

Healing genetic immun diabetes

yann.river@proton.me

I was first treated for diabetes 2 : 60 years, 1.74 m, less than 62 kg (less than 159 pounds), non-smoker :

Diamicon, insulin, Metformin.

In 1 week, Diamicon nearly killed me twice : 2 nocturnal hypoglycemias. 2 retinopathies.

Whoops ! That's diabetes 1, immune genetics, insulin-dependent, irreversible, incurable.

Prognosis : in 2 or 3 years, I will have an insulin pump.

I healed. How ? I understand that :

— the more insulin I inject, the less my pancreas produces.

— my pancreas does not produce enough because I eat poison.

— for me, poison is carbs and lectins. For you too, probably.

So I stop eating poison.

Almost every day my blood sugar is low enough to reduce my insulin dose by 2 units.

I endure withdrawal pains : the poison is addictive.

After a few days, I no longer need insulin. Yippee !

I continue my diet. I never stopped it.

The withdrawal pain dissipate in a few days.

Later, I do the same for metformin.

Today, I am cured : I no longer have diabetes, I no longer take any medication for it.

I have always followed the prescriptions of the diabetologist.

Diabetics 1, diabetics 2, do like me :

Apart from the temporary withdrawal pain, and depriving you of your favorite dishes, this diet does not put you at any additional risk.

Parents, if you have children with diabetes, don't let them fall into the trap.