



EAT REAL FOODS

Learn from your ancestors! Eat eggs, meats, poultry, vegetables, and healthy fats. If you can't pronounce it, don't eat it.



EAT YOUR BERRIES

Blue, red and purple berries have powerful antioxidants.



CHIA SEEDS ARE YOUR BEST FRIEND!

Soak a tablespoon every day in water and drink up! It slows the uptake of sugar into the blood stream, gives you energy, and helps your bowels move.

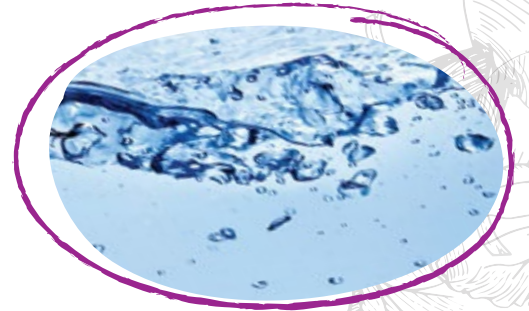


FATS ARE GOOD FOR YOU

They are called Essential Fatty Acids because you need them! Avoid corn oil, safflower oil, and margarine. Eat Virgin Olive Oil, Coconut Oil and Butter.

PREVENTING AND TREATING DIABETES TYPE 2, NATURALLY

Nature's wisdom combined with our cultural heritage provides many answers to prevent and treat Diabetes type 2.



HOW MUCH WATER DO I NEED?

Calculate 1/2 your bodyweight in pounds, that's the number of ounces you should drink daily. So 150 lbs. requires 75 ounces of water.



TAKE YOUR VITAMINS AND MINERALS DAILY!

Vitamins B, D and E, magnesium and chromium, help lower blood sugar and reduce the risk of diabetes' related nerve pain.

USE HERBAL MEDICINE



Nopale, the patron plant of Mexico is a powerful antidiabetic.



DETOXIFY

Diabetes causes a strong body odor because high blood sugar causes dangerous inflammation. We clean out our garbage pail more often than we clean our liver and intestines.

Eat quelites, bitter greens and cilantro, brush your skin, and do enemas.



REDUCING STRESS, REDUCES BLOOD SUGAR

Stress makes it difficult to process sugar because it affects your adrenal glands. Eating while relaxed is the way to go! Put your fork down between each bite.



Jamaica is a potent anti-oxidant which can counteract the effects of diabetes. Don't use sugar, honey or artificial sweeteners. Use stevia instead.



Fresh Garlic, Ginger and Turmeric reduce inflammation caused by diabetes.



MASSAGE THERAPY MAKE A DIFFERENCE!

Research has proven that massage reduces pain, lowers blood sugar and helps alleviate the swelling (edema) that comes with diabetes.



Valerian, Hops and Passiflora help you sleep.

DR. *Leslie* KORN

For more information visit our website: www.drlesliekorn.com

Find more resources at: www.cwis.org/diabetes/resources

Find our book "Preventing and Treating Diabetes Type II, Naturally" on Amazon and iBooks. Take the course at: school.cwis.org