

11 SUPER HERBS & SPICES

TO LOWER BLOOD SUGAR



Foreword

There was no way I could prepare for the impact of discovering my wife had diabetes, or what that would mean for our family and our future. That moment completely changed our lives, turned everything upside down, and only worsened as time went on and my wife experienced numerous diabetic symptoms and complications.

You are about to discover the 11 herbs and spices which will positively impact your blood sugar levels. These precious substances are packed with diabetes-fighting, blood sugar reducing bioactive compounds

Not only does orthodox medical treatment for diabetes come with nasty side effects but they can really cause a dent in your bank account; what I am about to share with you doesn't do either of those things. There is no downside. The time has come to look at diabetes in a new light, a perspective you will find in this eBook and the protocol I will introduce you to shortly.

Are you ready for your view on health and diabetes to totally change? Because I can assure you, that after you are through reading these pages, looking at the evidence and digesting the life-transforming information, nothing will look the same. Not only will you discover the potential of the **11 super herbs and spices** for their blood sugar lowering abilities, but you will be also introduced a **breakthrough protocol** reverse the effect of diabetes on your body and life.

You may be new to using herbs, spices and food for their medicinal value, yet they are a fundamental component for good personal health. They are not to be overlooked. The #1 antidiabetic drug used to treat diabetes—metformin—actually has its origin from a biguanide compound isolated from French lilac. And it is these same naturally-potent sources which lay at the heart of **my simple 60-second protocol to reverse diabetes**. But more about that later... first, let's look at 11 herbs and spices that can help reduce your blood sugar levels naturally.

Sincerely, Eric Whitfield



Aloe Vera

This prickly succulent, filled with a thick, slimy gel has been utilized throughout history for its cooling, healing and soothing properties. These amazing properties are the result of aloe's active compounds: anthraquinones, lectins, and mannans. The gel is incorporated into a number of personal care, health and beauty products because of its strong anti-inflammatory properties. It can be used both externally and internally, and when used internally—in the form of juice—has a direct impact on blood glucose levels. Studies have shown that aloe vera extract can regulate fasting blood glucose levels in prediabetics within 4 weeks, and reverse lipid profile levels within just 8 weeks. It is the anti-inflammatory, antioxidant nature of aloe that targets diabetically-weakened areas of the body, for example, pancreatic beta cell damage caused by oxidative stress. The antioxidant potential of aloe is responsible for a lot of its positive effects. Some additional benefits of aloe: it encourages faster healing, decreases blood lipids and reduces the swelling and inflammation of skin ulcers and wounds.



Red Ginseng

Ginseng root has long been used in Chinese medicine to address a range of ailments. The root is traditionally used as a tonic to improve energy, stamina, mental performance and improve immunity, however it can *also* be used for diabetes. There are two main species of ginseng—American ginseng and Asian or Korean ginseng—though the kind which is diabetes-specific is Korean red ginseng. This kind of ginseng has been proven to provide glycemic control, improve pancreatic cell function and enhance the uptake of blood sugar from tissues. When used in animal studies it has significantly decreased blood glucose levels, blood glucagon levels, and increased blood insulin levels. When performing similar studies on humans it was found that even in non-diabetics, ginseng impacted blood sugar levels. The inherent benefits of red ginseng can be further enhanced if it is fermented, since the live bacteria which result from the fermenting process helps optimize the absorption of ginsenosides within the ginseng. Beyond blood sugar control, red ginseng has also been found to provide antioxidant protection, an important element when dealing with diabetes. All these things combined make this herb a powerful diabetic, anti-hyperglycemic ally.



Psyllium

Psyllium comes from seed husks of the *plantago ovata* plant. It is most commonly known for its laxative effects, and because of this, is featured in many fiber supplements to treat constipation, diarrhea or other intestinal ailments such as irritable bowel syndrome. Psyllium helps lower blood cholesterol, as well as blood sugar levels, resulting in less need for insulin. For those wanting to treat type 2 diabetes, psyllium is key. The high-fiber, soluble nature of psyllium helps control blood sugar; it doesn't raise blood glucose levels—ensuring it doesn't spike unnecessarily—and slows the absorption of sugar. The husks transform to a gel when mixed with water. When ingested, this gel quality plays a pivotal role in how food is assimilated in the body; the psyllium slows down and delays food digestion, reducing the absorption of sugars—and consequently—minimizing blood sugar peaks. In fact, in 2000, a study performed by K von Bergmann showed a high intake of dietary fiber “improved glycemic control, decreased hyperinsulinemia and lowered plasma lipid concentrations in patients with type 2 diabetes.” In fact, information published in the Oxford University Press confirmed that psyllium is a great addition to any health program because of its glycemic benefits and glucose-reducing action.



Garlic

Containing more than 400 powerful chemical components—such as disulfide, allicin, and S-ally

Systerine—garlic is highly regarded for it's ability to address a number of physical ailments and issues (it can protect the heart, is antimicrobial and even protects against cancer.) Components such as the ones mentioned above are responsible for lowering blood sugar and helping diabetes. Allicin in particular—a sulfur-containing compound—has been noted for it's powerful hypoglycemic effect. These compounds increase the insulin released from beta cells in the pancreas as well as increasing hepatic metabolism. Garlic in any form is potent—raw, aged or cooked. It regulates blood glucose, aids blood flow, and increases insulin by supporting the liver. There have even been studies which pit garlic tablets against metformin (using placebo tablets as a control group.) The result of these studies have been impressive; whereas there was no change in the placebo groups's readings, garlic tablets positively effected fasting blood glucose and were pronounced “comparable to metformin.”

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Sage

Belonging to the same “family” as lavender, thyme, rosemary and mint, and used frequently in Mediterranean cooking, sage contains a number of antioxidant and anti-inflammatory compounds. Sage has been noted for its metformin-like effects and is a known antidiabetic plant. It can be drunk as a tea (an infusion) or used in the form of essential oil. It is useful in the treatment of diabetes if taken supplementally. There have been a number of studies performed which confirm these findings; in 2010 a study by KB Christensen found that sage tea infusions can be as effective as metformin in type II diabetes, increasing the action of insulin and lowering the production of liver glucose. Sage tea can also improve the lipid profile as well as increasing antioxidant defenses. When used in an animal study, sage decreased serum glucose in type I diabetic rats and an aqueous extract of the herb was discovered to have an insulin-like effect in the body. Essential oil of sage has also been used for its antidiabetic effects.



Rosemary

You may typically use this herb to flavor your meals, maybe spice up a chicken dish, but rosemary also has therapeutic value, both as a protective and treatment measure for diabetes. It is high in antioxidants such as rosmarinic acid, gallic acid and eugenol. It is considered medicinally potent in both its fresh and dried forms, although fresh is thought to be the better of the two options. The impact of rosemary is two-fold: it stabilizes blood sugar levels and promotes weight loss. In fact, the plant is known to be anti-hyperlipidemic and anti-hyperglycemic. Both of these offer major benefits for those with diabetes. When taken consistently in therapeutic doses, this herb has been found to regulate and lower blood sugar levels, cholesterol, and triglyceride levels. Win, win, win.



Cinnamon

A spice often used in baked goods, with a warm, mellow flavor; cinnamon has a long-standing reputation in the natural health community. However, this history is now reinforced by modern day scientific research. In 2013, in *Annals of Family Medicine*, it was concluded that cinnamon is responsible for “statistically significant” decreases in fasting blood sugar, overall cholesterol, LDL cholesterol and triglycerides. And in 2012, an animal study published in *Pharmacognosy Research*, supports these findings. It is important to bare in mind that there is not just one kind of cinnamon, there are a few different varieties and they are not all created equal. The preferred variety for therapeutic purposes is Ceylon cinnamon. This is the variety which has been effective in scientific studies. It also needs to be noted that *Cinnamomum aromaticum* and *Cassia cinnamon* (the other kinds of cinnamon) are known to be high in coumarin—a blood-thinning substance. Ceylon cinnamon has much lower coumarin levels.



Turmeric

Belonging to the ginger family, this bright orange root has been used in both Ayurvedic and Chinese medicine—for hundreds and hundreds of years—and for good reason; turmeric is a spectacular herb for the body. The most crucial component of turmeric is curcumin—the substance which gives turmeric its signature orange hue. It has numerous benefits: it supports healthy digestion, eases pain, brightens the skin, improves liver function and on and on... With anti-inflammatory and antioxidant properties, this root helps treat both types of diabetes, as well as preventing the onset of diabetes in the first place. Specifically, turmeric improves insulin function, reduces insulin resistance, protects beta cells (which are responsible for insulin production), improves any insulin-response pathways which have been disrupted, reduces the inflammatory signals which are typically overactive in diabetes (for example, IL-1, cytokines IL-6 and TNF) and treats many diabetic symptoms due to its anti-inflammatory effect. Curcumin can be difficult for the body to properly absorb, but the addition of black pepper remedies this. Just by using a small amount of black pepper you can enhance the bioavailability of this medicinal plant.



Fenugreek

Commonly known for its culinary uses, and featuring prominently in Middle Eastern and Indian cooking, fenugreek seeds have more to offer than their flavor. Beyond its culinary use, fenugreek is a wonderful medicinal plant—used in both Ayurvedic and traditional Chinese medicine. Because of the amino acid 4-hydroxyisoleucine, which is present within this plant, Fenugreek seeds improve the metabolic symptoms associated with **both** type 1 and 2 diabetes: reducing fasting blood glucose levels, slowing the absorption of carbohydrates, lowering cholesterol, and improving glucose tolerance. In fact, a study published in the *European Journal of Clinical Nutrition* found that type 1 diabetics were able to improve glucose tolerance, lower their fasting blood sugar levels and decrease urinary glucose output by 54% when using fenugreek seeds medicinally. In another study, performed on people with type II diabetes, including fenugreek seeds in a meal reduced the characteristic spike in blood glucose levels after eating. By taking the seeds regularly, this spice has been associated with decreased LDL cholesterol, an important step in the regulation and management of diabetes and heart disease.



Gymnema Sylvestre

Although not as commonly known as some of the other herbs in this list, gymnema sylvestre—also known as gurmar—is a crucial herb for lowering blood sugar levels and treating diabetes. A vine found in Sri Lanka and India, it's Hindi name is translated as, “sugar destroyer.” A nickname which accurately describes it's purpose and action in the body. Even chewing a fresh leaf from this plant disrupts our tastebuds' ability to register anything sweet (which is attributed to the presence of gymnemic acids within the plant.)

Gurmar lowers blood glucose by promoting the utilization of glucose at a cellular level. The phytoconstituents responsible for it's sugar fighting/regulating properties are triterpene saponins such as gymnemasaponins and gymnemic acids, as well as the polypeptide gurmarin. It is capable of treating both type 1 and 2 diabetes and has even been known to rejuvenate pancreatic beta cells. The gymnemic acids found in this herb slow down the transportation of glucose from the intestines to the bloodstream. There really isn't a thing this herb can't do!



Milk Thistle

Milk thistle has been used predominantly to treat issues related to the liver and gallbladder, but it is actually a wonderful herbal remedy for a variety of ailments. It is a powerful detoxification aid and helps cleanse the system of unwanted, harmful substances, especially those collected in the liver. Although considered a weed, this plant has antioxidant properties which reduce inflammation and contains a substance called silymarin—a flavonoid complex composed of over 7 compounds. This compound is linked with the reduction of oxidative stress in the body, consequently reducing the damage and effect of diabetes. Studies have shown that oxidative stress can effect the pancreas which can worsen diabetes. Milk thistle helps address all these issues, supporting and strengthening the whole system and is regarded as an effective treatment for diabetes-caused hyperglycemia and insulin resistance. In recent studies, milk thistle has been found to contain a substance—specifically called PPAR γ , a molecular target of thiazolidinediones—which lowers blood glucose levels in type 2 diabetics by acting as an insulin sensitizer. Another substance found in milk thistle, a compound called silibin, has been linked with reducing body weight and the associated visceral and subcutaneous fat. Since diabetes can interfere with ideal body weight management, producing excess body fat this action of milk thistle can be very helpful when looking to restore good health. A study performed on humans with diabetes and liver cirrhosis, found that 600mg of silymarin significantly reduced fasting blood glucose and mean daily glucose levels, as well as reducing the need for insulin by 20%

How Things Started...

You've discovered the herbs and spices which will support your body's ability to lower your blood sugar, but I can't wait to share the REAL solution to lowering your blood sugar **for good**. Herbs and spices can be a useful, supplementary tool, but they are only the tip of the iceberg. Your health will truly be transformed when you discover what my wife and I discovered; knowledge which has become a protocol capable of changing lives. This is where the true diabetes-reversing power lies.

On the following pages you will get to know me better (for the average Joe that I am, and the normal life I have led.) I want you to see how I am no different from you, that my wife and I were in the exact same situation as you and your loved ones and that we GOT OUT. My wife didn't have to suffer the "necessary pain" of diabetes—the kind that lasts for the rest of your life—which our doctor convinced us was just the normal, inevitable course of the disease. She is now FREE from all the pain—both physical and emotional—of diabetes. There is HOPE and I want you to feel that as you read every single word I write. I am going to share with you the discovery that changed it all...

The reason I started on this journey and the force which spurred me on to find a solution to the devastating effect of diabetes.

Our story may not be that different from yours. You may recognise yourself or a loved one in the following pages...

And it's easy to believe, when life throws you a curveball like this—when you hear the word DIABETES—that options are limited... And frankly, that's exactly what the people who profit from keeping people sick want you to think...

The answer is so much simpler and even more powerful...

The answer puts things right back into your hands....

I'm sure you want that feeling again.

So how did our journey start? How did we discover the solution to the suffering of thousands?

For me, it started at the doctor's office, as he uttered words which turned my life upside down....

“TELL YOUR CHILDREN AND HUSBAND YOU LOVE THEM AND SAY YOUR GOODBYES,” SAID THE DOCTOR. “YOU WILL BE IN A DIABETIC COMA VERY SOON... AND I DON’T KNOW WHAT WILL HAPPEN NEXT.”

Terrified and barely conscious, my wife looked over at our 2 kids standing outside, as he showed us the test results.

A normal blood sugar reading was 120, hers was 488...

I stared in horror...

I felt like I’d been punched in the gut.



My wife Cathy sobbed uncontrollably.

It had only been 5 years since her diabetic symptoms began, but there it was, the cold hard truth staring us in the face.

My badass wife, the boss of our family, a proud lady who would shut up anyone brave enough to give her lip... trembling, cold, and white as a sheet.

“Please, isn’t there anything you can do?” I begged Doctor Grayson, who stood there emotionless, glancing at the clock as if I were wasting his time...

“We are trying to lower her blood sugar...” he said...

“But it’s likely too late... the medications don’t seem to be working as well as we’d hoped...”

“I’ll be honest, I’ve not seen it this bad before...”

And then he hit us with it...

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“The deterioration is so rapid, that I’d be lying if I promised you any improvement.”

“I’m sorry to say this Cathy, but you may only have half an hour before slipping into a coma.”

Half an hour?

30 short minutes?

That was all he was giving my dear wife Cathy before she would fall into unconsciousness...

I could see the fear in Cathy’s eyes.

48 years of her life, all her precious memories, soon to be lost in the abyss...

Her mind close to shutting down...

Trapped in her own body...



With the very real chance she may never wake up.

Thoughts raced through her mind....

No longer being able to see the beautiful smiles on her children’s and grandchildren’s faces...

Not seeing them grow up, or getting married.

Not being there to support her children and husband...

Or growing old together as we’d always imagined...

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As she lay in the cold steel hospital bed, contemplating the most depressing future she could imagine, I felt ashamed...

Ashamed that I hadn't done anything sooner when I knew her blood sugar was getting out of control.

Embarrassed because I believed the doctors when they told us the medication would work....

Fear of never hearing Cathy's voice again... or holding her in my arms... and having to go on with my life WITHOUT HER if she didn't wake up....

Anger at God for inflicting this pain and misery on such a beautiful, caring, loving woman.

How would I tell our kids, our grandkids, that their mom or grandma may never wake up?

I prayed to God to wake me from this nightmare...

But it was real. It was happening.

The thought of Cathy motionless in a coma broke my heart.

She was my rock.

But in the next 30 minutes I could lose her forever...

This was probably the most painful moment I had ever experienced. But it forced me to go on a journey that changed everything in my life, and the life of thousands of men and women around the world...

Where I would uncover the REAL CAUSE of type 2 diabetes...

You see, despite what you've been told, your uncontrolled blood sugar and increasing belly fat has nothing to do with:

- ✗ How many sugars or carbohydrates you eat...
- ✗ How much exercise you do...
- ✗ What medications you take...
- ✗ Or even genetics or the aging process...

But is instead all down to a little-known but highly dangerous toxin found on every corner of earth...

Which is ruthlessly invading the cells of every diabetic, prediabetic... even those who struggle with weight loss...

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And according to a hidden but groundbreaking new 2018 study by a team from Washington University School of Medicine and published in the Lancet Planetary Health, is the real cause of type 2 diabetes...

Including all 3.2 million new diabetics in 2017...

But there *is* an answer. By using a simple 60-second habit, twice a day, known only to the inhabitants of a small, barely populated Aegean island, 4800 miles from home, you can flush out this dangerous toxin from your body...



And reverse and repair any damage it has caused...

A discovery that not only saved my wife Cathy from a second, certainly fatal, Ketoacidosis coma....

But in a few short weeks, reversed every single symptom of her type 2 diabetes...

Her blood sugar going from a dangerous 488, to a stable and healthy 125... no matter what she ate, drank...

Her diabetes meds, test strips, and glucose readers tossed in the trash...

The debilitating, stabbing nerve pain in her feet and legs vanished...

And even better...

Suddenly losing 56 pounds of deadly belly fat...

Saving her from the fatal effects of heart disease and restoring the youthful energy, sex drive and vigor that was believed to be lost forever.

Best of all, she was able to do it without restricting her diet...

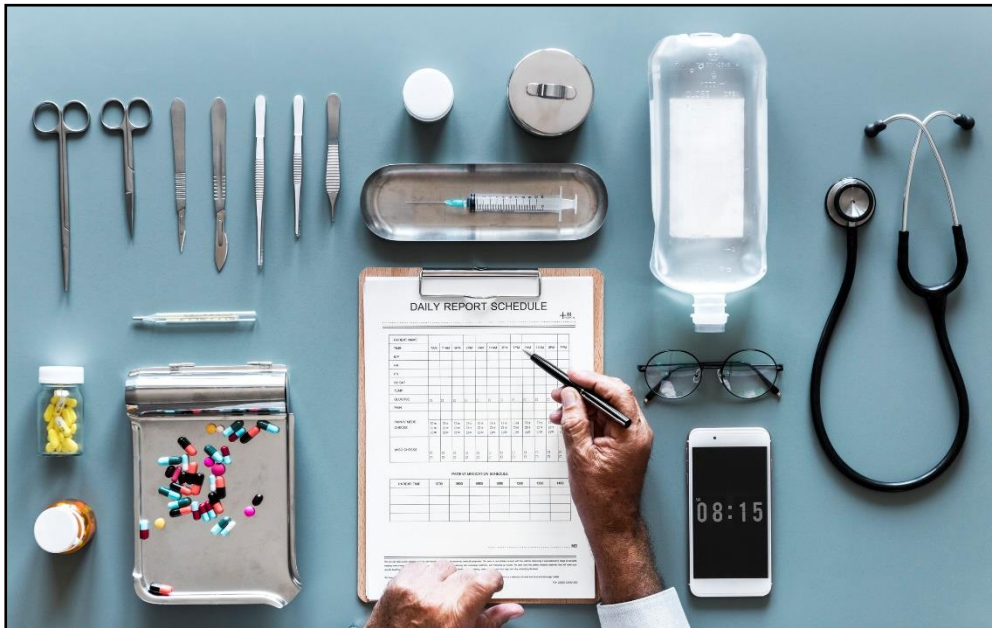
Without any pricey or dangerous supplements...

Without a single second of exercise... or special equipment...

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Without popping a single tablet or pill...



Or stabbing herself with another insulin needle...

Instead, all she did was this simple and easy, 60-second habit, twice a day.

A 100% safe and natural ritual, using inexpensive, and easily found ingredients picked up from our local grocery store!

But I don't want to get ahead of myself... I will give you all the information you need, but first, I want you to get to know me better and understand how I found the answer to diabetes.

IT'S TIME I INTRODUCED MYSELF PROPERLY...

I'm Eric Whitfield. I'm an iron worker. My wife Cathy and I live in Owego, New York and I'm 53 years old. We have a son and daughter and 3 awesome grandkids with another one on the way!

I've been a hardworking guy all my life - scaling sky scrapers, and even done some ship fitting in my day. Believe it or not, I was even part of the cleanup crew sent in to ground zero after 9-11...

And up until about 5 years ago, frankly, my ignorance about diabetes could've filled Yankee stadium!

We were your average happily married forty-somethings, enjoying life, and like the majority of people, taking our health for granted pretty much every day.

It was only when Cathy began to complain more often about low energy, and dizziness that I started to pay attention.

And then, one cold January morning, we received the news that would change our lives forever.

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My wife was diagnosed with type 2 diabetes.

Cathy was shocked. We all were.

I mean, she was barely over 40 years old at the time.

She'd been an all-star track champion in her teens.

An athlete her whole life...

It was one of the things that made me fall in love with her...

Straight away the doctor put her on the medication Metformin to regulate her blood glucose levels, and although we didn't realize it at the time, this moment would mark the beginning of a 5-year nightmare.

It didn't take long for the side effects to kick in...

Weakness, muscle pains, abdominal pains, heartburn, bloating...

You name it, she had it.

But still, we trusted the doctors and continued to let the medication "help" her.

As the years rolled by, Cathy's energy levels, vitality, mood and general health and wellbeing went rapidly downhill.

And although her medication was supposed to help, she piled on more and more weight, as she found herself unable to fight the intense cravings for sugary and starchy foods that overpowered her every day.

She went from the energetic motivator to sluggish and overweight.

And the more weight she put on, the more depressed she became – and the further away she drifted from the woman I'd fallen in love with.

But if that was bad, things were about to get a whole lot worse.

Just over a year ago, Cathy was diagnosed with high blood pressure and high cholesterol too, and she began to suffer from sharp, stabbing pains in her left leg and foot.

She was told that she had nerve damage, and was prescribed more meds to deal with that, which created a whole bunch of side effects that left her feeling sick and even more depressed.

Before long, she found herself in so much pain because of the nerve damage that she could barely walk, or even stand for longer than a few minutes.

And because she wasn't able to get out of the house and do any kind of exercise, the weight just piled on, which put added pressure on her heart and other organs.

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She was stuck on the medication merry-go-round with no escape...

Within the space of just 4 years, Cathy's weight had ballooned from a relatively healthy 160 pounds to a massive 216.

And her blood sugar levels were becoming dangerously high.

Cathy told me she feared the worst.

We tried everything to help her get back her independence and health.

Exercise... restrictive, boring, tasteless diets... plant-based diets... I even tried to get her to do high intensity exercise but it was just too painful for her...

We even tried the impossible 600 calorie a day diet that left her feeling weak and tired.

In fact, after every single "miracle" diet she ended up weighing MORE than when she started...

Weight loss surgery was out of the question as her weight wasn't high enough.

And even then, it didn't feel right, when her weight gain wasn't what caused the diabetes... the diabetes has caused her weight gain!

On top of it all, our sex life had completely gone.

We found ourselves slipping into a long, boring routine of going to work, watching TV and going to bed while feeling constantly tired, depressed, unhappy and dissatisfied.

"Don't touch me. I'm fat and disgusting and I'm always going to be fat and disgusting. I don't want you to touch me," she yelled when I reached out to hold

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her... to kiss her... to show her how much I loved her no matter what she looked like...

Seeing her laying there in pain, grabbing her belly fat she hated so much... I felt powerless and weak in a way I never thought I could...

She was my wife, I promised to take care of her but I couldn't.

It was the day after that, when she collapsed at home while walking to the kitchen.

I heard a loud bang and found her, on the floor, her head heavily bleeding from the impact of the fall...

Her breathing was erratic and shallow...

I called an ambulance who rushed her the hospital... In the ambulance she came to but was barely conscious and confused...

Once we reached the hospital, the doctor explained that she had suffered from severe ketoacidosis, that her blood sugar levels were too high, and she was minutes away from coma, or death.

She was showing all the warning signs such as frequent urination, thirst, fatigue and shortness of breath, but I just didn't know about them at the time.

Her blood sugar was over 480, a potentially fatal level.

As I sat there beside her hospital bed, holding her hand in mine, I made a promise to myself.

If Cathy survived, I was going to do everything in my power to defeat her diabetes for good, whatever it took.

There was no way I was going to let my kids grow up without their mom, or grandkids without their grandma, and I knew I wouldn't be able to cope without her by my side.

I was going to fix her, and I was going to do it without drugs.

After all, the reason for most of her health problems over those 5 years had been because of the drugs she'd been taking.

Because that's when her health really began to worsen.



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I knew that if I didn't act soon, the same thing could happen again, and I wasn't going to run that risk.

Thankfully Cathy survived her severe ketoacidosis and the blood sugar lowering medications they gave took hold just as she was slipping away... she was feeling very sick and tired but was conscious. And alive. She'd been lucky.



I HAD TO DO SOMETHING....

She stayed in the hospital that night, so beside her, I powered up my laptop when she'd gone to sleep and began my quest.

First, I started with diabetes.

It's well known that diabetes is caused by something called insulin resistance.

This is when the cells in your muscles and organs start resisting or ignoring the signal that insulin is trying to give them. Which is to take the blood sugar, also known as glucose, from the blood stream and deposit in the cells.

It is this glucose that cells use as energy from the food we eat.

Over time as insulin resistance develops, your body fights back by producing more insulin, the beta cells in your pancreas, that are working so hard to make insulin, get worn out and can no longer keep up with the demand for more and more insulin.

Then, after insulin resistance silently begins – your blood sugar will rise and you develop pre-diabetes or even type 2 diabetes.

You may also develop non-alcoholic fatty liver disease, a growing problem associated with insulin resistance that boosts your risk for liver damage and heart disease.

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I'm sure this cycle sounds very familiar.

You eat your food...



Your pancreas makes insulin to take the glucose out of your blood stream... so the cells can use it as fuel for energy.

However, your cells resist the insulin...

And in turn, you store these sugars as fat...

Causing tiredness, and hunger...

And hunger, means more food...

And the cycle starts all over again!

This is the exact cycle that Cathy had been in for years...

And the exact cycle, you and any diabetic are in right now.

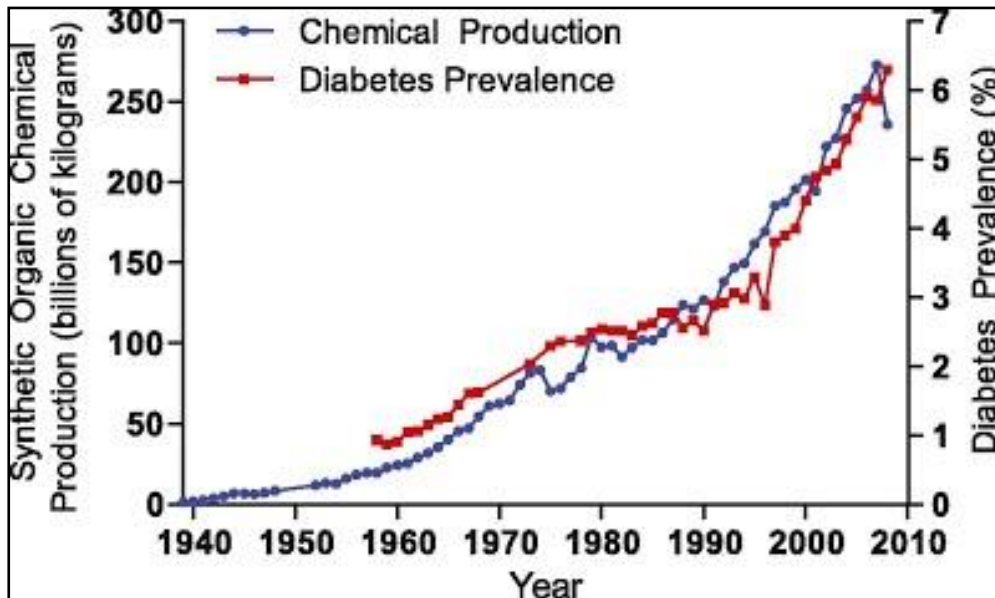
But what causes insulin resistance?

Well, I couldn't find a single precise and definite answer on exactly WHY it happens in the first place.

And why this has started only in the past 60 years.

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See this graph? diabetes barely existed in the 1940s!

Doctor Grayson himself stated that the medical industry isn't exactly sure where insulin resistance comes from, only why it is bad for us and that it is increasing at a rapid rate.

In fact, a recent report published by the *Centers for Disease Control and Prevention* predicts that nearly one third of all American adults will be diabetic by 2050 if things don't change.

You may be saying it's because we're getting fatter, right?

But we've had overweight men and women for centuries, all the way back to the Mayans...

And there has always been a surplus of food at times for every civilization.

Remember that cycle of insulin resistance? The belly fat comes AFTER insulin resistance, not before!

And for Cathy, her dramatic weight gain started only after she started showing diabetic symptoms.

So, if weight gain was simply a symptom of insulin resistance. What was the cause?

How did you or Cathy get insulin resistance, before all the symptoms began?

For weeks, I scoured the internet, visited libraries and read through hundreds of dusty old medical journals. I visited Universities, spoke to doctors, endocrinologists, alternative therapists, and even Chinese herb doctors for help.

But I found nothing new.

Just the same old tired advice of exercise more, eat less sugar and fewer carbs, and take your meds like a good little diabetic...

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... Advice that you or any other diabetic listening to my story today has heard a million times before.

I felt like I'd hit a brick wall, and after weeks of research I was nowhere.

I'd left online posts on forums and message boards requesting any information that could help Cathy.

THE BREAK-THROUGH

I got a reply from a man we will call Kevin, who has chosen to remain anonymous to protect his identity. He has a real dislike of the diabetes industry, and has been working at a large pharmaceutical company for 10 years before being recently fired for voicing his concerns.

Over a call, he revealed to me the 3 closely guarded and biggest LIES of the diabetes industry.

And anyone who dared utter them in public would be fired and have cease and desists against them!



Why would the medical industry do this? What did they have to hide? Well, according to Kevin, the whole industry was “a giant and deliberate fraud”, which makes billions every year not by helping to improve your diabetes, but by actively making it WORSE!

As Kevin explained, from the moment you notice a problem with your weight, your blood sugar, or energy levels, you're encouraged to see a doctor – who then recommends that you start taking medications to “correct” your blood sugar... most likely Metformin.

Sounds familiar, right?

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But the big problem here is that from this moment on, your blood sugar, and health is destined to only get WORSE, not better...

After all, when was the last time you went to a doctor and your doctor lowered your dosage? Or suggest you come OFF your meds

It's never happened, right?

And this is the **Big Diabetes Lie #1**

Lowering Blood Sugar Will Reverse Diabetes

The truth is high blood sugar does not cause diabetes. It's a SYMPTOM of it.

Diabetes drugs may help to lower your blood sugar, but, eventually, these drugs lose their effectiveness. As a result, your doctor has to increase the dosage and/or add an additional drug -- until one day, your doctor tells you that you have to go on injectable insulin... and soon more and more insulin injections.

Why? Because the cause of the disease has not been addressed.

The disease is progressing as if you were taking no medication at all.

The same way you wouldn't treat an open wound with painkillers... you should not attempt to reverse diabetes with medications that lower blood sugar.

Medications are simply a band-aid for a symptom of diabetes. Nothing more.

Worse still, these drugs have been proven to cause kidney failure, liver failure, heart attacks, cancers and strokes!

To really reverse diabetes you have to go after the root-cause - insulin resistance - not just treat the symptoms and live as a continual victim of this disease.

That's why these drugs are such a cash-cow for Big Pharma.

Because you are still trapped in the insulin resistance cycle! Drug companies make the most profit by having people completely dependent on their medications for life, buying new prescription refills month after month.

According to a recent study published in the journal *PharmacoEconomics* a person with type 2 diabetes will spend an average of just over \$283,000 to 'treat' the disease over their lifetime.

And that's just ONE person...

It's big business and a business they will fight to protect.

Because their business model will be destroyed if the world finds out that they can lower their blood sugar and reverse their type 2 diabetes naturally, without drugs.

Next, Kevin revealed **Big Diabetes Lie #2**

11 Super Herbs and Spices That Lower Blood Sugar By Eric Whitfield and Amanda Feerson

This one shocked me.

Exercise Helps Reverse Diabetes.

For many years we have been under the impression that exercise is useful for every person with diabetes.

However, in a new study by the *Sanford-Burnham Medical Research Institute* in Orlando, and published in the *Journal of Clinical Endocrinology & Metabolism*, examined clinical trials that looked at the effects of exercise among people with type 2 diabetes.

Their analysis revealed that in 20% of people with type 2 diabetes, exercise did not lead to improvement in blood sugar control, insulin sensitivity, or their body's ability to burn fat.

The studies suggest that this "resistance to exercise" among people with type 2 diabetes is genetic and can be handed down through generations.

In essence, if you have tried exercising and had no improvement in your diabetes or fat loss, its likely you are one of these people who are resistant to exercise and it will do nothing to help your diabetes.

And even if exercise could work for you, it still only mimics the effects of the diabetes medications, by lowering blood sugar, but not addressing the root cause, the insulin resistance.

And with that, Kevin revealed the **Big Diabetes Lie #3**

Carbohydrates Are Your Enemy

Why is it that all diabetics now fear carbohydrates?

Why are low-carb, high-fat diets seen as a healthy alternative?

It's far from the truth.

In 1935 Dr. Rabinowitch did a little-known research study on the subject of high-fat diets and diabetes, a disease largely unknown at this time.

He writes:

"Suffice it to say that it now appears to be fairly well established that carbohydrates improve, whereas fats impair, carbohydrate tolerance; and that carbohydrates increase, whereas fats decrease, the sensitivity of the individual, animal and man, to insulin"

Big Diabetes Lie #1:
LOWERING BLOOD
SUGAR WILL
REVERSE
DIABETES

Big Diabetes Lie #2:
EXERCISE HELPS
REVERSE
DIABETES

Big Diabetes Lie #3:
CARBOHYDRATES
ARE YOUR ENEMY

11 Super Herbs and Spices That Lower Blood Sugar

By Eric Whitfield and Amanda Feerson

20 years later in the 1950's another doctor, Dr. Walter Kempner at Duke University did an incredible study.

He demonstrated that it was not high carbohydrates, but in fact high FAT diets that were causing insulin resistance and type 2 diabetes...

He even showed that a diet composed of rice and fruit, simple low-fat, high sugar and carbohydrate foods actually had no negative affect on insulin resistance at all! And actually improved it!

Conventional thought about diabetes states that foods high in carbohydrate will exacerbate diabetes and increase the requirement for insulin and medication.

This is the cornerstone of the Atkins diet, the South Beach diet, the Zone diet and the paleo revolution.

Central to each of these diets is a reduction in carbohydrate intake, for the explicit purpose of reducing the need for insulin, which in turn reduces the severity of diabetes and leads to significant weight loss.

So, by this low-carbohydrate rationale, Dr. Kempner's rice-fruit diet should have resulted in metabolic disaster for his patients living with type 2 diabetes. The rice-fruit diet should have increased his patient's insulin requirements, caused unwanted weight gain, and exacerbated cardiovascular disease.

In fact, it was quite the opposite!

The increased carbohydrates had, in fact, improved insulin resistance.

Dr. Kempner was one of the first physicians to prove that carbohydrates are not the enemy.

I couldn't believe what I was hearing, but Kevin was absolutely right.

So, if you thought your bad diet caused your diabetes. If you thought too much carbohydrate or sugar caused it... or that you didn't exercise enough. Think again. They had no factor in why you have diabetes today.

They are not the true cause of insulin resistance.

The truth? Insulin resistance is reversible. Type 2 diabetes is reversible. It is not a life sentence.

THEN I HIT A WALL...

I had more information about diabetes than I EVER had, I felt I had come so far... only to come to a screeching halt. I couldn't figure out how I could take everything I knew and use it to help Cathy recover...

But that very night, I received a phone call that was the answer to my prayers.

11 Super Herbs and Spices That Lower Blood Sugar

By Eric Whitfield and Amanda Feerson

I've always believed in God, and prayed to him practically every night for weeks, asking him to help Cathy.

And I firmly believe that what happened next is proof that He was listening.

The call came from my boss.

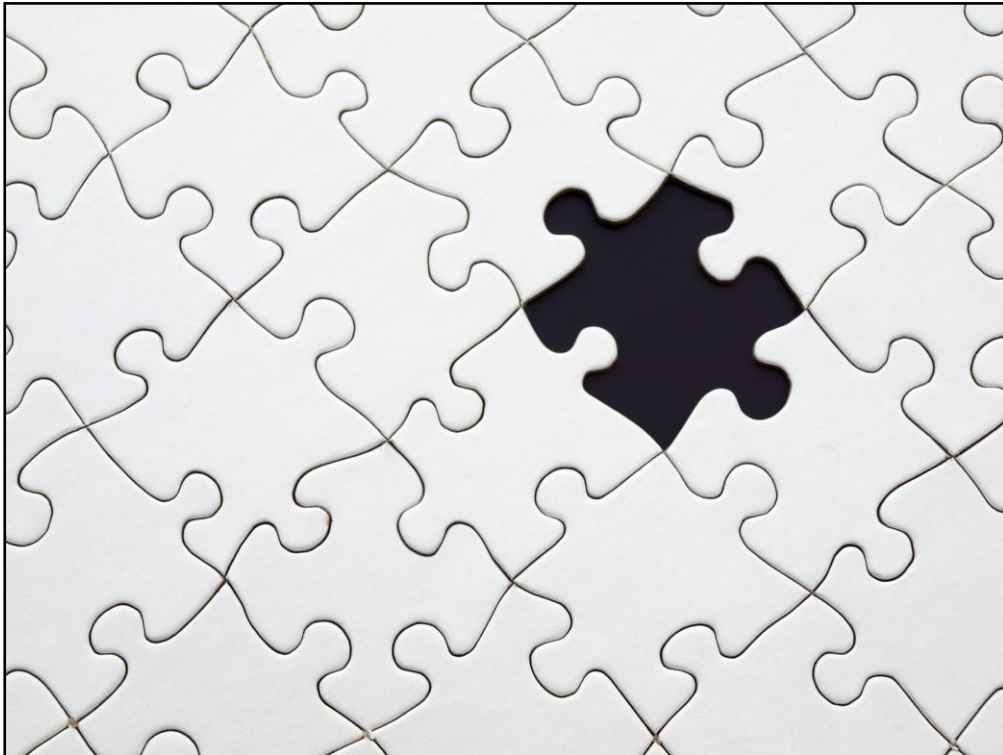
I'd gotten an offer early that week for a big project over in Greece. They were building a new power plant not far from Ptolemaida. That was a huge deal, and would provide power for most of the eastern part of the country.

They needed an experienced man as a project supervisor, and with my experience I was one of the top candidates.

Given Cathy's condition and state of mind, the timing couldn't have been worse – or so I thought.

But unable to do anything about it, I set off for Greece, leaving Cathy's sister in charge of her safety.

I hated leaving her – but as it turned out, the men I would meet on that job in Greece would provide the missing piece of the puzzle, the one that made everything else come together.



Right away after my long flight, I'm introduced to the team of guys I was supervising. A group of 19 men, from all over Greece.

Among these was Alexander Doukis and 7 other guys who came to work on the project from their home on a tiny Greek island called Halki.

11 Super Herbs and Spices That Lower Blood Sugar

By Eric Whitfield and Amanda Feerson

Ever hear of it? Yeah, me either! It has a total population of 487 – or about 479, since Alex and his guys came to work with me!

As the weeks went on, I came to realize these 8 guys who were all in their mid-50s didn't have diabetes or even a single symptom of it. They were slim, healthy and full of energy.

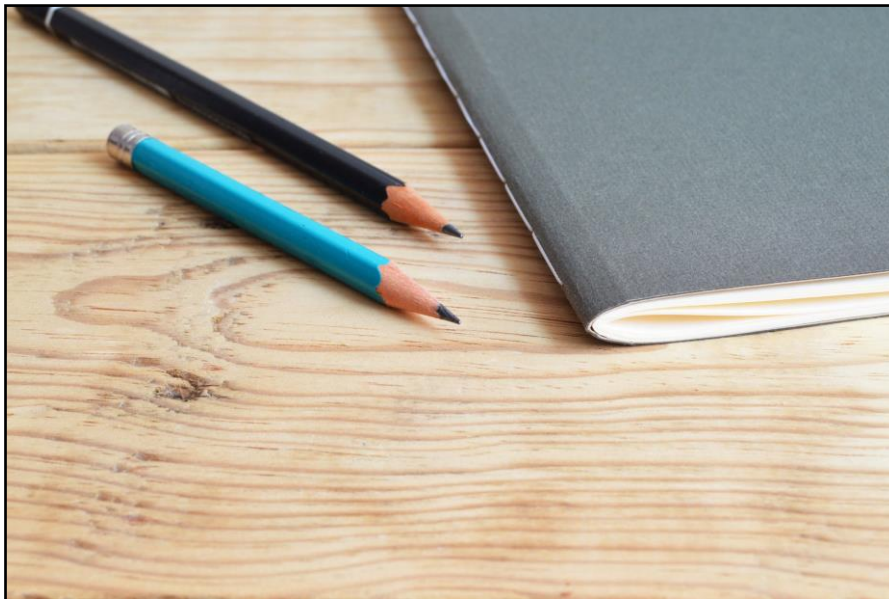
Back home, I didn't know of one person over 50 who DIDN'T have diabetes, let alone 8 of them!

So that night, I took Alex to one side and told him all about my wife's condition and that she didn't have long until she might face another coma.

"If you know anything that can help her, please tell me", I pleaded.

Alex smiled, patted me on the shoulder, and told me to wait where I was.

A few minutes later, he returned with a notepad and pencil, and began to scribble down what looked like a recipe, complete with a list of strange foods, most of which I'd never even heard of.



"What's this?" I asked him, looking down the list.

"The secret you've been searching for" he said, with a glint in his eye.

"Our health is all down to the food we eat", he continued, mysteriously.

"Diabetes simply doesn't exist on our island."

"This recipe has been in my family for generations", he said. "Eat these foods and your wife will recover."

With that, Alex stood up, gave me a knowing smile, and got back to work.

Only then did I remember that Alex and his friends always had these homemade dressings with their lunch and dinner. Sometimes even as a snack.

11 Super Herbs and Spices That Lower Blood Sugar

By Eric Whitfield and Amanda Feerson

They'd put them on salad, meats, veggies and even just dip pita breads in them.

The minute I returned home to the US, I began researching the ingredients from Alex's recipe.

The first one was something called kohlrabi...

"What the heck was that?" I thought.

But according to several studies, kohlrabi, which is a type of vegetable similar to a cabbage, was abundant in two nutrients: sulforaphane and glucoraphanin.

Turns out both nutrients protect and repair lung epithelial cells against oxidative damage caused by tiny ambient air particulate matter and help detoxify and repair the body.

Now stay with me here, because this is where it gets VERY interesting.



Particulate matter, also known as PM2.5 is a complex mixture of extremely small particles and liquid droplets. They are emitted by fuel-burning and various industrial sources but then get into the air and are inhaled. Pretty scary, right?

They are tiny, invisible, and they have a diameter of less than 2.5 micrometers, which is about 3% the diameter of a human hair.

Scientists are just beginning to understand what exactly makes PM2.5 so harmful, but a major reason is that it's so small and contains toxic metals. Its size allows it to penetrate the lungs and enter the bloodstream.

I wasn't sure what that had to do with diabetes until I began to search deeper...

And struck gold.

A study of 3080 participants with an average age of 56, published only 2 years ago by the American Diabetes Association, with barely a single view, concluded...

"These results show the associations between long-term exposure to PM2.5 and biomarkers related to insulin resistance."

11 Super Herbs and Spices That Lower Blood Sugar

By Eric Whitfield and Amanda Feerson

And scarily, they found the prevalence of hypertension, myocardial infarction, stroke, and medication intake were higher in those exposed to the PM2.5...

Another buried study published in the National Institute of Environmental Health Science headed by Timothy O'Toole, Ph.D. had gone one step further and tested PM2.5 exposure on mice. They shockingly found that by reducing the exposure to PM2.5, insulin resistance was easily reduced!

Then I found another study that made everything crystal clear.

A study by a team from Washington University School of Medicine in St. Louis and the Veterans Affairs, St. Louis Health Care System, linked PM2.5 pollution—even at levels deemed safe—to an increased risk of diabetes globally.

Publishing their findings in *Lancet Planetary Health*, they not only concluded a definite association between PM2.5 and diabetes, they flat out said that last year alone, all 3.2 MILLION new cases of diabetes were due to dangerous air pollution.

Dr Ziyad Al-Aly, the study's senior author and assistant professor of medicine at Washington University went on to say:

“Our research shows a significant link between PM2.5 air pollution and diabetes globally....”

“We found an increased risk, even at low levels of air pollution currently considered safe by the US Environmental Protection Agency (EPA) and the World Health Organization (WHO)...”

“This is important because many industry lobbying groups argue that current levels are too stringent and should be relaxed. Evidence shows that current levels are still not sufficiently safe and need to be tightened.”

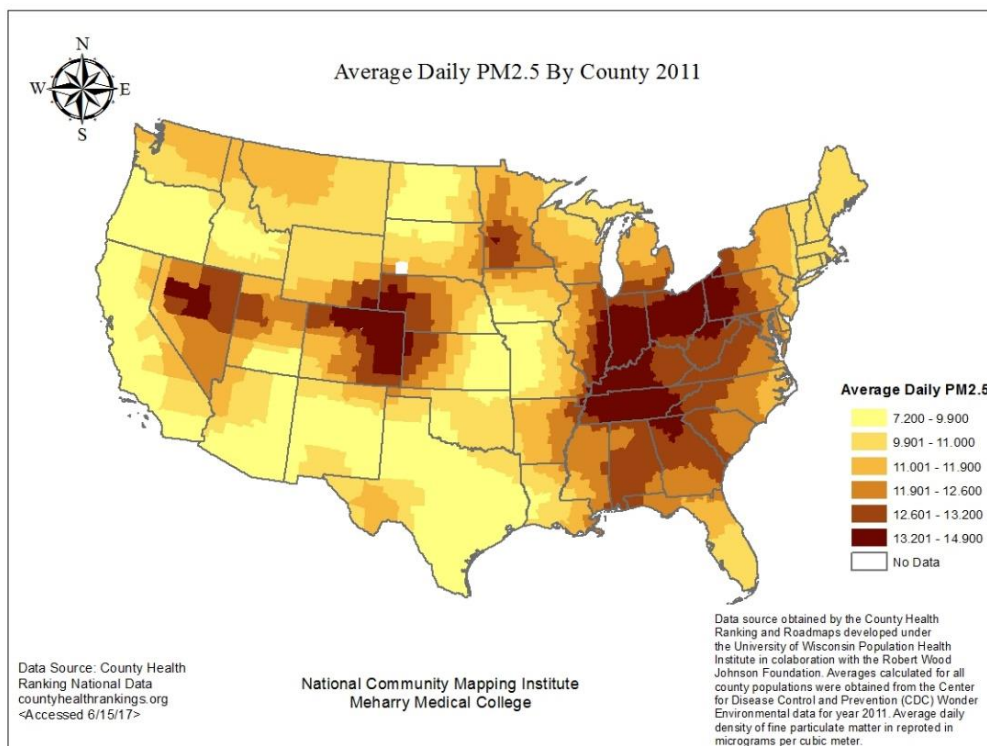
Incredible.

I wondered what the air quality was like for us in New York. If we could just move elsewhere to escape the PM2.5...

I did a search and found a map created with data from the Environmental Performance Index showing the PM2.5 levels across the US.

11 Super Herbs and Spices That Lower Blood Sugar

By Eric Whitfield and Amanda Feerson



Wow! Is that a scary picture! Nowhere seems to be safe. And my home in New York is in an orange spot surrounded by a good bit of red.

In fact, if you were to see a worldwide map showing these PM2.5 levels, every corner of earth would be covered in PM2.5 pollution. It is inescapable.

You see, this is the REAL CAUSE of your diabetes, of your insulin resistance. Not anything else which we typically blame—such as genetics, diet, exercise or age...

Your health has been deteriorating because of the invisible PM2.5 which has been seeping into your blood stream for decades, causing havoc in every cell of your body...

Simply put, your body is treating these dangerous particles as foreign...

And sends immune cells to the invaded tissues, causing inflammation...

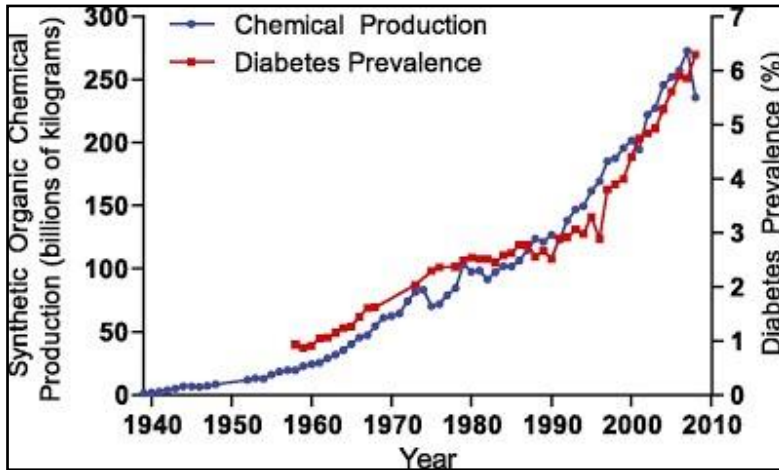
Scientists now fully believe that this cell inflammation caused by PM2.5 is what leads to insulin resistance.

Worse still, scientific studies have linked increases in daily PM2.5 exposure with increased heart attacks, as well as respiratory and cardiovascular disease.

Remember this graph?

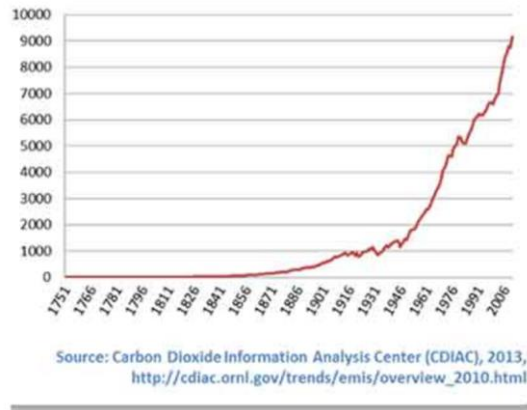
11 Super Herbs and Spices That Lower Blood Sugar

By Eric Whitfield and Amanda Feerson



We see diabetes started around the 1940's.

Now look at this graph of PM2.5 levels over time...



Look familiar?

Notice the rapid incline at 1940 matches exactly when diabetes spiraled out of control...

Yeah. It really was making sense now.

And guess what... while the level of pollution in Greece was one of the highest in the world, far higher than the US, I found out they actually had one of the LOWEST levels of diabetes!

It must be because of these traditional dressings and the ingredients that make them up. It would explain why Alex, and his guys, who even though they worked in Greece at power plants their whole lives, never got diabetes or exhibited any sign of it.

As I finished reading, I felt like I wanted to cry... not because I was sad, but because for the first time in YEARS I felt HOPE that I could actually help my wife... and help US get our life and our relationship back on track.

But don't go out and order an overseas delivery of Kohlrabi just yet.

11 Super Herbs and Spices That Lower Blood Sugar

By Eric Whitfield and Amanda Feerson

Because that's not even half the story – and not enough on its own to win the war against PM2.5 damage and unshackle you from diabetes.

You see, second on Alex's list of type 2 diabetes-reversers was Marjoram, which the Greeks eat in abundance.

That was just a simple spice used to flavor the dressings but was actually packed full of a nutrient called beta-carotene...

Again, I discovered this nutrient would fight the effect of airborne toxins on the lungs and body.

It also improved digestive function and heart health.

A study stated the next item, broccoli sprouts, caused "rapid and sustainable detoxification of airborne pollutants".

Plus, dietary supplementation with broccoli sprouts extract was highly effective in improving liver function through reduction of oxidative stress.

And it didn't stop there.

Alex's recipe included a range of Greek fruits, vegetables, herbs, berries, seeds and other completely natural ingredients, including Grecian laurel leaves, jujubes, and bergamot oranges...

Turned out, every single ingredient from the recipe were proven to rapidly repair the damage caused in our bodies by PM2.5 pollution, and prevent any further damage, amongst many other health benefits.

After researching the entire list, I discovered that together, the recipe contained EIGHT ESSENTIAL ANTIOXIDANTS clinically proven to rapidly improve insulin resistance, in turn reversing type 2 diabetes, and protect against devastating conditions such as heart disease, stroke, nerve pain and more.

I call them the Diabetes-Reversing 8.

I couldn't believe what I was seeing.

Here were completely natural ingredients that had been scientifically proven to reverse the root-cause of diabetes, yet not a single doctor had ever told my wife anything about them.



11 Super Herbs and Spices That Lower Blood Sugar

By Eric Whitfield and Amanda Feerson

All they wanted to do was keep selling her expensive medications.

I was now more determined than ever to not only reverse Cathy's diabetes, but help millions of others too, so no one would ever need to pop a single dangerous medication again.

But there was a problem.

Although finding the broccoli sprouts wasn't difficult, locating high quality kohlrabi, jujubes — which are a type of date — and even bergamot oranges was almost impossible.

Naturally, most of them could only be found on the Greek islands.

And there was no way I could get these foods shipped over every week. The costs would be enormous.

I needed a plan B.

I reasoned that if I could take Alex's original recipe, break it down, and then uncover some "local" foods which contained the same antioxidants, in the exact same amounts, while applying modern science and technology to the new formulation, I would be able to create a recipe even more powerful than Alex's, and give Cathy a real shot at reversing her diabetes.

But of course, without any medical training or experience, I needed help.

And I got it in the form of Amanda Feerson, a dedicated independent medical researcher with over 29 years' experience.

As it turned out, Amanda had a personal interest in what I was doing. Her own mother had diabetes and could barely walk anymore, and she was passionate about finding a treatment that could save her life.

Amanda was one of those rare people who exuded charisma, warmth and intelligence. When we first met, she greeted me with a warm hug and a big smile.

"Your research is completely correct", she said.

"We are all affected by PM2.5 at different rates based on our body types... that's why some people get diabetes faster than others, and why you Eric are only prediabetic whereas your wife is type 2."

"However, the human body has not evolved to synthesize its own detoxifying nutrients to clear out this new threat, the PM2.5... it's only been around for the past 70 years or so..."

"So, the only way to get the 8 ESSENTIAL nutrients you have discovered Eric, is through food."

"I'd love to help" she said...

11 Super Herbs and Spices That Lower Blood Sugar

By Eric Whitfield and Amanda Feerson



So, Amanda agreed to help research hundreds of different formulas which were tested ethically on mice and gauged what happened to their insulin resistance.

It took 3 months, but eventually Amanda and I developed a series of all-American dressings that contained the exact same nutrients and vitamins found in Alex's recipe that if consumed alone would have little effect...

But when combined together and eaten twice a day, would produce remarkable results!

In fact, thanks to Amanda's expertise, these recipes were 4.4 times more powerful than the original recipe consumed by Alex and his family and friends!

Amanda stated...

"This new breakthrough addresses the one true cause of insulin resistance... PM2.5."

"When you correct and flush out these toxins, you and your body can naturally restore itself, so you will effortlessly drop pounds of fat, your arteries will clear and your blood sugar will stabilize as your insulin resistance reduces."

Nothing like this had ever been attempted before in the history of diabetes, and I literally couldn't wait to get started.

And the best part was, because these unique recipes were completely natural, instead of a drug, we didn't have to submit our "treatment" to the FDA, and potentially wait years for approval.

Instead, we just needed one willing patient to put the protocol to the test.

And of course, that patient – was Cathy.

The next morning, I visited our local grocery store to pick up all the ingredients we needed.

11 Super Herbs and Spices That Lower Blood Sugar

By Eric Whitfield and Amanda Feerson

I stocked up on test strips to help monitor her blood sugar along the way.

Honestly, Cathy looked at me like I was crazy the first time I gave her the dressings to eat with her lunch and dinner.



They took 60-seconds to create, but I still remember how she held her nose and steeled herself for the “awful taste” she expected...

And the smile that spread across her face as she said it tasted great.

Still, I had to BEG her to keep eating them every day... she thought it was just another waste of time...

After 7 days of following the recipes, there was little change.

She'd lost a couple pounds within the first few days, but we thought nothing of it.

Until later that evening when something remarkable happened.

We'd just finished dinner and I handed Cathy the bowl to grab a second portion of food, a habit we'd gotten used to since she gained the weight.

“No, I'm fine thanks, I'm full” she said.

What!

I hadn't heard that in 5 years...

We both looked at each other in shock, then burst out laughing.

And each day following was like a dream.

Her blood sugar readings continued to fall.

11 Super Herbs and Spices That Lower Blood Sugar

By Eric Whitfield and Amanda Feerson

From 400, to 315, then to 251, then to 197, and then to 143...

But the best was yet to come.

Day 21 was a sunny Sunday morning, and I'll remember it forever.

I woke to the loudest scream I've ever heard.

Terrified, I instinctively reached for my handgun in the nightstand, until the screams turned to laughter.

I ran down the stairs, where I saw Cathy standing in the kitchen staring at her glucose reading, tears rolling down her face.

But this time, they weren't tears of panic or fear.

They were tears of happiness – of joy.

In just weeks she was at a healthy reading of 120!

And that's not even the best part...

Remember that weight gain and hunger is a symptom of insulin resistance?

Well, since she had reversed her insulin resistance her hunger vanished, and the weight dropped off her like butter in a microwave.

Every day she was safely shedding pure belly fat, arm fat, chin fat, her love handles disappeared...

11 Super Herbs and Spices That Lower Blood Sugar

By Eric Whitfield and Amanda Feerson

She had lost 56 pounds of weight...

She was so excited to show me her jeans falling off her hips in a way they hadn't in 25 years...

Plus, she had so much more energy... she was sleeping better... and the aches and pains in her legs and feet were gradually disappearing with every day that passed.

Even her hair seemed thicker, fuller and shinier than it had...

Her fears about falling into another coma, needing an amputation, or having a heart attack vanished.



When we saw Doctor Grayson he couldn't believe his eyes. He was speechless that she had achieved it all by herself, naturally and safely. And when he saw her glucose readings, he said she could finally come off her medications!

That evening we threw all of them in the trash. What a great feeling!

It was like a time machine taking us back 5 years before this nightmare began.

But the most amazing thing was watching Cathy's stomach...

Watching the belly fat she'd been fighting for years and years shrink away to nothing... She felt good about herself; she got her confidence back, as well as the "spark" that made her the vivacious woman I had always known.

I'd done it. I'd saved my wife.

Cathy had broken free from the cycle of insulin resistance.

She was back in control of her own blood sugar.

Neither of us could believe it.

After being told to prepare ourselves for Cathy to fall into a coma, or for her to even die, Cathy had reversed her diabetes, and it had taken just weeks.

11 Super Herbs and Spices That Lower Blood Sugar

By Eric Whitfield and Amanda Feerson

I was desperate to get the recipes out to as many people as possible, but Amanda warned me that one person wasn't proof that the formula worked.

And she was right.

It may have worked for Cathy, but would it work for everyone?

I wanted to see if these recipes would work on people who were suffering the most... who had the most severe cases of type 2 diabetes.

I had to know for sure.

So, I came up with a plan...

I decided to post adverts online and in local newspapers, asking for volunteers who might be willing to put our diabetes-reversing recipes to the test.

They had to be: type 2 diabetic, overweight (and unable to lose weight no matter their diet or how much they exercised), tired, hungry, and experiencing many of the typical diabetic symptoms.

After just 6 days, we had 96 people, suffering from varying degrees of type 2 diabetes who could test the protocol.

The results were way more incredible than any of us could ever have imagined.

Without exception, and within a maximum of 32 days, all 96 volunteers reported dramatic improvements in their blood sugar.

Better still, the average weight loss was 26 pounds in a few weeks!

Energy levels soared...

Any risk of heart attacks, amputations or strokes were completely eliminated...

Blood pressure normalized...

Brain fog was lifted...

Aches and pains subsided...

A total of 97% of participants went on to reverse their diabetes.

The other 3% fell just short, but were no less overjoyed, at the weight loss and health benefits they'd achieved.

I received emails, phone calls and text messages from people overwhelmed by the changes, and desperate to thank me.

This was it - we'd actually done it.

We'd developed a natural, clinically proven treatment for reversing even the worst cases of type 2 diabetes.

11 Super Herbs and Spices That Lower Blood Sugar

By Eric Whitfield and Amanda Feerson

This protocol works, and I'm excited to say that the obscene statistics about diabetes are about to change forever.

Remember, due to the toxic environment we now live in, our cells are being relentlessly attacked by damaging and poisonous airborne toxins on a daily basis. This happens no matter where you live on earth. It is unavoidable.

As a result, they predict that nearly one third of all American adults will be diabetic by 2050.

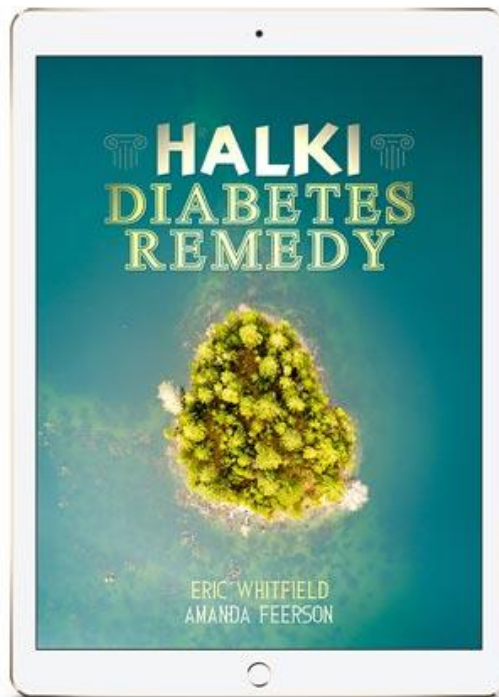
Today, things are finally about to change.

With Amanda Feerson's help, I've created a clinically proven and all-natural protocol that will allow you to finally reverse your diabetes... and take back control.

... With no medications, exercises or dieting, and do it within the next few weeks.

And I've called it...

The Halki Diabetes Remedy



This program is designed for any type 2 diabetic, prediabetic or anyone who struggles with weight loss, especially those over 35.

It's so easy to follow, a child could...

Yet, it's more powerful than any medication on this planet.

Here we are, ready for YOU to finally get the flat belly and slim body you've been dreaming of and which you deserve...

11 Super Herbs and Spices That Lower Blood Sugar

By Eric Whitfield and Amanda Feerson

To free yourself from the clutches of diabetes...



YOU ARE BEING INVITED...

When I put all the pieces together, once I saw how EASY it was to reverse diabetes, I was filled with relief... and a fair amount of disgust... how could people NOT KNOW the power was in their hands to do something about their health? It seemed like a crime. That's why I've made it my mission to spread this knowledge to as many people as possible, and that is why I am so happy you are here reading these words. You now know what's really going on. You don't have to live under the lies, myths and manipulation of a cold institution that simply wants your money. You can become free....

You now know the identity of the deadly toxin, the REAL cause of type 2 diabetes...

Your doctor won't give you this information.

The truth is, you and your doctor simply do not know about this simple, all natural and unconventional breakthrough...

And that is what you will learn in *The Halki Diabetes Remedy*...

You'll discover the incredible, twice daily 60-second habit which is so effective that in just weeks has reversed the type 2 diabetes in 33,405 people (and this number is steadily increasing) ...

Meaning, every day my inbox is full of new success stories from people who have had amazing results.

And just as I can promise the sun will rise tomorrow morning, so can I promise this will work for you too...

Whether you're male or female...

18 or 80 years old...

11 Super Herbs and Spices That Lower Blood Sugar

By Eric Whitfield and Amanda Feerson

Whether you've tried every single diet, medication and treatment out there...

If you're already diabetic, pre-diabetic...

And have been for 10 minutes or 10 years...

Or just worried about your increasing waist size and uncontrolled blood sugar and want to effortlessly lose weight and take back control over your health...

You may be feeling skeptical but I promise you that this can be a reality for you very soon.

In the U.S. alone, Americans pay an average of \$327 billion each year for diabetes medications, insulin and care.

And Big Pharma are scared, because what I'm about to reveal could destroy their business model overnight.

The very same cash cow that will NEVER reverse your diabetes, but keep you as a customer for life.

The last thing they want is for you to see what I'm about to show you.

This information could save your life, or the life of someone you love.

Today, I'm offering you the chance to reverse your diabetes...

To never worry about slipping into a fatal coma, or diabetic complications like amputations, vision loss, hypertension...

To never worry about being a burden to your family, financially, physically, or emotionally...

To never worry about your ever-expanding waistline...

To never again worry about insulin shots, medications or whether you took your meds, or if you took too much...

To be free of the guilt and shame about having diabetes, as well as being free from what others think about what you eat...

Instead you eat what you want, when you want...

You naturally control your blood sugar the way nature intended...

You shed pounds of pure fat without thinking, from your belly, arms, hips, waist and face...

You restore your energy, vitality, elasticity of your skin and joints, and turbo-boost your sex drive...

And you feel younger, healthier, happier and more energetic than you have in years — even decades.

11 Super Herbs and Spices That Lower Blood Sugar
By Eric Whitfield and Amanda Feerson

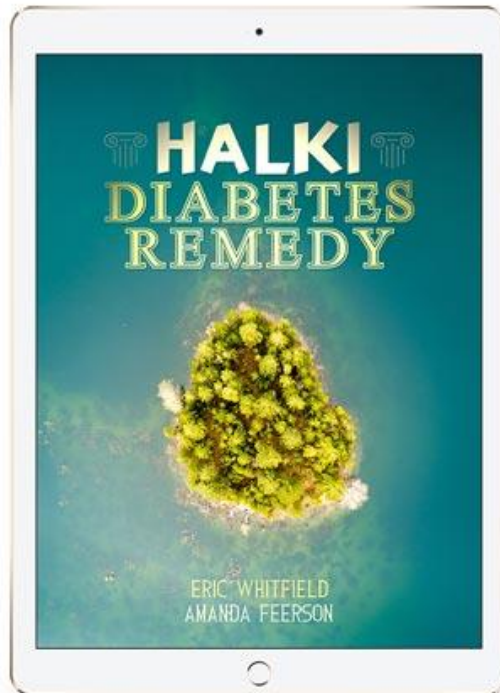
It's time to free yourself from the prison of diabetes once and for all...

Does that sound good to you?



So, what exactly are you going to get in the Halki Diabetes Remedy?

You'll get your hands on *The Halki Diabetes Remedy Fast-Start Guide*, where you will find everything you need to know to reverse diabetes.



The truth about PM2.5 pollution – the real cause of diabetes...

11 Super Herbs and Spices That Lower Blood Sugar

By Eric Whitfield and Amanda Feerson

The ancient Halki island foods that inspired my research – and the secret behind their extraordinary detoxifying powers...

Why diabetes medications are nothing but a band-aid for diabetes, and will not do anything to reverse it. And actually just make it WORSE!

The identity of the Diabetes-Reversing-8, the 8 powerful antioxidants and vitamins proven in clinical studies to reverse PM2.5 damage...

Plus, all the inexpensive, simple and natural foods that contain these 8 powerful nutrients.

I'll even reveal the identity of my #1 DETOX tea which boosts the power of the foods.

But that's not even the best part.

I'm also going to give you the 21-day protocol.

Inside, you'll find 42 dressing recipes formulated by Amanda Feerson that contain these 8 nutrients, along with instructions and nutritional information.

You'll also learn the exact ratio of ingredients and the specific amounts required, to make up these recipes, to turn your body into a detoxifying, fat burning machine...

But we didn't stop there.

To make things as easy as possible for you, you'll also get a 3-week protocol to follow, telling you EXACTLY what dressings to eat each day, and when, for maximum results. The exact same protocol that had huge success in our patient trials.

And the delicious twist is that these ingredients are not only incredible for your diabetes, but beneficial for your brain, heart, waistline, energy levels, and much more, so you'll also be improving your overall health at the same time.

All you need to do is follow the protocol and eat the dressings twice a day as instructed, to achieve the same dramatic improvements in your diabetes that Cathy and thousands of others have achieved.

And the best part is, there's no need to completely change your diet, or starve yourself!

All you need to do is simply add these dressings to your existing lunch and dinner – and each and every ingredient can be picked up for just a few pennies from your local grocery store.

They take only 60 seconds to make.

It really is that simple.

And you can get access to everything by clicking the button below.



Remember, this is not a fad-diet or some silly cleanse... we know those don't work.

This is a clinically proven solution that targets the root cause of your diabetes.

This isn't some band-aid that focuses on symptoms.

We are going to hit the real reason you have insulin resistance, at the source.

This completely natural protocol has already transformed the waist size, energy, and lives, of 33,405 people, and you will achieve the same spectacular results too.

Can you feel that?

Your heart beating... the dryness in your mouth?

To know that you can do this, you have the power?

Let me ask you, how much is it worth to you to never have to do another finger prick again?

How much is it worth to you to have your friends JEALOUS of the amazing changes you've made to your body ...begging you for your secrets...?

How much is it worth to NEVER feel like you have to "deprive" yourself or "diet" again?

Or to burden your family with worry about your health?

Imagine that for a second...

Really let yourself feel what that would be like...

And then tell me...

How much would that be worth?

Remember, a diabetic will spend \$283,000 over their lifetime to manage the disease, not reverse it, just manage it.

And over that time, these medications will wreck your heart, liver, and pancreas, increasing your risk of fatal heart attacks and strokes... not to mention amputations.

This is the very real, and frankly, terrifying future, that you could be faced with if you decide to do nothing, and leave your diabetes in the hands of Big Pharma who simply want to make as much money out of you as they can.

So, let me ask you again...

How much would you pay for a chance to reverse your diabetes?

\$10,000?

\$5,000?

There's one undeniable fact I've learned again and again...

That even when you want something so much and KNOW it's a once-in-a-lifetime deal...

As a man or woman who's spent so much of your life GIVING and GIVING to others...

Sometimes it feels impossible to be "selfish" and give yourself what you so desperately need...

Which is why I'm going to do something kind of risky here...

And although Amanda Feerson recommended I sell this program for \$997...

And my own wife Cathy suggested \$197...

And although it's already helped over 33,000 men and women who would happily pay triple that amount after seeing the results for themselves...

This isn't about the money for me.

I know what it feels like to watch someone you love lose their health. I know the fear, pain and helplessness of watching your loved one suffer and not being able to do anything to help them. I don't want this to happen to you too. I feel blessed to have found this amazing program and now I want to share it with you.

So, I'm not going to ask for \$197...

Or half of that...

Or even a quarter for that matter.

Because the truth is, all I'm trying to do here is cover my costs so I can keep getting the word out to as many people as possible.

And the last thing I want is for price to be a factor in your decision.

So, if you click on the button below right now, you can pick up the COMPLETE *Halki Diabetes Remedy* for just \$37. That's it. A one-time fee of \$37 and this entire program is yours to keep forever.

Do the right thing for your family and loved ones by pushing the order button you see below. Immediately after you will have instant access to the entire *Halki Diabetes Remedy*, all the recipes, and the 21-day protocol.

11 Super Herbs and Spices That Lower Blood Sugar

By Eric Whitfield and Amanda Feerson

I hate to say this - the clock is ticking. You don't want to go through what Cathy went through. She got lucky that day, however, why would you risk it when the solution is right at your fingertips?

Hit the button below right now and get instant access to this program.



And, if you're a little skeptical that this can work for you, I completely understand.

After all, you've been lied to and manipulated your entire life into believing that medications are your ONLY choice to reverse diabetes.

Because of course, the \$327 billion-dollar diabetes industry will never tell you that there's a quick, easy and natural way to reverse your diabetes, because nobody would ever need another medication or insulin shot again!



So, here's what I'm going to do...

To prove to you that this protocol works, and you have absolutely nothing to worry about, I'm going to give you a 60-day, risk-free money-back guarantee.

If you don't experience a dramatic improvement in your diabetes, if you don't see the fat melt off you day by day, if you are not overflowing with energy and enthusiasm as your insulin resistance is reversed, or even if you change your mind for any reason at all, then all you need to do is email me at the address provided on page. , and I will refund your entire investment with no questions asked, and no hard feelings.

Plus, if you do decide that it's not for you, I'll even let you keep the entire program, just to say thanks for giving it a try.

I can't be fairer than that, right?

But a risk-free guarantee isn't all you'll be getting.

If you hit "buy now" below in the next 60 minutes, I'm going to give you 3 fantastic bonuses for FREE as a big thank you for reading this.



What are these bonuses? Let me break it down for you below...

Each bonus has been meticulously created by lead medical researcher Christopher Clements.

The Halki Diabetes Remedy Fast-start Guide

The 21 Day Diabetes-Reversing Protocol

Bonus #1: *Relaxed Mind, Healthy Body* Video Series

- Complete with cheat sheet, handy checklist, transcription, and mind map

Bonus #2: *The Energy Multiplier* Video Series

- Complete with cheat sheet, handy checklist, transcription and mind map

Bonus #3: *Achieve Your Goals* Video Series

- Complete with cheat sheet, handy checklist, transcription and mind map

Bonus #1 is called the *Relaxed Mind, Healthy Body* Video Series.

Why a video series?

Because you've got *The Halki Diabetes Remedy* to read!

I couldn't ask you to read any more...

Simply load up the video and watch. It couldn't be any easier.

I've made it as easy as possible for you to get results by adding simple side dressings to your regular diet. But I want to guarantee your success.

And unfortunately, when you're stressed out and you're not mentally calm it can even affect the power of *The Halki Diabetes Remedy*.

In this video series Christopher will reveal:

11 Super Herbs and Spices That Lower Blood Sugar

By Eric Whitfield and Amanda Feerson

- The #1 morning ritual you should adopt that will give you more energy, tranquility and more focus each and every day...
- How to have more energy than you've ever had without caffeine or other artificial stimulants...
- A fascinating technique in how to tap into your best Self for ultimate performance in every facet of your life.
- And more...

Now you'll be well prepared, calm and confident - ready for *The Halki Diabetes Remedy*. You'll feel relaxed, well rested, and ready to go.

We've included a cheat sheet, handy checklist, transcription, and mind map to give you an overview of everything covered inside the videos.

The *Relaxed Mind, Healthy Body* video series is worth \$67 on its own, but we're included it absolutely FREE of charge when you choose to get *The Halki Diabetes Remedy* today.

Bonus #2 is The *Energy Multiplier* Video Series.

This is another 10-part, bite-size video series written and narrated by researcher Christopher Clements. Again, it's easy to understand with actionable content.

Inside this video series you'll discover:

- The #1 simple, little change to wake up refreshed, become more productive instantly, and ultimately be a "super" version of your current self...
- The power of an odd nutrient to stimulate energy levels and the supplements that will help you get more energy... naturally!
- The key to waking up full of energy each and every morning so you can tackle the day and get everything done...
- And much more.

Again, this video series comes with a cheat sheet, mind map and transcription.

It's the perfect way to ensure you remain committed to *The Halki Diabetes Remedy*.

This video series bonus is worth \$74.95 on its own, but we're including it absolutely FREE of charge.

The last bonus—**bonus #3**—is the final piece of the puzzle.

We call it, the *Achieve Your Goals* Video Series.

Are you ready to start living the life of your dreams?

11 Super Herbs and Spices That Lower Blood Sugar By Eric Whitfield and Amanda Feerson

Don't you want to avoid being like the vast majority of people, having hundreds of projects started and never completed?

Sadly, *The Halki Diabetes Remedy* is included in that list of things some people never get around to actually finishing...

In this bonus Christopher will reveal all the little-known tricks and tips to make sure you succeed, not only with *The Halki Diabetes Remedy*, but every single goal and dream you have or will have.

Again, this amazing video series comes with a cheat sheet, mind map, and written guide and transcription.

If you truly want to succeed with *The Halki Diabetes Remedy*, then you need this bonus!

This video series bonus would be snatched up at \$87 if sold separately, but I'm giving it to you today as a FREE gift, and my way of saying "Thank you."

So, you're getting *The Halki Diabetes Remedy* valued at \$197, *The Relaxed Mind, Healthy Body Video Series*, at \$67 value, *The Energy Multiplier Video Series*, worth \$74.95 PLUS the *Achieve Your Goals* video series, at \$87 value – all for the low one-time fee of \$37!

And all you have to do to claim your discount and take advantage of this amazing deal is click the big button below right now...



11 Super Herbs and Spices That Lower Blood Sugar
By Eric Whitfield and Amanda Feerson



Then fill in your payment details using a credit card, debit card or PayPal on the next page.

And you'll have COMPLETE ACCESS to the entire program in just 2 short minutes from now...

USE the material... It's so easy to use and as close to "Done for You" as humanly possible.



And then see for yourself how EASY getting a taut, firm, FLAT belly and watching the pounds FALL off your body can actually be...

How EASY it is to reverse insulin resistance, and feel electric with new found energy...

And remember your order is 100% protected by my 60-day money back guarantee.

By clicking the "order now" button you will receive all the following products at a discounted, one-time price. Forget spending your hard-earned dollar on each separate item, all that's required is a low \$37.

The Halki Diabetes Remedy & Protocol - ~~\$197~~

The Relaxed Mind, Healthy Body Video Series - ~~\$67~~

The Energy Multiplier Video Series - ~~\$74.95~~

PLUS the *Achieve Your Goals* video series - ~~\$87~~

FOR ONLY \$37!

11 Super Herbs and Spices That Lower Blood Sugar
By Eric Whitfield and Amanda Feerson



OK, IT'S TIME TO TAKE ACTION...

You might not know it but you're at an important crossroads in your life right now...

And you really just have two options...

Leading to two very different lives...

One, a lifetime of energy and hope and passion for life, where you LOVE your body and are amazed every time you look in the mirror...

Where you are no longer shackled to diabetes, the medications, the finger pricks and test strips...

The other...

Well, the other is just a continuation of the life you have now...

So, listen closely as I tell you what your two options are so you can make the right choice for you...

11 Super Herbs and Spices That Lower Blood Sugar

By Eric Whitfield and Amanda Feerson

OPTION #1: You can choose to do exactly what the mainstream 'healthcare' system want you to do, and carry on taking your meds.

Remember, by doing this you'll never be free from drugs.

Diabetes medication was never designed to cure you. It was designed to 'manage' your condition, so that you remain trapped on the medication merry-go-round until the day you die.

That's the way the Big Pharma-backed diabetes treatment system works.

It locks you into a lifetime of drug dependency.

I think you already know what will happen if you do take this option because you've felt it so many times before...

That feeling of hopelessness...

Of being trapped in your body...

Of feeling yourself getting heavier and more exhausted and more FED UP with your struggle with your weight and with your body every single day...

Wondering why it's SO HARD for you to get in shape and STAY in shape...

Or feeling GUILTY because you aren't spending HOURS and HOURS at the gym every week pedaling as fast as you can but not getting anywhere at all...

I know you don't want that...

And remember, the average diabetic will spend \$283,000 to treat the disease and its complications during the course of their lifetime.

That's the financial cost of doing nothing.

The human cost is far greater.

I'm talking about coma, heart attack, stroke, nerve damage, kidney failure...

Cutting your life short by years, even decades...

Is that really a risk you want to take to save \$37?

Truth is, I know you are SICK of seeing your ugly belly fat staring at you every time you look in the mirror...

Of pretending it doesn't bother you and that you're "OK" with the body you have right now...

Of YEARNING to know what it's like to have power and control and ENERGY like you did when you were a kid...

Which is why I want you to take a second here and seriously consider taking:

11 Super Herbs and Spices That Lower Blood Sugar

By Eric Whitfield and Amanda Feerson

OPTION #2...

And let's face it, it's the only option you have.

Investing a tiny, one-time payment in *The Halki Diabetes Remedy* today, so you can put my program to the test, completely risk-free for a full 60 days.

And just imagine the difference this could make to your life...

NO MORE fear of a fatal diabetic coma...

NO MORE fear of forgetting to take your meds...

NO MORE fear of the inevitable worsening of your diabetes over time...

NO MORE finger pricks or test strips.

NO MORE injections.

NO MORE having to deny yourself the foods you love.

In a lot of ways, it's the easier road because all it takes on your part is deciding you love yourself enough to say "Yes" right now...

Simply click the button below, enter your payment information right now before life gets in the way, and claim your spot in *The Halki Diabetes Remedy*...

Get every single thing which has been mentioned here - and quite a few surprises I haven't told you about but I can't wait for you to see...

Learn the simple, tested method that SAVED my beautiful wife Cathy from type 2 diabetes and an early grave.

Learn the SECRET to a flat belly and a fit, healthy body that has been kept from you for so long...

And imagine for a moment how that would feel...

The feeling you have when the weight is dropping off, and you can fit in the jeans you haven't fitted into for the past decade...

Watching your blood sugar readings drop day by day...

The feeling when your wife or husband looks at you with lust, with desire again, just as they used to in the past...

The feeling when your doctor says you are now diabetes-free and can throw your meds in the trash...

Imagine yourself rolling out of bed feeling light and strong for the first time in your life...

Your belly will be flat and your joints will feel as if they have been freshly lubricated. You'll look and feel younger than ever before and you will find yourself

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By Eric Whitfield and Amanda Feerson

moving with the vigor and strength of a person half your age. You will cut your risk of heart disease and your sex drive will return as your hormones come back into balance.

Which will mean you're able to spend quality time with your children, and watch your grandchildren grow up, get married, and have kids of their own.

More than 33,000 Americans have reversed their type 2 diabetes in just a few weeks.

This is your chance to join them.

But time is running out.

So, make the right decision.

Make the only decision you can make, both for yourself and your family.

Hit the button below and put *The Halki Diabetes Remedy* to the test, completely risk-free for a full 60 days – and start enjoying your precious life the way it was meant to be enjoyed.



11 Super Herbs and Spices That Lower Blood Sugar

By Eric Whitfield and Amanda Feerson

If you're still a little unsure about everything you've just seen, I completely understand.

After all, I fully believe no doctor who wants to continue receiving a paycheck will ever tell you the truth about the real cause of diabetes, that medications do more harm than good, and that there are now clinically proven natural ingredients shown to improve and reverse diabetes once and for all.

So, if you have any questions, here are some of the most common ones I get asked, which I hope will give you all the information you need to make an informed decision.

How does this protocol work?

To quickly explain, every single recipe found in this protocol consists of the 'Diabetes-Reversing-8' – that is, the perfect amounts and combinations of the eight nutrients and vitamins shown to eliminate damaging PM2.5 toxins from your body, and reduce insulin resistance.

These recipes were inspired by a little-known tiny Greek island called Halki, and their diet, that protected them from diabetes and insulin resistance.

And using this research, Amanda Feerson, an independent medical researcher, was able to develop a formula 4.4 TIMES more powerful than the original recipe given to me by Alexander Doukis, one of the Halki inhabitants.

So, if you want a proven way to reverse your diabetes these recipes are all you'll ever need.

Eric, if this protocol is so good, why hasn't my doctor told me about it?

Well, as I explained a little earlier, it's not in the diabetes industry's interest to publicize any of this research.

After all, if people knew how to reverse insulin resistance through inexpensive and natural means, they wouldn't need new medications, which would pretty much cripple the diabetes industry overnight!

Remember, their business model relies on your diabetes and health getting worse year after year – and you getting fatter and fatter– and thanks to continued PM2.5 toxins attacking your cells, and your use of medication, that's exactly what's been happening.

The good news is, this protocol does the exact opposite. It helps reverse insulin resistance by giving your cells the essential eight nutrients and vitamins they need to repair this damage.

Will this work for me?

Yes, absolutely.

11 Super Herbs and Spices That Lower Blood Sugar

By Eric Whitfield and Amanda Feerson

Of course, each individual case is different. But as you've seen so far, this protocol is scientifically proven to reverse diabetes in even the worst cases.

Plus, it's already worked for more than 33,000 people.

But if by any chance it doesn't work for you – which is incredibly unlikely due to the huge amount of clinical data and case studies that says it will – you're protected by my 60-day money-back guarantee. So, you have absolutely nothing to lose.

And you can even keep the program, just to say thank you for giving it a try!

That's how confident I am in the quality and effectiveness of the protocol.

How long will it take to see results?

During our study of 96 volunteers, 97% of participants reversed their diabetes within weeks.

And as you know, my own wife Cathy achieved the exact same feat.

As I said, everybody is different, and some people may take longer to respond to the protocol than others, but if you stick with it, I guarantee that you'll see dramatic improvements in your health.

Will my details be secure?

Yes, I can assure you that they will be. Our ordering system benefits from state-of-the-art encryption technology, so when you place your order with us, your information is 100% safe, so there's absolutely no need to worry.

How long will the protocol be available?

In answer to that question, I honestly don't know.

Of course, I want to keep this website running for as long as I can.

The diabetes industry is a \$327 billion-dollar market, and believe me, they're angry as hell that this information is getting out into the world. They've already lost over 33,000 'customers' – and every minute it stays online, they're losing more.

So, I urge you to take this opportunity while you still can and order *The Halki Diabetes Remedy* today.

Go ahead and click on the order button below, fill in your details and you'll be taken through to a private area where you'll be able to access the entire program, including your 3 free bonuses, for a full 60 days, completely risk-free.



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By Eric Whitfield and Amanda Feerson

This has been Eric Whitfield, and I look forward to hearing your success story very soon.

