

**PREVENTING
AND TREATING
DIABETES TYPE 2
NATURALLY**

**YOUR COMPREHENSIVE GUIDE TO FOOD,
HERBS, SUPPLEMENTS, RECIPES, ENERGY
MEDICINE, MASSAGE AND EXERCISE**

Leslie Korn, PhD., MPH and Rudolph Rýser PhD.

**PREVENTING AND TREATING DIABETES TYPE 2,
NATURALLY: YOUR COMPREHENSIVE GUIDE TO
FOOD, HERBS, SUPPLEMENTS, RECIPES, ENERGY
MEDICINE, MASSAGE AND EXERCISE**

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Note to the reader: The ideas and suggestions contained in
this book are not intended as a substitute for appropriate care
of a health practitioner.

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Introduction

Preventing and Treating Diabetes Naturally is a work that evolved over 30 years of practical experience and research. For over 30 years, Dr. Leslie Korn has directed the Center for Traditional Medicine, a public health natural medicine center, working in rural and urban communities practicing Integrative Medicine. Trained in both physical health and mental health, she witnessed the powerful relationships between diabetes, chronic stress, trauma and pain. She has also led tens of thousands of patients to health and well being using natural medicine. Dr. Rudolph Rýser is a leader who has worked in Indian Affairs since 1970, formulating laws and tribal health and natural resource policies

“THEY ARE GATHERING TOGETHER ONCE AGAIN, TO REMEMBER THE WISDOM OF THE ELDERS, TO TELL STORIES, TO FIND THE OLD HIDDEN PLACES WHERE THE CAMAS STILL GROWS AND TO PREPARE AND SHARE THEIR FOODS WITH OTHERS.”

in the United States, Canada, Australia and Nicaragua and he has worked internationally at the United Nations advising and organizing with Indian nations and other indigenous nations to restore self-government and cultural practices to enhance community health and well-being. He is also a traditional and natural foods chef.

Together, Dr. Korn and Dr. Rýser developed and presented dozens of different workshops on health and politics, always including a healthy food component that reflected the authentic foods and cultural traditions of the particular region. Inevitably, everyone loved gathering food, being in the kitchen and sharing stories about their food and diet. Many of these workshops form the basis of this book and training program. These experiences led

to the method Korn and Rýser call “culinary pedagogy.” This prioritizes shared teachings about medicine, nutrition, and healing (and the intersection of politics and history) through hands-on methods such as gathering, preparing and sharing meals and medicines from the forest, land, and ocean “libraries.” Ironically, these are and have been the natural behaviors of many communities over millennia that have in large part been lost, and now await revival.

Dr. Rýser was deeply influenced by his mother, a healer who taught him the methods of the Taidnepum peoples and the foods of the Salish peoples, even as they endured the poor quality commodities such as powdered milk, white flour and canned beef made available as



surplus commodities. Dr. Korn's experiences of working in a remote, indigenous jungle community for 25 years where there was no physician, as well as for many years in the "urban jungle," of Boston enabled her to test all of these methods on herself and her patients from diverse communities and adapt these principles to diverse environments.

For families and patients, this book is a reference tool, which can be reviewed on many occasions. It can be opened anywhere you wish to start. For the health care provider, this book is also a resource tool, with sections of the book that can be printed and used during workshops or for treatment and education of people with diabetes,

their families, and their health care providers. This book and educational program is designed to serve as a starting point for all communities and families who wish to either add, subtract, or adjust the ideas, recipes and protocols presented here so that they are appropriate to their individual health and the needs of their families and communities.

Remember!

You need not have diabetes to benefit from the ideas and recipes in this book.

This book will keep you healthy and happy!



— CHAPTER 1 —

*Culture and the
Principles for
Restoring health*





Diabetes develops from the disruption of authentic and natural ways of living. As recently as the 1940s, diabetes type 2 was uncommon. It arises from a combination of chronic stress, poor quality foods such as the SAD diet (the Standard American Diet) of sugar, refined flour and poor quality vegetable oils and lack of exercise and daily movement. Diabetes is a modern disease and a disease of modern ways of living. By restoring natural ways of living; reducing stress, eating whole

foods that are right for your body type, taking natural vitamins and minerals and herbs and getting plenty of exercise and sleep reversal is possible and certainly successful management is certain.

It is not possible to eat and live entirely as our ancestors did, nor do we necessarily want to. For this reason, this book provides information about Complementary and Alternative Medicine (CAM) methods and



modalities that provide safe, effective and natural approaches to achieving physical and emotional change. Health foods and natural medicines are not enough either. There are numerous pressures in modern life and in our communities that often work against efforts to regain health—to gain balance. The pressures of modern life are a major reason why culture must play a strong role in dietary and lifestyle choices.

Culture is the root of community and individual health. Foods from the environment in which we live provide physical, emotional, mental and spiritual nourishment required for the restoration of balance, health and productive lives. Restoration of balance in one's spirit

and relationships with community members is also required. Restoring one's personal confidence and commitment to generosity within a community is also essential. Where there is imbalance there are wounds in the spirit that ultimately manifest as a chronic disease condition like diabetes. Cultures throughout the world offer practices and natural methods for the prevention of diabetes and the restoration of good health. By considering many forms of medicine and of healing, we can tap into the wealth of available treatments and therapies that can improve quality of life and longevity for those who suffer from diabetes.

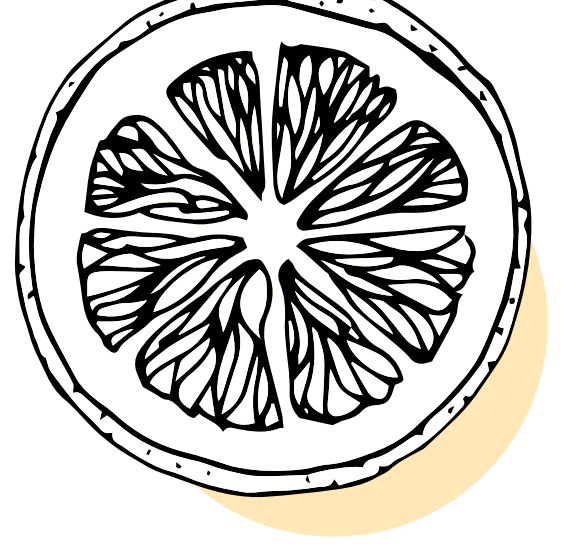
Research on the genetic contributions to diabetes shifts the focus for treatment away from the environmental and social issues, which are the core cause of this disease. A holistic analysis also changes the focus from a defect of the individual to an integrative perspective that acknowledges the role of culture, historical events, traumatic experiences, language, stories,

traditional medicines, politics, and socio-economic patterns of whole community change. All these factors in cooperation with orthodox diagnostics provide information for the whole systems design of individual and community health programs.

In this book we present a rationale for integrative approaches to restoring health from diabetes. This includes information that addresses diabetes and its symptoms, such as neuropathy, cardiovascular disease, stress, trauma, pain and depression by using:

- ✓ Whole Foods Nutrition
- ✓ Herbal Medicine
- ✓ Bodywork and Energy Medicine
- ✓ Guided Visualization
- ✓ Relaxation
- ✓ Physical Exercise
- ✓ Detoxification





PRINCIPLES FOR RESTORING HEALTH

1 Holistic

Diabetes, like many other chronic preventable diseases, is a complex health problem that can be addressed successfully only through holistic and integrative methods.

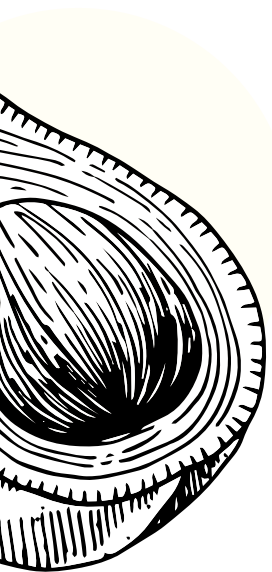


2 Social

Addressing the health symptoms of diabetes must also address the social symptoms in communities.

3 Trauma

In order to address chronic disease, the cultural and nutritional trauma that has contributed to it must be resolved.



4 Environment

All the world's cultures have rich resources for healing that derive from the environment in which they flourish. Nature works slowly, but surely. Nature will take longer than synthetic approaches but will have a more lasting effect.

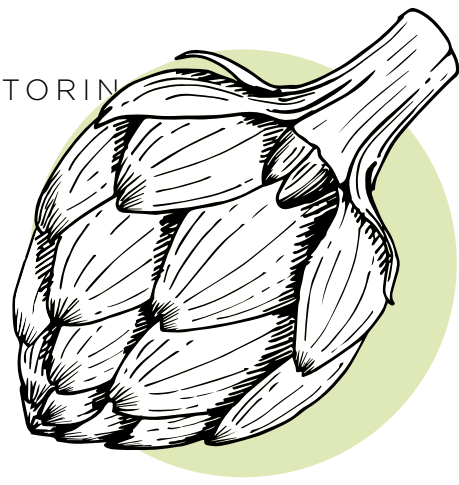
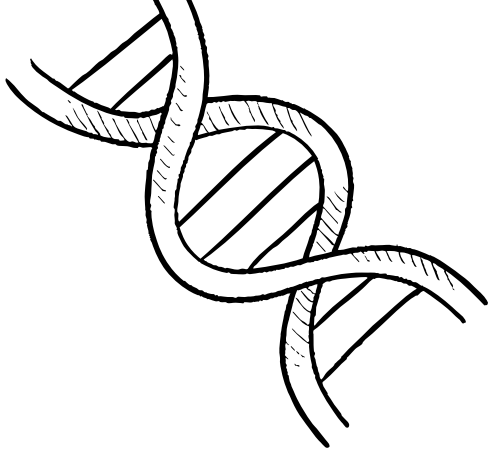
5 Live Food

Food is either alive or dead. Only live food nourishes health.

6 Food is medicine

Food can be medicine, nourishment or poison; know the difference.





7 Genetic Heritage

There is no one right diet for everyone. Diet must be based on the individual's cultural and genetic heritage.

8 Relax

Relaxation and stress reduction lowers blood glucose levels.

9 Be Positive

Behavioral change occurs by focusing on adding positive activities (habits) first and then eliminating negative habits (activities).

10 Get wild

Use wild, freshly prepared foods.

11 Alternatives

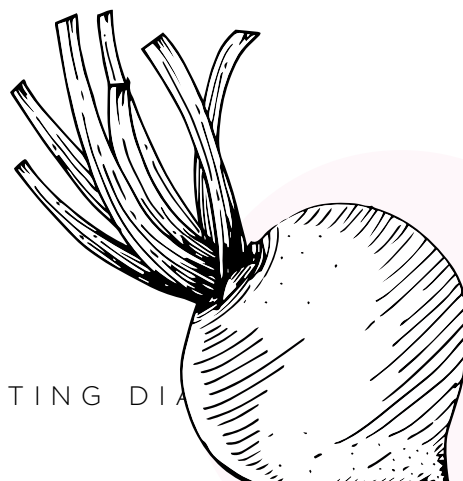
For medicine, use foods, herbs, vitamins, nutrients, homeopathics, and glandulars. Use surgery and pharmaceuticals only as a last resort and after trying every alternative.

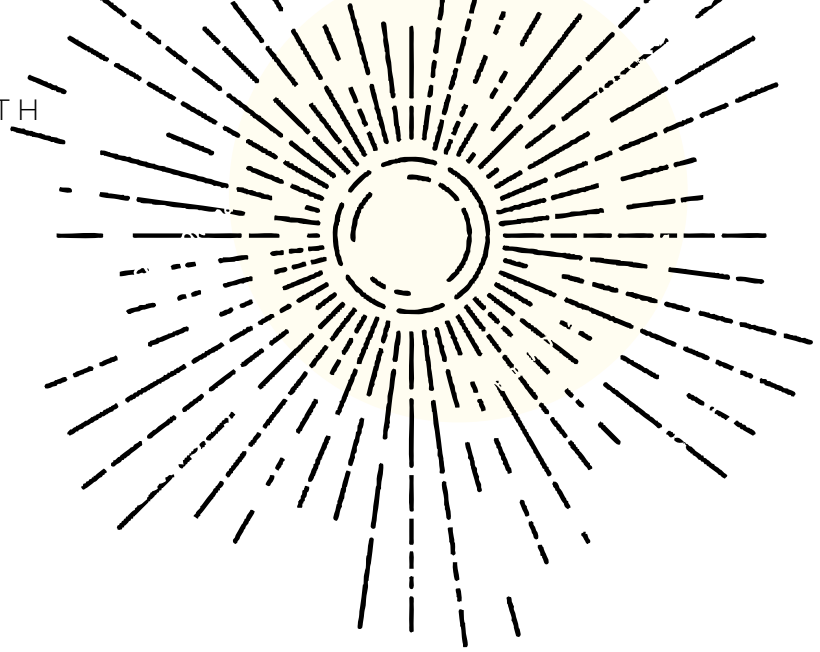
12 Proactive

To create change in the community, do not challenge the institutions; create the demand for change within the community. This will change the institutions. If the institutions don't change, create your own.

13 Teamwork

Find a few good people who will be your health team members and ensure that they talk with each other, for your benefit.





14 Water heals

Water heals—ice reduces pain and inflammation; heat soothes and relaxes; warm baths with sea salt and baking soda reduces toxicity; warm (not hot) foots baths relieve a headache; applied ice to the middle of the back improves respiration; cold showers lift the spirits and quell anxiety.

15 Healing

Learn to touch, for healing. Seek out trained touch therapists. Touch heals at all stages of life.

16 Bitter love for the liver

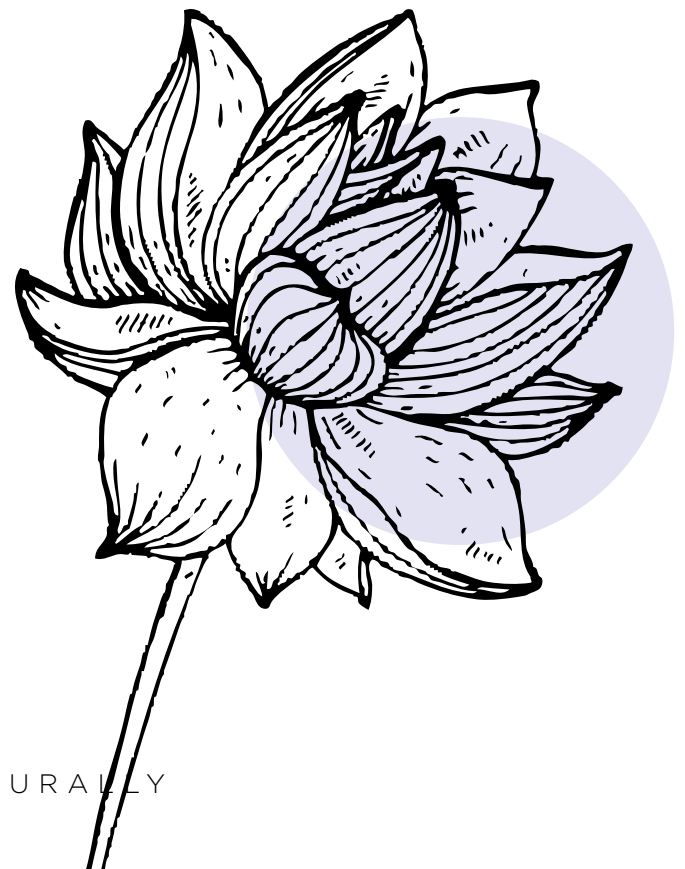
The liver loves bitter plants and foods. Eat some bitter plants with each meal.

18 Move

Aim for 1 hour of exercise 6 days a week; include walking, biking, weights and balancing exercises.

19 Rays of light

Sit in the sun for 15 minutes a day; reduce the use of sunglasses; obtain a Full Spectrum Light and bulbs for the winter months.





DIABETES

Diabetes is an imbalance of the different organ systems in the body that usually work together to maintain a certain level of glucose (sugar) in the blood. Insulin is a key part of this imbalance. Insulin is a protein that is released from the pancreas. It acts as a messenger, coordinating many processes the body requires so that food energy can be used and stored. In pre-diabetes, cells in the body begin to ignore the messages that insulin sends out. It takes a larger and larger amount of insulin to get cells to respond to the directions insulin sends.

The message insulin is trying to deliver to the cells is, “Let glucose in.” Since the cells are not responding to

insulin, glucose stays outside of the cells, in the blood. The level of glucose continues to rise, causing high blood sugar or glucose levels. If this persists it becomes diabetes. Another process that occurs is the delay of insulin release from the pancreas after food is eaten and digested.

This longer release time means that glucose levels in the blood can get higher and higher before there is any insulin around to lower it. Throughout this book we refer to three approaches to health; traditional medicine, complementary/alternative medicine (CAM) and integrative medicine.



TRADITIONAL MEDICINE


Traditional medicine involves ways of healing that are passed on from one generation to the next, among families and healers, and is based on indigenous, practical, observational arts and science. Medicinal plants, animals, foods, the elements, rituals, spirit ways and touch are all part of the earth's gifts that make up traditional medicine. Traditional medicine is the property of the communities and nations that it originates from, and it emphasizes restoration of balance and prevention of causes, and requires the vital preservation of the culture and natural resources of its origin. Traditional medicine exists in every culture and is based on the knowledge acquired over many thousands of generations of observation and learning. Traditional Medicine contributes many methods to what is now called Complementary and Alternative Medicine.



COMPLEMENTARY AND ALTERNATIVE MEDICINE

Complementary and Alternative Medicine (CAM) practices include health methods that are used to complement conventional medicine practices or as an alternative to those practices.

Almost any method can be considered complementary or alternative depending upon whether it is used with or instead of conventional medicine. There is considerable overlap between traditional methods, complementary, and alternative methods. For example, acupuncture is Traditional Chinese Medicine, though is often used to complement conventional medicine or instead of conventional approaches.



Integrative Medicine

Integrative medicine is a synthesized approach to health that recognizes the wisdom and knowledge of both traditional and conventional methods. Integrative medicine combines aspects from conventional medicine that are compatible with holistic healing methods. We believe the integration of traditional medicine and CAM, with judicious use of conventional medicine provides the most effective approach to addressing diabetes and health for individuals, families, tribes and nations.

CHOOSING A CAM OR INTEGRATIVE MEDICINE PRACTITIONER

- If you are seeking a Complementary and Alternative Medicine (CAM) practitioner, speak with people you know who might refer you to someone they feel comfortable with and have benefited from. You might also ask your primary health care provider(s) regarding the therapy in which you are interested. Ask if they have a recommendation for the type of CAM practitioner you are seeking.
- Make a list of CAM practitioners and gather information about each before making your first visit. Ask basic questions about their credentials and practice. Where did they receive their training? What licenses or certifications do they have? How much will the treatment cost? Just because someone does not have a license does not mean they are not knowledgeable or excellent healers. Healers have been healing for thousands of years before universities conferred degrees. Also just because someone has a license or certification does not make them good at CAM or a good “healer” match for you. Trust your intuition.
- Check with your insurer to see if the cost of therapy will be covered. Check with your tribe or community to see if funds may be allocated for your treatment. Local schools such as naturopathic colleges, massage, herbal and nutrition schools most often have low-cost student run clinics



or pro bono community programs. Oftentimes, practitioners will be willing to barter or exchange for services.

- After you select a practitioner, make a list of questions to ask at your first visit. You may want to bring a friend or family member who can help you ask questions and note answers.
- Come to the first visit prepared to answer questions about your health history, including injuries, surgeries, and major illnesses, as well as prescrip-

tion medicines, vitamins, and other supplements you may take. You might also decide to record your visit especially if there will be a lot of information the practitioner will share with you.

- Assess your first visit and decide if the practitioner is right for you. Did you feel comfortable with the practitioner? Could the practitioner answer your questions? Did s/he respond to you in a way that satisfied you? Does the treatment plan seem reasonable and acceptable to you? Do you feel listened to? Cared about?

11 ESSENTIALS OF NUTRITION FOR DIABETES

1 No one diet is right for everyone

No one diet is right for everyone. Each person has a different cultural-genetic heritage and therefore a different metabolism. Some peoples, like the Inuit require mostly meat and fish, and people from India do well on a predominance of legumes, vegetables, fruits. Most people require a mix. However, that mix of food can vary greatly. Know your ancestral and genetic heritage and try to eat for your individual metabolic type. There is no one right diet for diabetes. But we do know that is essential to eliminate all grains.



② *If you improve digestion you improve your health*

Where there is diabetes or pre diabetes there is most often a history of poor digestion. Improve digestion by eliminating food allergens and by adding digestive enzymes.



③ *Eat only when relaxed*

Digestion occurs when the autonomic nervous system is switched on. The juices containing digestive enzymes flow in a state of relaxation. Eating under stress is like putting a pot of food on the stove to cook, not lighting the fire and letting it sit there for two days; it bubbles, ferments, and becomes gaseous.



4 *Mood follows food* *Eat breakfast*

Diabetes means an imbalance of blood sugar. When your blood sugar drops, so does your mood. Eating protein stabilizes your mood and amino acids which are the stuff of brain chemicals which support mood and focus. Eating carbohydrates allows you to feel energized at first, and then relaxation or even fatigue may set in. Eating good quality fats like Virgin Olive Oil provides a sense of feeling full.



5 *Eliminate all refined* *carbohydrates*

They are poisonous. White sugar, white flour and other refined carbohydrates cause spikes and drops in blood sugar.



6 *Eliminate exposure to additives, preservatives, hormones, toxic pesticides and fertilizers on food*

Health is affected negatively by dietary exposure to food toxins and allergens. We now know that pollution and toxins contribute to diabetes! Use wild foods and organic foods. If you can't obtain these foods all the time, focus your attention on organic eggs and meat products and detoxify your fruits and vegetables.



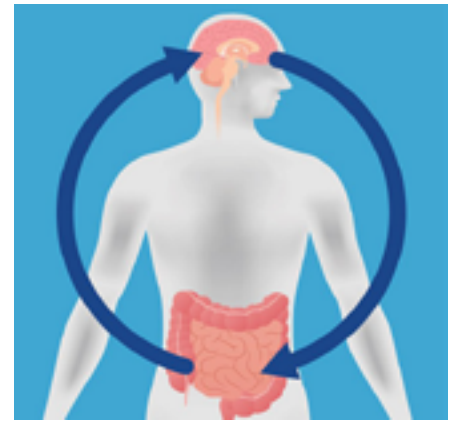
7 *Nourish the 1st Brain*

The brain is made up of 60% fat. It needs enough good quality fat, proteins, and carbohydrates to function. To improve your health, eat plenty of good fats like olive oil, eggs, avocados, walnuts, coconut oil, and eliminate all poor quality fats and trans-fats, like French fries and fats (partially hydrogenated oils) added to canned and packaged foods.



8 *Nourish the 2nd Brain*

The “second brain” is the digestive system; the “gut” where food is digested and absorbed. Nourish the second brain with fiber and fermented foods. It also generates the healthy bacteria and neurotransmitters that support efficient brain chemistry.



9 *Eat all the colors of the brainbow*

Eat whole, nutrient dense foods from the whole color spectrum to obtain your nutrients. Prepare fresh foods daily.



10 *Diet is essential, but not sufficient*

A healthy diet is essential for mental health however it is not generally sufficient to treat mental illness. To prevent and treat diabetes, it is essential to choose a healthy diet along with exercise, relaxation and the daily use of vitamins, minerals, fats and glandulars.



11 *Choose healthy foods and nutrients over alcohol and drugs to alter consciousness*

Foods and nutrients, alcohol, and drugs, can all alter consciousness. Distinguish between altering consciousness for health or for addiction. Understand what is being altered in order to gain control over an addiction. Transform addiction into positive states of consciousness, linked to ceremonial and group activities.



YES! YOU CAN AFFORD COMPLEMENTARY AND ALTERNATIVE MEDICINE

- ✓ Barter or exchange services as an individual, family or community.
- ✓ Create a cooperative in which elders, teens and adults work together to learn and provide health treatments.
- ✓ Establish a food cooperative where pooling resources allows for purchases at wholesale or trade.
- ✓ Join your local CSA or visit a farm and work in exchange for a box of fresh food weekly.
- ✓ Identify a health professional who can arrange with vendors to purchase at discounts.
- ✓ Identify vendors who wish to make donations of their products to your community group.
- ✓ Invite interns from local or neighboring schools to help start a local garden.
- ✓ Identify local acupuncture and massage schools where interns do pro bono treatment as part of their training and receive low cost treatment.
- ✓ Apply for mini-grants to support your community group's work.



EXERCISES

Understanding your health and how you digest food begins with knowing where you and your ancestors come from.

1 Finding Your Origins

On a piece of writing paper: Make three columns. In the left column enter what you know about your mother's origins and your father's origins. In the center column enter what you don't know. In the right column enter what you want to know.

2 Recollect and Share

Recollect and share family knowledge/lore about food gathering, preparation and meals. What is in my natural food and medicine "cabinet"?

3 Get a DNA test

Get a DNA test on [Ancestry.com](https://www.ancestry.com) or [Familytreedna.com](https://www.familytreedna.com)