I will be honest—some of my biggest struggles on the fruit-based raw food diet were related to social life.

At home, I had more control over my environment—but I was still eating a [totally different diet than my husband](#), which was a challenge in itself.

With parties, church gatherings, restaurants, holidays, and family get-togethers...I struggled big-time!

Emotional attachment to “old favorites” pulled me down time and time again. Social gatherings provided ample opportunity to give in to temptation.

I had to do a lot of spiritual work on myself, dealing with my real reasons for wanting to eat “comfort foods”.

Over time, I also learned to eat well beforehand, make use of buffet restaurants, take my own salad toppings, and always pack enough food for myself.

And, thanks to the wonders of technology, I have greatly benefited from a new type of “social life”—on the internet! Some of my best friends are from [Flat Belly Fruit & Veggie Challenge](#), a support group I started to help me stay on track with this lifestyle.

Larry's Social Adjustments



How did your family and friends react to your decision to try the fruit diet?

My friends were encouraging and supportive, though they still don't understand it fully. I think everyone to whom I have ever tried to explain the diet asks me where I get my protein.

I think that every time I explained the diet to someone, it was in the context of how Cyrus had gotten to where he is.

I'd say: "Most of the world is on one side of the spectrum, and Cyrus is all the way on the other. He told me that if I could get as close as possible to where he is on the spectrum, that it would very much impact my life."

In that context, I didn't really see anyone being concerned about me following the diet. Many people didn't understand, but there was no concern.

Overall, my family has been extremely positive and supportive. My decision to follow this lifestyle has maybe even impacted my family, to a certain extent. They are, in a way, also participating.

My wife makes shakes for me on a daily basis, and drinks them with me almost every time. It has really impacted her, although she doesn't follow the rest of the diet to the extent that I do.

My daughter and daughter-in-law are vegetarians, although not strictly on a fruit diet.

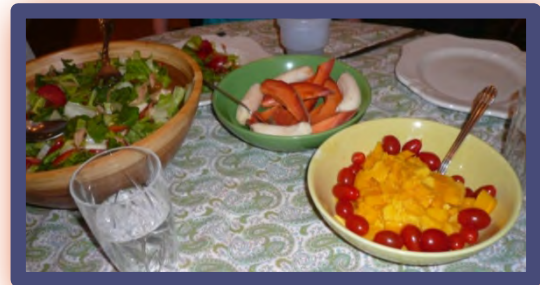
My daughter spends the night about once every two weeks, when she is in town for clients in my area. Many times when she comes, she'll have a shake with me.

How did they react to your health changes?

They were very happy and supportive.

I get comments all the time about how great I look, now that I have lost the weight. People tell me how encouraging it is, and how happy they are for me.

Socially, it's been all positive.



My decision to follow this lifestyle has maybe even impacted my family, to a certain extent. They are, in a way, also participating.

What struggles have you had socially? How have you been able to work through them?

I have had no social struggles whatsoever.

My friends are always positive and helpful:
“Are you sure you want to go out to eat?
Do we need to go someplace where you
can get what you need?”

I say, “Don’t worry; I’ll figure something
out. I don’t want my diet to get in the way
of us enjoying time together.”

**I have had no social
struggles whatsoever.
My family has been
extremely positive
and helpful.
My friends are always
positive and helpful.**



Ordering at restaurants is not difficult. It’s not always exactly what I should be eating on a strict version of the diet, but it’s pretty easy to at least do fairly well.

I went out for breakfast with a good friend recently. I had a glass of grapefruit juice, a bowl of fruit, and half of a bagel.

Ordering at restaurants is not difficult. It's not always exactly what I should be eating on a strict version of the diet, but it's pretty easy to at least do fairly well.

If I go out for dinner or lunch, I'll usually always have a salad.

Sometimes my salad may have chicken or fish in it. Sometimes I'll have an entrée, like a fish taco.

I'm not like Cyrus. I don't tell the waiter that I want a salad with no dressing on it. I know that's what he does.



Bibi's Social Adjustments



How did your family and friends react to your decision to try a fruit diet?

Ever since high school, my mother was concerned with my food choices. She thought I was eating “too much fruit”.

These days, I have literature to back my actions. However, like everyone else, my family has an opinion.

They all want me to be “normal”. This used to irritate me so much—that’s why I always took pride in not being “normal”.

Of course, they were just concerned about my health...but they were not informed either.

So far, I have proven—with blood tests—that I was able to overcome diabetes *and* hypothyroidism. My mother and all my sisters have hypothyroidism, so they are proud of me.

Yet, everybody relies on outward appearances, so they don’t get it: “How come you say this diet is so great, yet you’ve gained weight?”

I know it is just a matter of time until the positive changes show from the inside out.

When the house is a mess, the first thing to do is clean the inside...*then* take out the garbage...*then* tend to the garden.

Yet, my family and friends have been accepting and supportive as well. They are willing to try my recipes, and I think they have a sort of respect and admiration for what I do.

**They all want me to be “normal”.
Of course,
they were just
concerned about
my health...
but they were not
informed either.**



How did they react to your health changes?

My family is very happy for me. My mom, dad, brothers, and sisters are all proud of me. They know it's been hard work.

My mom still can't believe I'm not taking any thyroid medication—because doctors say the medication is “for life”.

What struggles have you had socially? How have you been able to work through them?

In the beginning, I struggled with following the diet at restaurants. I still craved those old foods.

But once my body got used to my new dietary habits and how good they made me feel, I was able to overcome that struggle.



Now if I'm going out, I make sure to eat enough beforehand to satisfy me.

If I still want to order something, I just choose the best menu option, with maybe a bit of a "tweak". I always tell the waiter, "vegan, no oil, no salt."

I also used to fear running out of food. I travel a lot, so this was a big issue.

But, "live and learn", as they say! Now it is no big deal. I've learned to just cope with circumstances as they arise.

If I am traveling—or even just going out during the day—I plan ahead to make sure I have enough food to eat. This is really important, to keep me from craving unhealthy items.

If I am traveling or even just going out during the day, I plan ahead to make sure I have enough food to eat... to keep me from craving unhealthy items.

I keep a medium cooler in the car, and have a portable cooler for carrying with me. Sometimes I use an insulated bag instead, with an ice pack and my food.

When traveling, I always take my preferred knife, citrus juicer, a flexible board, a food container, silverware, and a large jar. Even my cheap blender sometimes flies with me.

This might seem like too much, but it really makes life a lot easier!

I also know that, anywhere in the world, there will always be a store where I can buy produce.

Anywhere in the world, there will always be a store where I can buy produce...there are also more healthy options everywhere.



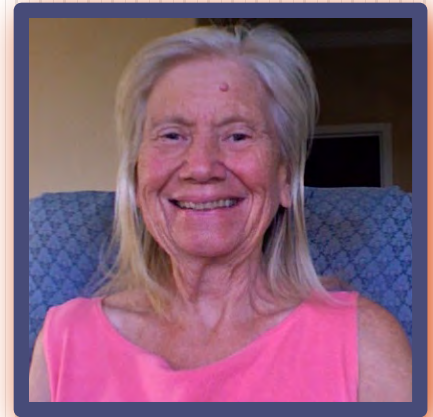
Nowadays, there are also more healthy options *everywhere*.

I want to live free from fear, which is why I keep the “high raw” mentality.

This way, I know that if there is absolutely no fresh produce around, I don’t have to freak out. This is never the case, by the way—I just do it for peace of mind...and it works!

For me, the stress of trying to be one hundred percent raw is not worth it.

Carol's Social Adjustments



How did your family and friends react to your decision to try a fruit diet?

I can state that reaction with the oft-repeated question, “But what are you doing for protein?”

Then there was the reaction that I could certainly live like that to lose weight, but that I had better get back to getting enough protein once I reached my goal.

None seemed to recognize that the excessive amounts of meat and dairy are not needed. The traditional vegetarians advise protein combinations, such as beans and rice.

How did they react to your health changes?

After they saw me thinning and glowing, they said I was looking good, but (still) asked, “What are you doing for protein?” The meat/dairy industry sure has everyone brainwashed.

What struggles have you had socially? How have you been able to work through them?

I am in an area of the country that is heavy on beef production. All my immediate neighbors are only here on weekends (to hunt deer and feral hogs), so social life is very difficult.

I have one friend with whom I share trips to the big city to shop for groceries. Since there are no real alternatives, I do ask that we eat at a restaurant serving grilled fish.

Lately, on trips to the nearest large city, I have been eating at a restaurant offering a salad bar of organic fruits and vegetables. I have been doing it alone.



Thinning and glowing, they said I was looking good, but (still) asked, “What are you doing for protein?” The meat/dairy industry sure has everyone brainwashed.

Lonnie's Social Adjustments



How did your family and friends react to your decision to try a fruit diet?

They thought I was nuts! I actually lost my relationship with my mom over this lifestyle, because she thinks I am a nut-case.

For a year, I didn't talk to my mom in any way.

She said, "Oh, I'll keep my opinions to myself,"...but, sure enough, a month later, she started in all over again.

I no longer have any communication with my mom.

I know it was my mom, but she was a negative influence in my life. I don't carry negativity anymore.

If a person chooses to be negative, I choose not to associate with that person.

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For the last year and a half, my wife has been eating like a carnivore. She has not been supportive of this lifestyle. She doesn't think that I should eat just fruit.

She has continually tried to get me to eat animal products. She would slip me something that had animal products in it, or she would say a food was dairy-free, when it was not.



Now, after a year and a half of giving me grief about being on this diet, my wife has finally “seen the light”. Yesterday, she actually bought a Hurom juicer, and started a juicing program.

I’m not saying that she’s going to be a raw vegan. She’ll probably still eat meat from time to time.

However, she is incorporating juicing into her lifestyle to lose weight (she’s a bit overweight). As a side effect, she’ll get healthy as well.

My wife is actually, now, not buying meat products, and she hasn’t bought dairy products. She is buying fruits and vegetables to go in the juicer.

I don’t carry negativity anymore. If a person chooses to be negative, I choose not to associate with that person.

To make a long story short, I am now getting some support for my lifestyle.

Having support makes it possible to have fruits and vegetables available on a regular basis. This way, I won't keep running out of fruit.

Recently, I had been falling a little bit behind on my fruits. If they aren't ripe, I don't want to eat them. If bananas are still yellow, they have more starch than sugar in them.

I try to keep all my stuff as ripe as possible, and as mushy as possible. I like the black spots—I like my bananas more black than yellow.

I live off of dates as well.

The last two days, I've been more focused on my fruitarian raw lifestyle. I'm starting to feel great again.



After a year and a half of giving me grief about being on this diet, my wife has finally “seen the light”...and started a juicing program.

Having support makes it possible to have fruits and vegetables available on a regular basis. This way I won't keep running out of fruit.

One of my wife's children is twenty-two years old, and has a genetic disability called Prader-Willi syndrome.

His disability is that he likes to eat. He eats and eats and eats. He's four-foot-eleven and 220 pounds.

I was actually able to get him to lose some weight by following my lifestyle. Unfortunately, he doesn't live with us; he has to be in a care home for around-the-clock supervision.

The care home isn't quite as detailed in his diet and exercise as I was...but the lifestyle really works.



I have a daughter who is nineteen. She kind of joined me in the hospitality industry as well. She works for the same hotel that I do.

I'm very fortunate because my daughter is now a vegan, mostly fruit-based. When she first started, she did "junk food" vegan.

My daughter (eating Oreo cookies): “Dad, it’s vegan.”

Me: “Well, yeah it is, but it’s not healthy. You might as well go back to eating your meat and dairy.”

Now she is, finally, on more of a normal course: eating bananas, dates, and other real food.

I’m very fortunate...my daughter is now a vegan, mostly fruit-based... My two sons still eat, pretty much, a standard American diet.



However, she is a gym rat—she goes to the gym two to three hours a day.

One of her workout associates told her, “Oh, you’ve got to get your protein in,” so now, unfortunately, she’s doing soy protein.

I told her, “You don’t need that,” but they sold her into it, so she’s doing it. But she’s still vegan, so I’m not arguing with her. I’ll let her do her own course.

I have a son who is fourteen and another one who is twelve. My two sons still eat, pretty much, a standard American diet.

How did they react to your health changes?

Everyone was very happy for me. Just by watching me, a lot of people are taking notice that this lifestyle works.

At work, everybody teases me about being a “banana-boy”; yet, what do I see? People there are now eating bananas. It’s kind of funny, but, really, I think it’s great.

What struggles have you had socially? How have you been able to work through them?

I used to have an account that was up north, and it was a vegan retreat. They would not serve meat. They would harvest all their vegetables and herbs from their garden, right on the premises.



I used to think, “You guys are from Mars! You are weirdos!” We’d always joke about stopping and getting our meat before we got there.

Nowadays...I wish I had the opportunity to go back and service that account, where I could be part of that community.

Everybody was happy for me [seeing my health changes]. Just by watching me, a lot of people are taking notice that this lifestyle works.



**Many people argue
with me about my
dietary choices...
yet they are
impressed with
the results.**

Before finding the fruitarian diet, when I started interviewing for jobs, I was so fat.

I was wearing a size 18 ½ shirt—and I couldn't button it up, because my belly was so big.

Because my neck was so fat, I couldn't get the button on my collar to fasten. My pants were size 46, and I was going into size 48.

I looked disgusting, and I knew it. How could I be confident in job interviews when I didn't feel confident in myself?

I also would never go running by myself. I was always too self-conscious.

I was really embarrassed because I was so heavy. I thought everybody was looking at me (even though they weren't) and mocking me.

Before finding the fruitarian diet...I was really embarrassed because I was so heavy. Now, I go out and run, and I don't care what anybody says.

I finally made the determination, "Hey, if those people are sitting there laughing at this fat guy running down the street...well, at least I'm out here doing it, while they're sitting inside watching TV!"

I stopped worrying about what other people thought. Now, I get out; I put on my shorts, my shoes—my funky-colored red or blue or yellow shoes—I look crazy! And I go out and run, and I don't care what anybody says.

I actually enjoy life now. I am very positive with everything I do, and I do not waste my time on things I cannot change.

I have energy, I look good in my clothes, and I can look down and see my feet.



I've lived next to some neighbors for ten years now. They have never once spoken to me.

One day, I came back from a run, and the neighbor called me over. He said, "Hey man, I am SUPER-impressed with the way you've changed yourself. It is amazing! I am at a loss for words."

I was at a loss for words that he took notice of that!

On a practical note, I eat before social gatherings, or I bring my own food. One thing about this lifestyle: at restaurants, people don't seem to know what a vegan lifestyle is.

I ordered this vegan sushi that was supposed to be all vegetables. Apparently, it must have had some sort of animal product in it—I had a reaction to it.



I eat before social gatherings, or I bring my own food...

At restaurants, people don't seem to know what a vegan lifestyle is.

It is also a bit awkward when people give toasts with champagne. I just raise my glass, then give it to someone else to enjoy.

Many people argue with me about my dietary choices (“No, I don’t eat meat,” and “Yes, I get plenty of protein”)...yet they are impressed with the results.

How Do I Get Started?

Type 1 Tasha: Getting Started



As with entering a swimming pool, some people seem to [jump right in](#) to lifestyle change...while others prefer the [“little by little”](#) approach.

Whether for an overnight or a gradual lifestyle change, I personally believe that educating oneself is a crucial step in the healing process.

My raw food journey began with reading diabetes healing testimonials. As intriguing as these were, however, I needed to know more. I was not willing to commit to the effort of overhauling my eating habits without being absolutely convinced of its necessity.

In the years that followed, I viewed (and tried) many different approaches to healing. Information gathered on the low-fat, fruit-based diet is, I feel, the “best” of my quest.

To make the information “hunt” easier for others, I have compiled the resources I’ve found most helpful on my [Healing Diabetes with Fruit](#) Facebook page.

Aside from education, my best tip for those wanting to get healthier is to simply start eating more raw fruits and veggies!

What Larry Wants You to Know...



What tips would you give to someone starting out on this diet & lifestyle?

Go “one hundred percent”—“cold turkey”—from the beginning.

Don’t “ease into it”—I think that allows for too much temptation to do the diet half-heartedly. It makes going back to “the things you like” too easy.

If you can, I would recommend working with a coach. Particularly valuable is the explanation, before starting, of the importance of following the lifestyle and what works well.

A good coach (like Cyrus) sets the tone at the beginning and gives benchmarks along the way.

I would also absolutely recommend doing food logs—putting it on paper. There’s a guilt factor, if you’re eating what you shouldn’t be.

Do you want to lie—to say you ate what you should, when you didn’t? I think that was very helpful in the beginning.

What else do you feel is important to your story that we have not covered?

I've tried to be an evangelist for this lifestyle to people who have diabetes. It is usually not received well.

I think that people don't feel threatened by diabetes—it is a slow disease, in the way it affects a person.

People seem to feel they can maintain blood sugar control without changing their lifestyle, simply by using diabetes medications. They don't yet see the long-term effects.

I'm not sure I would have reacted as strongly as I did, had I not also been facing cancer.

I looked at the two diseases and said, "Well, there's one I can control, and one I can't, so I'll just go all-out after the one I can control."



Go “one hundred percent”—“cold turkey”—from the beginning. I would recommend working with a coach. I would also absolutely recommend doing food logs.

What would you like to share with readers of this book who have type 2 diabetes?

Type 2 diabetes is controllable and reversible—if you want to make it happen, and put your mind to it.

With the necessary (strict) proper diet and ongoing exercise, you can reverse type 2 diabetes and live a normal life.



People seem to feel they can maintain blood sugar control without changing their lifestyle...They don't yet see the long-term effects.

What would you like to share with readers of this book who have a loved one with type 2 diabetes?

Share this book with them. Show them that there are people who have reversed type 2 diabetes—it's doable.

Support them, and help them follow this lifestyle. Do it with them if you can.

This information is very important; following this lifestyle is much more successful than treating diabetes the conventional way.

Support them, and help them follow this lifestyle. Do it with them if you can. Without my wife...there's absolutely no way I could have done it on my own.

I've never followed the conventional recommendations, but I know people who have. I also know this approach has worked for me.

I didn't have diabetes very long. I'm guessing that someone who has had diabetes for many years will take longer, or have a more difficult road to, reversing it. I solidly believe, though, that it's completely reversible.

I know for a fact that if I didn't have Cyrus guiding me, there is no way I could have figured this out on my own.

I also know that without my wife walking with me, making shakes for me, and drinking them with me, there's absolutely no way I could have done it on my own.



Do you have a website you would like to share with our readers, and/or a way to contact you?

I want to share Cyrus's website:
MangoMan Nutrition & Fitness.

I am also happy to share my email address: larry@digitalinkprint.com.

What Bibi Wants You to Know...



What tips would you give to someone starting out on this diet & lifestyle?

#1: Invest in *must-have* gadgets: Vitamix blender, citrus juicer, knives, and a food processor. I hardly ever use the dehydrator.

#2: Educate yourself. Books like *The 80/10/10 Diet*, *From Fat to Fabulous*, and *Go Fruit Yourself* are just a few of the books available on the low-fat raw vegan diet and lifestyle.

My favorites are Don Bennett's books (*Avoiding Degenerative Disease* and *Q&A: The Raw Food Diet*). I want all my family and friends to read those two.

Also, get recipes: from books, websites, or YouTube. I love recipes from Frederic Patenaude, Alison Andrews, Chris Kendall, Megan Elizabeth, and Kristina Carrillo-Bucaram.

#3: Transition—what to expect. A lot of people get discouraged on this diet because they expect changes overnight.

Sometimes everything, instead of getting better, just seems worse. Your body is going through many changes that are uncomfortable. You have to give it time.

Concerning the miseries of detoxification, my advice is to just keep up with the program and “this too shall pass”.

If you stop mid-way through, then “hop back on the wagon”, you will have to go through the same miserable experience over and over.

In the beginning, it is so crucial to just “stick with it”. I promise: there is a light—a rainbow—at the end of the tunnel.

#4: Write a food & feelings journal. Noticing little positive changes will help you stay motivated.

If you have challenges along the way, write how you feel and how you think you can overcome them.



Invest in *must-have* gadgets and educate yourself...
My favorites are Don Bennett's books.



**A lot of people get discouraged...
they expect
changes overnight.
In the beginning, it is
so crucial to just
“stick with it”...
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of the tunnel.**

#5: Eat enough calories. Some people like to use cron-o-meter (a downloadable program for tracking calories and nutrition data).

If you are a big eater (like me), don't force yourself to eat to the threshold of pain. Just eat until you are comfortably satisfied.

Some people like to eat their salads at noon; some eat salad for dinner. Find what works best for you.

Don't think that just because you are eating fruits and vegetables you can't gain [unwanted] weight on this diet.

If you overeat—no matter how good your food is—the body will hold on to it. Don't give it more than it can digest. Always listen to your body.

#6: Don't neglect the other important aspects of this lifestyle.

Get enough sleep (eat at least two hours before going to bed) and sunshine. Give proper place to stress management, loving relationships, gratitude, and your talents and passions.

Food is only your fuel. It should not be the only thing in your mind. How we feel and think about ourselves will affect every aspect of our lives.

I am very envious of people who have terrible health, or are experiencing extremely difficult circumstances...yet stay positive and motivated.

Happiness is truly a state of mind.

I am doing this all on my own...Is it difficult to keep going? No, it's not...It just takes practice.



What else do you feel is important to your story that we have not covered?

To me, it is important to mention that I am doing this *all on my own*. Out of all my family and friends, I am the only “crazy” one.

Is it difficult to keep going? No, it's not. It's so easy—so simple. It just takes practice. My body lets me know when I am going in the right direction.

What would you like to share with readers of this book who have type 2 diabetes?

In big bold letters: CUT OUT YOUR FAT! GO VEGAN! It might sound like a big challenge, but it's not.

I would dare to say that if you switch to a low-fat raw vegan diet, your diabetes will be history. If diabetes has taken control of your life, then get rid of it!

Don't feel isolated; there are many of us doing this.

Frequent YouTube channels, websites, and blogs to stay motivated. There is a lot of support out there.

What would you like to share with readers of this book who have a loved one with type 2 diabetes?

Show them this book and have them watch *Forks Over Knives*.

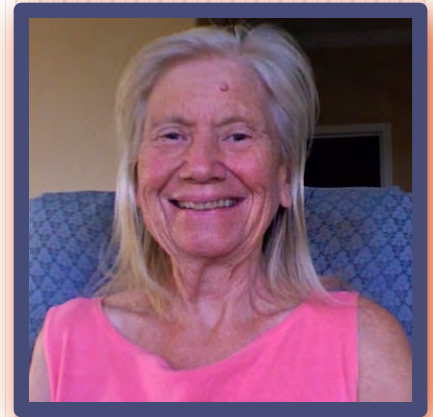
Do you have a website you would like to share with our readers, and/or a way to contact you?

Sure! They can find me on Facebook: Bibi Zambrano. Cheers!



I would dare to say that if you switch to a low-fat raw vegan diet, your diabetes will be history...If diabetes has taken control of your life, then get rid of it!

What Carol Wants You to Know...



What tips would you give to someone starting out on this diet & lifestyle?

Do it; and be patient with your lapses. Just continue, and your body will start to respond in every way. This way of life will feel more and more natural.

Now, I look at what people eat in restaurants, and I am so amazed.

They are there, hugely overweight, and eat all that stuff with huge amounts of fat. They can barely get out of the chair at the end of the meal.

This is what helped me: in the film *Fat, Sick, and Nearly Dead*, Joe Cross, with his increasingly svelte body, was talking to all the people with morbid obesity. He talked about things I ate in the past (though homemade): hamburgers, pizza, mac and cheese, etc.

Then, in reading *The China Study*, I saw proof that high-protein diets correlate with cancer.

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Then, in reading Dr. Doug Graham's book *The 80/10/10 Diet*, I learned about the correlation between high-fat diets and high blood sugars.

My fear of the onset of type 2 diabetes was supported by the obvious logic in Dr. Graham's explanations.



For me, the obvious logic that he explains so clearly in his book is this: medical science has long explained that certain types of fats cause the circulatory system to be less effective, and, eventually, to stop.

This is due to the arterial walls getting coated with fat—so much so, that it builds to a complete stoppage, causing strokes or heart attacks.

It should be obvious to medical science that if blood cannot circulate (due to the arterial walls being thickened with plaque), that elements that need to pass from the bloodstream into the cells also cannot do so.

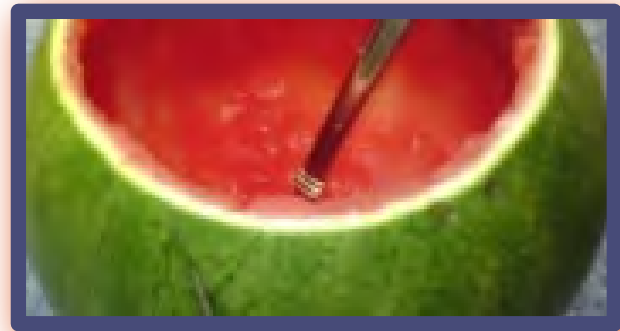
Thus, insulin cannot get out of the bloodstream and into the cell.

Do it; and be patient with your lapses. Just continue, and your body will start to respond in every way. This way of life will feel more and more natural.

The body tries to correct this situation by sending out more and more insulin—to the point where the insulin-production system fails, due to exhaustion, and the body now requires outside injections.

The problem, then, is not solved by injections of insulin, but by reducing fat in any of its forms. By doing so, eventually the arterial system is cleared of the fat lining its circumference.

My fear of the onset of type 2 diabetes was supported by the obvious logic in Dr. Graham's explanations.



With the fat cleared, insulin—and the needed blood sugar—can pass through the arterial walls to the cell, to nourish it and continue its life processes. The best part is, now all blood sugar readings are normal, as are the insulin levels.

The other important point is, it is not the *type* of fat (that is what is being claimed now), but the *amount*—of any kind of fat—that is the problem.

He also correlates that liking sweet (fruit) is what we are designed to like. He describes how our digestive systems are that of vegans, not carnivores. I realized that, as much as I might wish otherwise, I am physically a vegan, and not a carnivore.

I realized that, as much as I might wish otherwise, I am physically a vegan, and not a carnivore.



When I read that, I still had hopes that it couldn't be so; but, I had more weight to lose, so I thought I would give it a try. I figured that once I was at normal weight, I would return to a version of what I ate before.

In a sense, I have somewhat—that is, I still allow myself a meal of beans (up to one cup). I do know that I have more difficulty eliminating that meal, and that it does not satisfy me for as long as fruit does.

I am still hungry after it—immediately; whereas, with my fruit meals I feel satisfied for a much longer period of time. So maybe, at some point, I will eliminate the meal of beans.

I thought I might try my previous hamburger and fries on Thanksgiving or Christmas Day and see how I felt. I might not, though, and instead buy my favorite fruits and allow two cups of beans.

What else do you feel is important to your story that we have not covered?

Both vegetable and fruit growers will be most damaged by the mean climate conditions being caused by carbon dioxide in the atmosphere.

Eventually, beef cattle production is affected, but not until long after the vegetable plants and fruit trees are dead.

When really analyzed, it becomes apparent that—including the money spent on the so-called "health care", and the addled thinking that follows bad nutrition—most of the problems any of us face are based on our diet.



When really analyzed, it becomes apparent that...most of the problems any of us face are based on our diet.

With clear thinking from adequate nutrition—which only the 80/10/10 diet affords—humans could solve all the problems cascading upon them.

This includes—sadly—the impending destruction of most other species, due to environmental changes. The climate is turning warmer and warmer each year, such that extreme storm events and wildfires will devastate the earth itself.

The recent storms in the northeastern United States and in the Pacific all point to an earth that intends to lower our population levels in order to protect itself.

If we, as a species, were to suddenly all become 80/10/10 fruitarians, and put all our energies into building orchards and gardens, we could survive. We would not kill any more of our neighbor species on this beautiful planet.

The definition of the sainted “economy” would change: from the short-term reports—profit/loss, job losses/increases, and available resources left—to increased production figures of gardens and orchards, decreased CO2 values, and increased O2 atmospheric values. Plant-hardiness zones would become better zones, rather than worse zones.

The ice would increase at the poles, instead of decreasing. We could, once again, call ourselves the “intelligent” species of life on the planet.



What would you like to share with readers of this book who have type 2 diabetes?

Read Dr. Douglas Graham's book *The 80/10/10 Diet*, and give the high-fruit diet a try.

I would recommend a testing—each month in the pre-diabetic condition—of blood sugar to see when levels/blood sugar readings become normal.

I would suggest...try Dr. Graham's recipes for a month, faithfully, and do the usual blood sugar testing and medications to see if there are any changes.

I am totally convinced that readings will become normal, since I carried the abnormal blood sugars for several years, with too low before.

What would you like to share with readers of this book who have a loved one with type 2 diabetes?

I would like you to suggest to the loved one to read Dr. Graham's book, and explain carefully the relation between high-fat intake and blood sugar.



I am totally convinced that readings will become normal, since I carried the abnormal blood sugars for several years...

I would suggest they tell the loved one to try Dr. Graham's recipes for a month, faithfully, and do the usual blood sugar testing and medications to see if there are any changes.

Tell your loved one that he or she might be surprised at this way of eating.

Do you have a website you would like to share with our readers, and/or a way to contact you?

I don't have a web site. I post on Dr. Graham's Vegsource forum from time to time. My e-mail address is cowandgoatherder@gmail.com.

What Lonnie Wants You to Know...



What tips would you give to someone starting out on this diet & lifestyle?

Find a support partner, and surround yourself with people that have similar goals.

I will not lie: in the beginning, it is very tough. Most people have spent an entire lifetime eating a certain way, and find comfort in those foods. This makes creating a whole new lifestyle difficult.

I found that the first month was the hardest. Thankfully, by month six, I did not crave any processed foods.

What else do you feel is important to your story that we have not covered?

In the beginning, I didn't care about animals. I didn't go vegan for the animals. I don't mean to be rude or mean, but I could have cared less about animals.

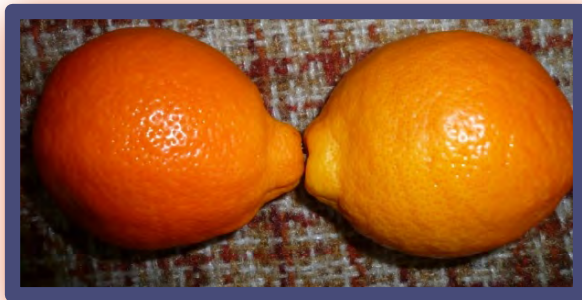
I grew up on a ranch. We killed animals and ate them. That's just what we were conditioned to do.

Funny thing: since I've adopted this lifestyle, I now have a concern about the animals. I do this more ethically now, and don't want to harm animals for my dietary needs.

It's really weird: now, anytime I eat anything with animal products, I know—because I have nightmares about animals.

One time, my wife gave me a Filipino dish. I was really hungry, and was thinking, "Oh man, this is great!"

I took a bite of it, took a few chews, swallowed, and then I looked...there was meat inside of it. I was disgusted, and threw it away.



**I will not lie:
in the beginning,
it is very tough...
Find a
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similar goals.**

Obviously, I had already eaten the meat. At that point, it was too late. That night, I had horrible nightmares about animals getting slaughtered.

A couple of months later, she gave me something else that had dairy or eggs in it. I don't know what it had in it, but, sure enough, that night I had another dream.

FOR REFERENCE PURPOSES ONLY

Another time, we went out to a restaurant and my “all-vegetable” dish apparently had some sort of animal product in it.

I knew this because, that night when I slept, I had animal dreams—dolphins and whales that were skinned alive, tied up to a dock, crying at me. Then, when I turned around and looked, they were dead.

I am an ethical vegan now—I would not harm an animal to have a leather couch or a leather belt.

Do I have a leather belt? Yes, I do. I had it before I went vegan, and I’m not going to throw it away. When it’s worn out, I’ll throw it away and not wear one. My shoes are not leather any more.

I don’t buy animal products; I don’t eat animal products intentionally; and I wouldn’t harm an animal.

I try to tell people, “Don’t eat animals.” I’m not going to be militaristic...like some people are on Facebook.

Non-vegans are not going to listen to somebody telling them “Don’t eat an animal,” because they don’t care. I’m just telling it the way it is.



It’s really weird; now, anytime I eat anything with animal products, I know—because I have nightmares about animals.

Every once in a while I make comments to my kids. Here is one exchange we had:

Kids: “Dad, cows are made for us to eat meat.”

Me: “Well, in Asia, they eat dogs for dinner. How about if I just go get a knife and slaughter our dogs and cook them?”

Kids: “Dad, Dad, you can’t do that!”

Me: “What’s the difference between killing the dog and eating it, and eating a hamburger?”

(It seems to awaken their consciences a little bit, but they still don’t quite get it.)

Kids: “But cows are for eating.”

Me: “No, they’re not. Cows and pigs are just as loving as a dog. It’s just that our societal norm has brought us to believe that it’s ok to eat a cow, and it’s not.”



**You can control
your destiny.
If someone
says you can’t,
do not listen.
Follow your
heart.**

***What would you like to share
with readers of this book who
have type 2 diabetes?***

You can control your destiny. If someone says you can’t, do not listen. Follow your heart.

Educate yourself by reading and consulting with your doctor. Go get those blood tests done.

If my results reflect any issues, I will modify my lifestyle. Currently, everything is looking good.

I've read that Metformin can actually damage the kidneys. Short-term, it might control blood sugar, but long-term, the kidneys suffer consequences.

What would you like to share with readers of this book who have a loved one with type 2 diabetes?

I feel that with a proper diet, eliminating processed foods, getting out and doing physical activity for thirty minutes to an hour a day, and drinking lots of water, it is possible to pretty much overcome type 2 diabetes.



Obviously there are more issues with type 1, but I think that on this lifestyle, even people with type 1 can probably reduce the amount of insulin they have to take.

Getting off medication, for me, was a huge victory. I've read that Metformin can actually damage the kidneys.

Short-term, it might control blood sugar, but long-term, the kidneys suffer consequences.

I have a friend who is now on dialysis, because her kidneys failed. She was on Metformin for her whole adult life. This person is one of my personal and Facebook friends.

Two of her kids are doctors now, finishing up their internships.

It seems pretty clear to me that putting a “Band-Aid” on a symptom simply results in creating a different symptom of ill health.

We each have a choice. I would rather get off medication and control my symptoms naturally.

Who knows what will happen? In a years’ time, I may have to take medication because my pancreas has stopped producing insulin.

I don’t know; I’m not an expert. As long as I can control diabetes naturally, though—without taking any additional medication—I will do so.

**We each have a choice.
I would rather get off
medication and control
my symptoms naturally.**



***Do you have a website
you would like to share
with our readers,
and/or a way to
contact you?***

I do not have a website. I have a Facebook page with my name on it. Readers are welcome to send me a friend request.

My life journey is there: the good, the bad, and the ugly—it is all there.

Why Have I Never Heard Of This Before?

Closing Thoughts from Tasha Lee



Transition to a fruit-based diet is a radical lifestyle change that takes time. Despite very strong motivations (type 1 and epilepsy), it took me years of “falling on my face” before I felt comfortably transitioned.

I believe this transitional struggle (or giving up totally, due to the effort involved) is why it was so hard to find contributors for this book.

During the writing process, I conversed with multiple type 2s who, after healing, had returned to old dietary habits...and are now back on meds.

A diabetes “cure” seems to imply the ability to eat without discretion and without consequence. A fruit-based diet is not a “cure”.

Those previously-healed diabetics, who once again require meds, understand at a deep level the consequences of a “comfort food” diet: a body that responds with diabetes and/or other diagnoses.

My hope is that this book has inspired you to choose life, health, and an abundance of delicious fruit. My challenge to you is this: go [get educated!](http://www.geteducated.org)

Appendix: Nutritional Testing & Supplementation

I would highly recommend reading Don Bennett's articles on supplementation and problematic nutrients (D, B12, and iodine), and following his testing and dosage recommendations.

Recommended Reading: Articles by Don Bennett, DAS

[The Case for Supplementation
Everything You Ever Needed to Know
About B12
Cancer Prevention and Vitamin D
The Iodine Issue](#)

Don Bennett is a Disease Avoidance Specialist who counsels people in the art of healthy living. Don specializes in raw and fruit-based diets, and has helped many raw vegans to resolve their health problems with his reality-based health creation insights, which include appropriate supplementation as part of an otherwise health-promoting diet.

As mentioned in my story, I personally have experienced severe health problems as a result of nutritional deficiencies.

As a result, I cannot emphasize enough the importance of nutrient testing. I strongly believe that it is better to avoid a deficiency than to try to recover from one.

By counseling with Don Bennett and following his recommendations, I have been able to correct my deficiencies and avoid further problems.

I now supplement with B12, D3, and iodine and its co-factors. (Qualified supervision is very important for iodine; Don Bennett is supervising my iodine normalization process.)

I also use chia and hemp seeds, which supplement my essential fatty acid and essential amino acid intake. For a multi-vitamin and mineral supplement, I use juiced barley grass powder.

References

The individuals, websites, books, and videos mentioned in Healing Diabetes with Fruit are listed below. References are provided for informational purposes only and do not constitute endorsement by the author or book contributors. Many links are affiliate links; purchases help to support Tasha Lee's outreach efforts.

Books and E-books Mentioned:

[Avoiding Degenerative Disease](#) - Don Bennett

[Dr. Neal Barnard's Program for Reversing Diabetes](#) - Neal Barnard, M.D.

[Fit for Life](#) - Harvey and Marilyn Diamond

[From Fat to Fabulous](#) - Alison Andrews

[Fruitarianism: The Path to Paradise](#) - Anne Osborne

[Healthy at 100](#) - John Robbins

[Q&A: The Raw Food Diet](#) - Don Bennett

[Savory Raw Dinner Recipes](#) - Frederic Patenaude

[Simple Raw Food Recipes](#) - Alison Andrews

[The China Study](#) - T. Colin Campbell

[The 80/10/10 Diet](#) - Doug Graham

[101 Frickin' Rawsome Recipes](#) - Chris Kendall

DVDs and Video Mentioned:

[Fat, Sick, and Nearly Dead](#)
[Forks Over Knives](#)

[Low Fat Raw Vegan Cuisine](#)

[Simply Raw: Reversing Diabetes in 30 Days](#)

[Video: Bill Clinton Goes Vegan](#)

Websites Mentioned:

[ADA \(American Diabetes Association\) Meal Plans](#)
[Blood Sugar 101](#)

[Strava](#)

[Vitamix Blenders](#)

[WebMD Diabetes Forum](#)

[Woodstock Fruit Festival](#)

Individuals Mentioned:

[Alison Andrews](#) (Loving it Raw)
[Boutenko Family](#) (Diabetes Testimonials)
[Chris Kendall](#) (The Raw Advantage)
[Chris Randall](#) (Real Raw Results)
[Cyrus Khambatta](#) (MangoMan Nutrition)
[Dan the Man McDonald](#) (Liferegenerator)
[Don Bennett](#) (Health101)
[Doug Graham](#) (FoodnSport, VegSource Raw)
[Drew McCall Burke](#) (Sexy Raw Vegan)
[Durianrider](#) (30 Bananas A Day)
[Freelee the Banana Girl](#) (Go Fruit Yourself)
[John Kohler](#) (OKRaw)
[John Sakars](#) (YouTube)
[Kristina Carrillo-Bucaram](#) (Fully Raw)
[Megan Elizabeth](#) (Easy to Be Raw)
[Michael Arnstein](#) (The Fruitarian)
[Princess Raw Fruits Neet](#) (Facebook)
[Rip Esselstyn](#) (Engine 2 Diet)
[Robby Barbaro](#) (Facebook)
[Victoria Arnstein](#) (One Fruit at a Time)

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[Toni Allen](#) - Facebook
[Raw and Delicious Lifestyles](#)
[Toni's blog](#)
[Toni's book excerpt](#)

Articles Mentioned:

[How to Find a Plant-Based Doctor](#) - Caldwell Esselstyn, M.D.
[\(Plant-Based\) Q&A](#) - Caldwell Esselstyn, M.D.
[Orthiodosupplementation in a Primary Care Practice](#) - Jorge Flechas, M.D.

Acknowledgements

First and foremost, I want to acknowledge God. It is His hand upon my life that has brought me freedom from the hopelessness of my eating disorder—into a new life of joy, love, and service to others.

It is God who gives me the passion to seek truth and the courage to speak it. Every detail of this project came together beautifully in His perfect timing and direction.

Endless thanks to Seth, my [precious and beloved husband](#)—the “hidden helper”. Your behind-the-scenes support and provision make this life of service—and this book—possible. Your belief in me gives me confidence to chase my dreams.

Many thanks to [Don Bennett](#) and [Michele Martinez](#). Without your health advice and support during some of the lowest times of my life, I don’t know where I would be today.

Don, you are a wonderful role model and mentor. Your courageous voice of truth in the health world is sorely needed and deeply appreciated.

Most pertinent to this book: thank you, thank you, thank you to those who have bravely shared their stories: [Toni](#), Larry, [Bibi](#), Carol, and [Lonnie](#).

You are doing so much good for the world. I thank you from the bottom of my heart for making the dream of this book a reality.



About the Author

Tasha Lee is a raw food health coach who has been blogging about fruit & diabetes since 2010.

With college degrees in music and disabilities, Tasha has worked as a certified nurse aide, disability caregiver, lifeguard, personal trainer, and group exercise instructor.

Passionate about living fruitfully for God and loving others, she now serves in sign language, music, and disability ministry.

Having recovered from a serious eating disorder, Tasha also serves in the addiction & recovery community.

Tasha is the founder of multiple health and wellness support groups, Facebook community pages, YouTube channels, and her health & ministry website, TashaLee.org.

Connect with Tasha (Facebook):

[Healing Diabetes with Fruit](#)
[Type 1 Tasha's Diabetes Page](#)
TashaLee.org

Follow Tasha (YouTube):

[Tasha Lee \(Fruitful Healthy Living\)](#)
[Type 1 Tasha](#)
[Tasha Lee Ministry](#)

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[Flat Belly Fruit & Veggie Challenge](#)
[Florida Fruit-Lovers Meetup](#)