

Diabetes Type 1
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It a quiet nite, and my normal routine gets lost in the dizziness of things to do - that is what I do - to keep busy choosing almost what will make me the most happy. It is on that level I realize I am free now. I choose whatever I do will bring me the most joy. It is on that level I choose to write, to research, to look close and in depth of anyone who had any type of disease, who went on a raw vegan lifestyle and healed themselves.

That's what I do. This is what I enjoyed doing after writing - hearing success stories for over 7 years in a row, which I did until I was hit by writers block over 10 years ago. When I wrote, it was like clock work - week after week, I wrote articles about different diseases. Week after week - I was driven to share the truth, share the light that almost all diseases - mental illness - can be stopped or reversed just by changing one's dietary lifestyle. This was my passion - there was nothing that can stop me from doing this - I was driven. Although my commitment did not change, my passion to write articles about healing did. After writing for 7 years I hit a writers block on a article that almost seemed too easy.

Too predictable, too self judgmental on the reality of what it is, that it was almost impossible to not come up with an article of 1500 words. It is on this impossibility that I flubbed - totally blocked by the simplicity that come with an article of 1500 words that was no big deal. That was over 10 years ago. My body became overwhelmed of the words of the paper, of the pressure of writing an article that people will enjoy, will not castrate, will not criticize. I just became overwhelmed & chose to opt out. I quit writing for the wrong reasons. At that point in time it was about me, my insecurities, my fear - my worries - of misspelling of grammar - of not making a mistake.

So I did what all good men - who are so vain - do. I chose my vanity as the ultimate decision maker - of who I am and what I wrote. This process went on for 10 years. I literally never wrote an article on healing again. I was too embarrassed to share my words, that is until the year when almost by accident almost by divine coincidence - for whatever reason - I met a girl - KT - who showed me her journal, her words, her secret that lies within between the pages of her book. It was on that note that lit my fire, hit my ignition, my spark. That I too wanted to share my words - my truth - my passion. In my case it deals with healing success stories. This is where I began, having written at least 10 healing success stories. I chose on this particular night. Diabetes type 1 - this is one of those diseases that although it affects a very high percentage of people, especially children, I have never personally seen a healing/success story and from my perspective that once you have this type of diabetes for more 2 year, it would be almost impossible to heal. This were my thought process for almost 10 years - since I have been studying-learning - experiencing the healing properties of changing one's lifestyle that the body can heal itself, that

is unless you had diabetes type 1 for over 2 years at which the body has no chance of recovery. That was my position until I met Alexander officially about 1 week ago - I met him unofficially about 40 days ago. I met him at Woodstock - in my vision board class, which I co-hosted with Deanna. Alex spoke of his vision to become a famous raw chef. I offered him an opportunity to work with me. Alex took me up on the offer and within a month moved in and became deeply entrenched in his work at becoming a chef and relentlessly motivating him to share his amazing healing success - and reducing his insulin medication by 90%.

Alex's story began almost 15 years ago. He enjoyed the foods that most teens do: the fast foods - the chicken - the cheeseburger/fries - milk shake - the seafood - you name it - in the fast food world, Alex ate it. That is until his body became so overwhelmed with his dietary choices that he was forced to go to the hospital where he was diagnosed with a high blood sugar of 600+ and sugar in his urine. What that meant then and still today is that Alex was diagnosed with "diabetes type 1" - and had to be treated accordingly. In his case, he was given Novolog insulin. This is a highly sophisticated medical term - meaning "cows hormones." This is a true term - a real treatment. The best technology that medicine has to offer - a medication derived from a cow given as insulin. Can you believe?

Alex was given a needle initially which he had to administer himself - but had to switch to a pump. Alex was a happy camper. Alex began his quest for seeking the best method to control his blood sugar. Alex knew nothing of how changing his diet would make a difference. He only knew what his medical advisors told him, "eat anything and keep your blood sugar between 80-120." - this was Alex's goal from the time he woke up to the moment he went to bed. Day in - Day out for 15 years. Alex knew there was more that he could do - he believe in himself. He believed in his healing - he knew - because every single diet change he noticed the difference. Even slight, but still a difference.

He studied - he researched - he discovered Gabriel Cousins (in his book - there is a cure for diabetes). It was his book that led Alexander to take his diet choices more seriously. It was at this point that Alexander's work turned upside down. Where he for over 15 years saw no hope and best he could do was maintain. Now, saw an amazing light where his once thought lifetime disease becomes a possibility of being greatly reduced if not completely healed. This thought process was further heightened when Alex heard that Dr. Gabriel Cousins was coming to Chicago. Alex recently began eating just salads. Salads for breakfast lunch and dinner. As well as applying for a job at the Tree of Life, where he was given a volunteer position.

Alexander knew what he had to do - after 15 years of suffering - after being a slight improvement changing his diet lifestyle according to Gabriel Cousins book. Alexander took the leap of faith He wanted his health back and he wanted not to be dependent on the pump. He no longer wanted the cow hormone

inside his body. Alex quit his job, gave up his apartment, left his girlfriend and became a student of Dr. Cousins. In other words, Alexander gave up everything in his life that made sense to that point, that no longer applied. Alexander foremost and primarily wanted his health back where he now saw as a possibility.

Alexander within 2 weeks of eating raw salads dropped his insulin intake by 80-90%.

Alexander's dietary choices were dramatically changed. He was an employee at the center and not only working at what they told him to do, but simultaneously eating what's key, afterward. Alexander was given all his meals for free. All raw-all vegan - all nutrient calorie dense. And most important nothing was cooked or processed.

Nevertheless, under his regimen - of only raw food for each meal - including fruit/smoothie/vegetables-raw soups and huge salads and what's more important, no hint of cooked or processed foods.

Alexander's body, within 2 weeks, dropped its insulin dependency 80-90%. It is under these circumstances where I met Alexander. He left the Tree of Life, went to Woodstock, made vision board and decided he wanted to become a raw vegan chef. In less than 24 hours (Oct 9, 2017, 630pm) Chef Alexander will serve his 1st raw vegan meal to 20 people.

He will share his secrets of why his insulin was reduced based on the uptake transport delivery system where the body is not taking in foods like saturated fats that require insulin and breakdown. The processed foods which are nutrient void - as well as grain and bean which contain phytate opioids the coH1206 - basic chemical composition which the body can't break down while the body basic need which is the fruit - which fuels every cell in the body as well as calorie sufficient. The body dependency on insulin is greatly reduced. In Alexander's case almost by 90%. What works for Alexander should be a precedent for anyone with diabetes type 2 and miraculously type 1.

I salute Alexander for following his quest for exquisite health.