

To Cure Your Diabetes...Die From a Heart Attack

by: Qaraandin

We recently learned that the highly prescribed – and therefore, highly profitable – diabetes drug Avandia is known to have caused as many as 205,000 heart attacks and strokes between 1999 and 2006. Since it was initially approved by the Food and Drug Administration (FDA) at least 80,000 people have died. And guess what the FDA did about it. Two FDA committees – the Endocrinologic and Metabolic Drugs Advisory Committee and the Drug Safety and Risk Management and Advisory Committee voted overwhelmingly – 22 – 1 -- to keep Avandia on the market.

The committee members also voted 20 – 3 to acknowledge the finding that Avandia raises the risk of heart attacks and called for stronger warning labels. According to Dr. Clifford J. Rosen from St. Joseph Hospital in Bangor, Maine, “there was enough concern on the advisory committee that virtually everyone felt there was risk” of heart attacks from taking Avandia.



This is one instance where the manufacturer warned the FDA of the risk involved with its product. GlaxoSmithKline LLC, based in London, told the FDA of the risk from taking Avandia two years ago. The FDA, however, did not warn the one million folk in the US who already take the drug.

Dr. David Graham, a drug safety officer with the FDA's Office of Surveillance and Epidemiology says that for every month the Avandia remains on the market, 1600 to 2200 patients will suffer more heart attacks and strokes.

The director of the Office of Surveillance and Epidemiology, Gerald Del Pan has been quoted as saying: “Cardiovascular disease being the leading cause of death of people with diabetes, having a treatment that causes that doesn't make sense to me.”

However it seems to make sense to Dr. Robert Meyer. He is the director of the office with the FDA that approved Avandia's initial application. He is in favor of Avandia because other diabetes drugs carry risks as well. Leaving Avandia on the market provides patients and their doctors with “treatment options.”

And, of course it makes sense to Chris Viehbacher, president of U.S. Pharmaceuticals at GlaxoSmithKline. According to him: “It's absolutely essential to maintain a full range of treatment options in this very important disease and Avandia has got to be a part of that range.” Could the fact that GlaxoSmithKline earns more than \$3 billion a year from Avandia sales have anything to do with his position?

It seems that without actually meaning to the FDA has admitted to what those who favor natural healing methods have been saying all the time. Pharmaceutical drugs are dangerous. Avandia is being allowed to remain on the market because it is no more dangerous than the other dangerous diabetes drugs on the market!

So now we know. Pharmaceutical drugs do not have to be proven safe to stay on the market. They just can't be any more dangerous than other drugs. Got that?

We – those who favor natural healing methods – have been saying all along: the job of the FDA is not now, nor has it ever been, to protect the pharmaceutical consumer. As former FDA commissioner Dr. Herbert Ley put it, “People think the FDA is protecting them. It isn't. What the FDA is doing and what the public thinks it's doing are as different as night and day.” What the FDA is doing is helping pharmaceutical companies kill folk while it pretends to be protecting folk from injury at the hand of the pharmaceutical industry.

At the same time the FDA claims that it is leaving Avandia on the market so that patients and their doctors will have treatment options, patients and their doctors are denied access to any options that are natural, and non-toxic. Why? Because the pharmaceutical industry could not make a profit on such options. The options that are withheld are the ones that actually cure diabetes. To the pharmaceutical industry “a patient cured is a customer lost.”

Yes. Diabetes can be cured. In many cases, in less than a month.

The US economy is currently being propped up by the “healthcare” industry. The diabetes section of that industry is itself big business. Next time you are in a drug store, check out the rows and rows of monitors, and other gadgets geared especially toward folk who have been told they have diabetes. There are even foods and beverages that are formulated just for diabetics.

I repeat...Diabetes is a big money maker. Remember, GlaxoSmithKline makes \$3 billion a year from Avandia. GlaxoSmithKline is not the only company making drugs to treat diabetes. Avandia is not the only drug being marketed as a treatment for diabetes.



If you are reading popular diabetes-related material in an effort to understand your condition, I hope you are aware that the medical industry controls just about every diabetes publication in the US. Many of those publications are subsidized by ads from companies that sell diabetes supplies. The companies paying to put the publication out have to be sure that diabetics are never cured of their diabetes so they can stay in business.

The various diabetes associations and organizations also have no desire to see folk cured of diabetes. Folk who follow the advice they give on which foods to eat and which beverages to drink can never hope to be cured of diabetes. For example, folk with diabetes are told to use margarine as a heart healthy substitute for butter even though it is well known that margarine – and other synthetic fats and oils -- causes diabetes and promotes heart failure. Diabetics are also encouraged to use aspartame when it, too, is known to cause diabetes.

All the things we do to maintain our temples help prevent and cure diabetes. From my article *Diabetes Mellitus* that appeared in issue number 2 of *Sistah Qaraandin's M.O.T. Healthzine*:

The classic symptoms of advanced diabetes mellitus are:

- ◆ *excessive urination and thirst*
- ◆ *increased appetite*
- ◆ *loss of weight*
- ◆ *slow healing of cuts*
- ◆ *itching skin*
- ◆ *easy tiring and drowsiness*
- ◆ *change in vision*

There can also be loss of nerve function to the pelvic organs, which often lead to impotency and frigidity.

Excessive thirst and urination are just the body's attempt to flush the excess sugar from the body. The body sends a thirst signal when it wants water. Water dilutes the sugar and the sugar is safely carried out of the body in the urine.

Most of us do not drink water. When we are thirsty we drink soda, coffee, beer, and other substances that contain large amounts of sugar. The sugar they contain only adds to the overload the pancreas is trying to deal with.

An increased appetite is also part of the body's way of diluting the excess sugar and regulating blood sugar levels. The body needs food that will keep blood sugar levels even such as whole grains, fresh fruits, and fresh vegetables. We eat more of the processed foods and refined sugar that caused the excess sugar in the first place.

According to the doctors who study how emotions affect our health, many of the people who develop diabetes tend to be focused on the past. They have not been able to move through unpleasant situations that took place 10, 15, 20, or more years ago and are still living through the situations today. They no longer find true joy or excitement in life.

According to the medical literature, there were no cases of diabetes among Black folk living in the U.S. until the early 1900s. Recent statistics show that we are now 55% more likely than any other group to have diabetes, and that one in every ten of us has it.

It seems that Black folk in the U.S. are paying for the few economic gains we have made with our spiritual, mental, emotional, and physical health.

Low income, married Black women who are over 40 and overweight account for most newly diagnosed cases of diabetes mellitus.

It is not true that once you have been diagnosed as having diabetes you must have it for the rest of your life. The things we do to maintain our temples will reverse the condition.

Keep the colon clean. A clean colon is vital if you want to enjoy good health.

Drink plenty of spring water. Drinking distilled water leeches out the body's own mineral reserves, can make diabetes worse and can lead to other dis-eases as well.

Eat plenty of fresh, raw fruits and vegetables. The body needs organic sulphur to help the pancreas make insulin. Some fruits and vegetables that are rich in sulphur are: cauliflower, cabbage, brussels sprouts, kale, broccoli, collard greens, onions, leeks, horseradish, chives, garlic, watercress, currants, apples, raspberries, and pineapples. When you must cook your vegetables, lightly steam them.

Some of the other foods that have been helpful to people with diabetes are: brown rice, oats, corn, tofu and other soy products, yams, carrots, string beans, avocado, and prickly pear – tunas and nopales.



People who get enough vitamin C in their diets do not develop diabetes. Some foods that are rich in vitamin C are: collard greens, onions, turnip greens, kale, broccoli, mustard greens, sweet peppers, parsley, green peas, papaya, mangoes, swiss chard, beet greens, pineapples, oranges, lemons, and cantaloupes.

It is thought that diabetics do not get enough zinc in their diets. Some foods that are rich in zinc are: whole grains, brewer's yeast, mushrooms, wheat germ, pumpkin seeds, soybeans and soy products, and legumes.

Lemon juice, unsweetened and diluted, burns up excess blood sugar. Grapefruit and lime juice can also be used.

Avoid fried foods, meat, dairy products, foods high in fats, and refined carbohydrates including white rice, white flour products, and processed sugar – including corn syrup or sweetener, sucrose, dextrose, maltose, lactose, fructose, and levelose. They overwork and weaken the pancreas.

The foods our ancestors ate were rich in the nutrients that prevent and relieve diabetes. It is no wonder that diabetes is a new dis-ease within our community.

Avoid alcohol and smoking. Both have negative effects on blood circulation and alcohol causes inflammation of the pancreas. Avoid inhaling other people's smoke.

Get regular daily exercise and regular nightly sleep. The exercise will help you control your weight and relieve stress. Stress stimulates adrenal activity which increases blood sugar levels.

Do not overeat. Diabetes is caused by overeating – not only sugar but too much food in general. In countries where people do not overeat, diabetes does not exist. That is one of the reasons diabetes is known as the “prosperity dis-ease.”

Even though diabetes is a new dis-ease within our community, we are told that it is hereditary. What we have inherited – and are passing on to our children – is a diet that is high in fats, sugar, meat and dairy products and low in fruits, vegetables, nuts, whole grains, and seeds. Such a diet leads to a dis-eased pancreas.

Diabetes is not a natural part of the “aging process.” We do not have to suffer from it. We do not have to live with its complications. We do not have to die from it.

Our ancestors did not do all the things they did because they were poor and ignorant. They did many of them because they knew how to maintain balance between their spirits, minds, emotions, and bodies and because they knew how to avoid dis-ease.

Until we remember how to live as our ancestors did, diabetes – and every other dis-ease we are now facing in our community – will remain a problem. The choice is ours. When we decide to take responsibility for our diets and behavior diabetes will disappear.

Or, we can continue to trust our bodies to a medical system that will cure our diabetes by killing us with a stroke or heart attack.