

**Center for Traditional Medicine  
Health Alternatives, LLC**  
[www.centerfortraditionalmedicine.org](http://www.centerfortraditionalmedicine.org)  
[www.healthalt.org](http://www.healthalt.org)

**Sample Daily schedule of Nutritional Therapy and Herbal Medicine  
for Diabetes Type 2 © Copyright 2007 Center for Traditional Medicine**

**Note:** Everyone's body and metabolism is different. You may require some adjustments to this schedule. Please feel free to contact us at the Center for an individualized consultation or for a referral to an informed practitioner near you.

**A note about quality:** Quality nutritional supplements are essential to achieving benefit. Many health food stores carry some excellent nutritional supplements\* and some are of poor quality. We carry and recommend the following brands most of which can be obtained only through licensed health practitioners:

**Biotics Research Corporation**  
**Allergy Research**  
**Nordic Naturals\***  
**Klaire Labs**  
**Pure Encapsulations**  
**HerbPharm\***  
**Gaia Herbs\***

The **Key to Success** is to keep to your daily schedule without missing your doses.

**Warning!** This nutrient program will lower the need for insulin so consult with an informed practitioner before beginning any program. Pay attention to the effects of this plan on your blood glucose levels and hence you may need to adjust your medications under the guidance of an informed practitioner. This program should be done in consultation with an informed health practitioner.

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**PRINT THIS OUT AND PLACE ON YOUR MIRROR OR ON THE FRIDGE**

**You will follow this schedule for 25 days and then take 5 days off from using  
everything except your morning psyllium.**

**Nutritional Supplement Schedule**

<b>Nutrient</b>	<i>Upon Rising</i>	<i>With Breakfast</i>	<i>Mid Morning</i>	<i>With Lunch</i>	<i>Mid Afternoon</i>	<i>Dinner</i>
<b>Psyllium Seed Powder*</b>		<b>1 TBLSP</b>		<b>1 TBLSP</b>		
<b>Bio-Glycozyme Forte</b>		<b>2</b>		<b>2</b>		<b>2</b>
<b>Artic Pro-Fish oil</b>		<b>3</b>		<b>3</b>		<b>3</b>
<b>Glucose Tolerance Factor**</b>		<b>1</b>		<b>1</b>		<b>1</b>
<b>Glucotrim (corosolic acid)</b>		<b>1</b>		<b>1</b>		<b>1</b>
<b>Adrenal Glandular</b>		<b>1-2</b>		<b>1-2</b>		
<b>Magnesium***(500mg)</b>		<b>1</b>		<b>1</b>		
<b>Alpha Lipoic Acid</b>		<b>1</b>		<b>1</b>		
<b>Pro-Biotic</b>		<b>1</b>				
<b>Rhodiola extract+</b>		<b>30 drops</b>		<b>30 drops</b>		

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**Additional Notes on the Protocol**

If you have diabetic neuropathy make sure you receive extra B-6 and B-12.

If you are depressed you may be low in serotonin. Supplementing with Free Amino Acids and 5-HTP will help depression and carbohydrate cravings.

\*Add the psyllium to 8 oz. of water and drink immediately. Follow this with another 8 oz. of water. Psyllium has been found in research to reduce the absorption of glucose by as much as 25%.

\*\* Glucose tolerance has chromium and other factors that slow the absorption of glucose and increases sensitivity to insulin. Use up to 1000 mcg per day. It also reduces cholesterol

\_\*\*\*Magnesium: Dose magnesium to bowel tolerance usually ranging from 500 –1500 mg a day.

+ Rhodiola extract is an adaptogen. Adaptogens are plants, which improve the response to stress. Ginseng is also an adaptogen and positively affects the hypothalamic-pituitary-adrenal axis. Licorice root is also effective in supporting adrenal function. However excessive use can cause edema and caution should be used.

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### **The Nutrients and their Uses**

#### **Adrenal (Organic Glandular)**

Possible benefits: supports metabolism and physiological function of specific glands. Addresses fatigue, sugar metabolism and weight loss.

It supports the entire adrenal gland, both medulla and cortex portions. The adrenal cortex is the outer portion of the adrenal gland and is involved in the secretion of a variety of adrenal hormones, mainly cortisol. The medulla is the inner portion of the adrenal gland and is involved in the synthesis and secretion of epinephrine (adrenaline) and norepinephrine.

#### **Alpha Lipoic Acid**

In Germany alpha-lipoic acid is an approved medical treatment for peripheral neuropathy that is a common complication of diabetes. It speeds the removal of glucose from the bloodstream, at least partly by enhancing insulin function. It reduces insulin resistance, an underpinning of many cases of coronary heart disease and obesity. Alpha Lipoic Acid increases the sugar burning ability of insulin; it decreases insulin resistance, increases ATP production and decreases the symptoms of diabetic neuropathy.

Suggested use: The therapeutic dose for lipoic acid is 600 mg/day. The dose for diabetic neuropathy is 800mg/day or as recommended by your healthcare professional. (The richest food source of alpha-lipoic acid is red meat.)

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**BioGlycozyme or Glucobalance**

Broad-spectrum blood glucose balancer includes vitamins, minerals, and other trace nutrients for hyperglycemia.

The human body possesses a complex set of checks and balances to maintain blood glucose concentrations within a narrow range. Blood sugar control is influenced by the pituitary, thyroid, and adrenal glands, as well as by the pancreas, liver, kidney, and even skeletal muscle. Effective regulation of blood glucose has important implications for health. Even mild disruptions of glucose homeostasis can have adverse consequences. Chronic diabetes may result in cardiovascular disease, neuropathy, blindness, or renal failure. Glucose homeostasis also depends on the presence of a wide range of micronutrients. In the typical American diet, high in refined and processed foods, many of these micronutrients are in short supply. In addition, some individuals with blood sugar disorders may have a special dietary need for higher amounts of one or more micronutrients.

Suggested use: Two capsules, three times per day.

**Cinnamon Extract**

Cinnamon Extract is a warming and stimulating tonic that supports normal circulation. It is also known to support healthy digestion, improve appetite, and relieve occasional gas and digestive disturbance.

Suggested use: 20 to 40 drops of Cinnamon Extract taken two to three times per day in a little water or make fresh Cinnamon Bark tea

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**Glucose Tolerance**

Glucose Tolerance is a formulation of nutrients that support the body in regulating blood sugar within normal levels. Contains ChromeMate®, a unique patented chromium complex. Chromium, an essential mineral, and guar gum, a soluble fiber, are known to play important roles in blood sugar regulation within normal levels.

**GlucoTrim**

GlucoTrim® is an extract of the herb *Lagerstroemia speciosa L.*, processed by water extraction and standardized to 1% corosolic acid. Research has shown that corosolic acid, the active triterpenoid, helps regulate blood sugar within normal levels by supporting glucose metabolism and activating glucose transport and uptake. In addition, it has been shown to support carbohydrate metabolism. GlucoTrim® was used in a placebo-controlled blood glucose study involving ten people. After a two-week supplementation period using 48 mg of GlucoTrim® daily, benefit was observed.

Suggested Use: As a dietary supplement, 1 soft gel half an hour before morning and evening meals, or as directed by a healthcare practitioner.

Individuals using insulin should consult a healthcare professional before use.

**Omega-3 Fatty Acids**

Hundreds of research studies around the world verify that Omega-3 fish oils offer extraordinary health benefits—reducing inflammation and increasing blood flow throughout the brain and body. Also, taking Omega-3 will improve athletic performance; promote joint, heart, and skin health; support cardiovascular health, as well as memory and recall; and enhance emotional well-being.

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**Pancreas (Pork Glandular)**

Possible benefits: provides enzymes that can enhance and support digestion; may support and modulate the immune function; may support blood glucose within normal limits supports pancreatic function and fat digestion.

Properly prepared pancreas glandular substance contains significant levels of amylase, protease and lipase, as well as other digestive factors naturally occurring in the pancreas. Individuals allergic to molds may find these to be a superior digestive enzyme over plant-based digestive enzymes. Those who are highly sensitive can use pancreas Organic Glandular products from lamb, pork and beef in a dietary rotation plan.

This organic glandular material is processed by lyophilization of glands derived from government-inspected, range-fed animals, raised in New Zealand without hormones or antibiotics. The material is frozen, then subjected to a high vacuum that vaporizes moisture directly from the solid state, thereby maintaining its biological activity.

Suggested Use: As a dietary supplement, 3 capsules 6 times daily taken 1/2 to 1 hour before each meal, or as directed by a healthcare practitioner.

**Beverages throughout the day**

**Calculate the following:**

1/2 your bodyweight is the number of ounces you should drink daily to prevent dehydration. Dehydration is a major cause of fatigue. For example:  
150 pounds /50% = 75 ounces of water daily. Teas count but coffee does not. Coffee dehydrates!

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**Use these Herbal teas liberally throughout the day**

1. Fresh cinnamon tea made from the bark (comes as a stick at your local COOP or health food store. Simmer a piece of the stick for 15 minutes until rich golden brown. Drink 2 cups a day.
2. An alternative is to obtain cinnamon extract from a herbals company. See resources in the appendix
3. Make Blueberry leaf tea
4. Make Green tea. The theanine in it is a relaxant and the green tea is an antioxidant. Its great for coming off of coffee because of the mild caffeine content