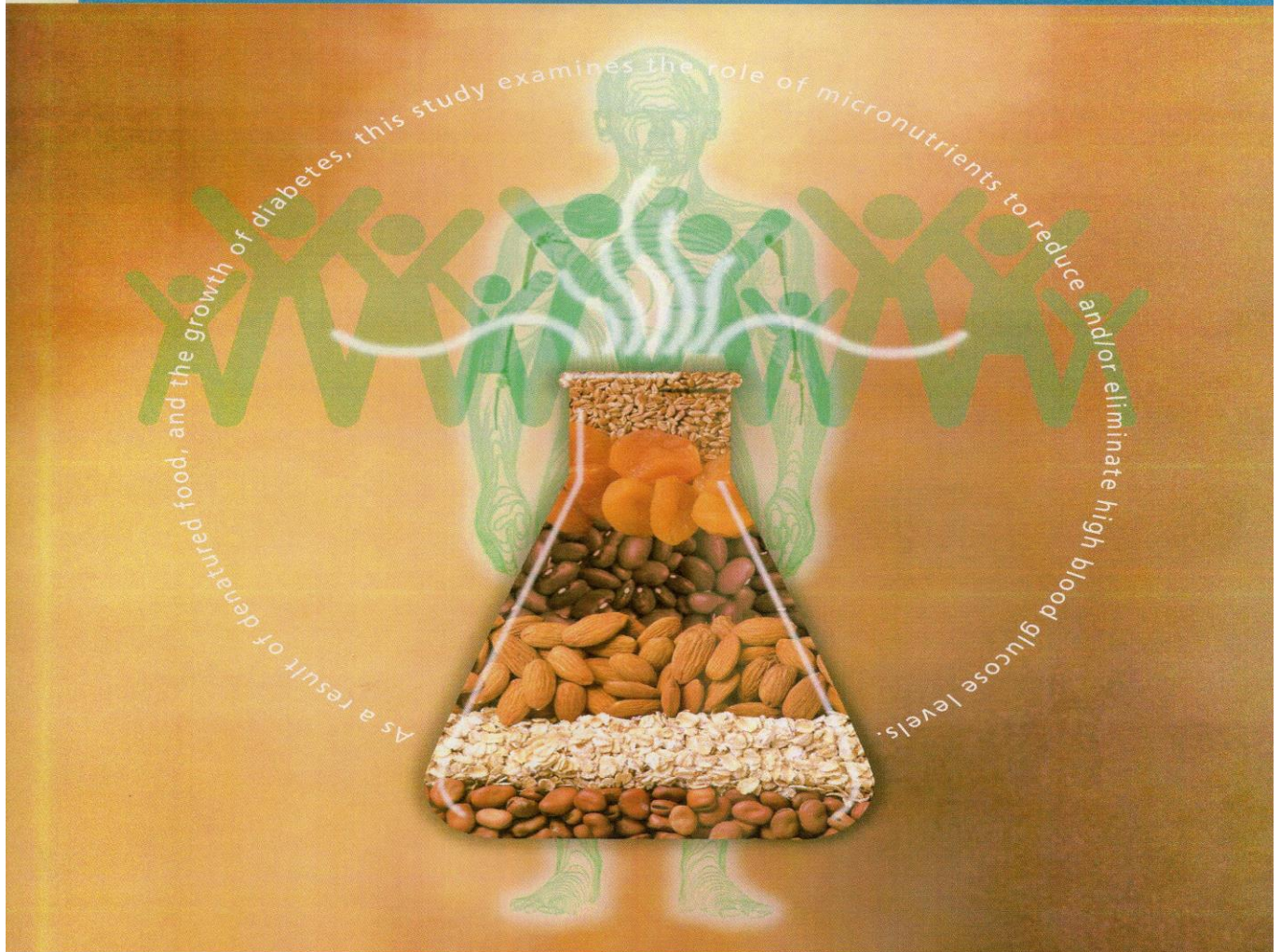


# SWEET MYSTERIES OF LIFE

A Handbook for Naturally Preventing  
and Healing Diabetes Mellitus

Dr. Akmal Muwwakkil



## **Sweet Mysteries of Life Health and Wellness Protocol to Heal Diabetes©**

Akmal T. Muwwakkil, Ph.D., LA.c, CNC  
Healenarts Acupuncture Wellness Studio

[www.healenarts.net](http://www.healenarts.net)

This protocol is to provide you with information on method of utilize foods, supplements and exercise to reduce and/or eliminate high glucose levels. It will aid you in improving your glucose uptake and increase your pancreas's (spleen) energy levels and function. This selfcare protocol is for you to be consistent in your ability to improve your health and well being, so that within the next year, you will find your glucose numbers and levels lower of normal. At which time your A1c should be in the 4s and 5s.

Let us first begin with your eating habit. Food is your most important element of your health and healing because it is how you nourish your body. You should eat foods in their season and within 100 miles radius of where you live. Organic is good if it is within that radius. To reduce and/or eliminate diabetes, you should start by consuming only fresh green vegetables at least four weeks. This will increase your body's nutritional values as it reduces your glucose levels. The chlorophyll in the green vegetables will assist in restoring your blood and oxygenating your blood. The green color is chlorophyll, oxygenates your blood cells suppling it with magnesium, vitamin C, vitamin A, folate, calcium, vitamin, potassium, and iron. As a matter of fact, the chlorophyll assists the absorption of iron into your blood. Iron, which is a metal is one of the hardest elements to be absorbed into your blood. Dark green leafy vegetables should be cooked longer than other vegetables and the juice (pot liquor) should be consumed because it contents all the nutrients.

During the third week, you should add Cruciferous vegetables like Arugula, bok choy, broccoli, Brussel sprouts, cabbage, to your eating habit. They should be steamed, lightly cooked or blanched for 30 second to one minute. These vegetables provide antioxidant, anti-bacterial and anti-viral elements to invigorate your blood and cells. These vegetables are also known for their Anti-cancer properties, as they protect your DNA.

If you are working with this protocol during the late fall and winter, you may want to add in some root vegetables Turnips, which are antidiabetic and lower the blood sugar levels. Winter squash has a fiber base that breaks down lipids and balance insulin levels to reduce high glucose levels. Butternut squash in another root vegetable you can have that is heavy in fiber that lowers glucose levels as it provides collagen, vitamin C and Beta Carotene.

After the fourth week you can add in other foods including fruits and some grains. Make sure you check on the Glycemic Index to see which fruits are low in sugar. During this time, you should see your body's composition change (weight), as your morning fast blood sugar levels decrease. You may find that your energy increases, along with the reduction in the numbers on the scale.

You can consume small amounts of fruits only if they are in season such as pears, apples, peaches or fruits that are in season. You may want to eliminate any fruit that does not grow in the US. If the fruit is from a tropical climate, you may want to consume them in the summer months only. For right now, I would suggest that you avoid bananas, grapes, watermelon and other types of melons because they increase your blood sugar level quickly. When consuming fruits, do so in the morning and within two hours of the consumption of fruit take your blood sugar level to insure it is not high. Also follow the diabetes chart where you can graph your day's blood sugar levels to monitor their fluctuation. This is important in order to determine how the protocol is working for you. It will also assist in understanding any changes that may be needed in order to decrease your blood sugar levels.

## Nutritional Supplementation

Nutritional supplements come in the form of pill, capsules, liquids, injectables, and nasal sprays. Supplements are to assist your food in providing you with nutrients. They are not to take the place of your food. Digestive enzyme, for instance, are taken to assist the body in breaking down the elements of foods in their proper location in the body. They are taken with meals. The supplementation I suggest are evidence based and have shown to lower glucose levels and in many cases reversed high glucose levels. Some of the supplements can be combined and others should be taken separately. All the supplements are taken for five days each week. The reason for this is to allow your body's systems to participant in reestablishing their balance.

It is a must that you document the meals and snack you consume daily. Remember everything you eat contributes to the rise and fall of your blood sugar level. Documenting your meals will also correspond to the chart and identify when your blood sugars where high and when they are in a normal range.

Whenever your blood sugar numbers are low grab a piece of fruit instead of candy, cookies cake or pie to increase your numbers. When you consume sweet that are not fruits or vegetables, it not only increases your blood sugar levels, but I also increase the waste in your blood, which interferes with your nutritional values. The sugar from dry fruits (papaya, dates, figs and raisins etc) works well to increase blood sugar levels quickly, as they increase your body nutrition values. Fruits like oranges, apples, grapes, pears and peaches will bring your blood sugar levels up and provide you with nutrients. All fruits will increase your blood sugar levels and provide you with nutrients that will promote healing.

Seasonally foods should be consumed for optimum nutrition. Each season there are a set of fruits and vegetables that are in season, providing the proper nutrients to balance the body during that season. If you can consume these foods on a regular basis, they will assist your body in reducing and/or eliminating elevated glucose levels.

Beans are consumed for their fiber and protein during this season. With beans you may receive more usable protein them with meat. However, beans should be soaked and cooked well before consuming them or you will have gas. You can consume all types of beans.

Autumn is the season when you begin to reduce the intake of breads, cold and raw foods as you begin to incorporate warmer foods into your eating habit. The digestive system is beginning to decline as the element of winter is on its way. This is the season when you begin to introduce soups and some grains that are low on the Glycemic Index. They assist in the nourishment of your body. You also begin to add in root vegetables that are low on the Glycemic Index.

During winter, there are really no fruits in season on the northeast cost of the United States, so during this season you will eat almost no fruits unless they are dried and have no sulfates on them as a preservative. If your sugar goes low, find fruit of any type (preferable in season) to bring sugar levels up.

Winter is a soup season with as many root vegetables that are low on the glycemic index. Winter is a season when you should not incorporate breads into your eating habit because they build mucus. However, breads that are sprouted like Ezekiel are the best. Beans and legumes are another food to consume a lot of during this season. They will promote bowels, provide protein, and increase the body's ability to maintain a warm nature during this cold season. Beans are good for soups along with vegetables.

During the spring when new life appears the eating habits becomes a live with fresh fruits and green vegetables. This is a time for beet greens, turnip tops, dandelion greens, mustard greens and other fresh greens. Sprouts provide a good source of fiber, protein and nutrients the body can use to rebuild the cells, increase energy and cleanse the systems.

Summer brings all types of fruits and vegetables. You can consume any type of fruit and vegetable during this season. There are almost no restrictions on the food of this season. Always check the glycemic Index for fruits.

Nuts can be consumed during most seasons. They are better consumed from spring to autumn and not much in the wintertime because digestion become slow in the wintertime resulting in inhibiting them from properly digesting. When you eat nuts, they should be soaked to engage all of the nutrients.

## **Supplementation**

Diabetes is a multi-nutritional digestive disorder. Not only does it reduce the body's ability to promote insulin, but it inhibits the body from receiving the needed nutrients to maintain optimum health which is the reason for other complications (eye, kidneys, amputations, etc). in order to assist the body in the process of improving the quality of health, you should add dietary supplementation of vital nutrients. These nutrients should be consumed orally daily to improve your nutritional values, as well as assist in reducing elevated blood glucose levels.

These supplements are micronutrients in the form of minerals and vitamins taken five days each week. The reason for a five and two regiment is because you want your body to work for itself. When you take supplements for seven days, your body does not get the opportunity to reestablish its ability to function to its optimum. Some of them can be consumed in a multivitamin complex and other will be take separately. This will improve your nutritional values.

1. Probiotics: The microbiome in your small intestines is the major resource for digestion, and immunity enhancement. Probiotics assist the small intestines in their ability to increase the healthy bacteria in your small intestine, which increases the absorption and assimilation of nutrients into your blood. As a diabetic, your small intestines becomes compromised and your blood unable to receive nutrient, which cause your blood sugar to elevate.
2. Digestive Enzymes: Your body is comprised of hundreds of enzyme to maintain health. The digestive system work on enzymes to break down foods in their proper locations.  
Stache in the mouth – Amylases  
Protein in the stomach – Protease  
Sugar in the small intestine – Amylase – Ptyalin  
Lipids/fats in the small intestine – Lipase  
Digestive enzymes assist the body in absorbing nutrients and expelling waste by products from foods in a timely manner.

3. Vitamin B complex: (200 mg) - is a composition of all the B vitamins. B vitamins are need by the body for neurological stimulation, carbohydrate digestion, balance blood sugar levels, cellular growth and development, brain health, lowering cholesterol, etc. Along with the B Complex, you will also need to take additional B vitamins for specific conditions.
4. Vitamin B 12: 1, 200 mcg - aids in the reduction of anemia, protect the nervous system, maintains a healthy immune system, blood circulation. This vitamin must be taken either as an injection or under the tongue (sublingual) for best results. You will find it in a multimineral/vitamin, however, you may need additional.
5. Vitamin C: 3,000 - take 1,000 mg three times a day for best results. This vitamin reduces the risk of eye disease, nerve and/or kidney damage in type 1 diabetics. In type 2 diabetics it improves the uptake of insulin. It enhances immunity.
6. Biotin: 20 mg. - improves glucose metabolism.
7. Chromium Picolinate: 200 mcg, - increase insulin sensitivity. It assist in the GLUT 4 process where glucose is absorbed into you blood.
8. Magnesium: 400 mg, - reduces diabetic complications (retinopathy and neuropathy).
9. Zinc: 50 mg: - increase the immune system, aids in insulin metabolism. When you take Zinc, you will need to also take 3 for the balance of Zinc and Copper. "The mineral zinc plays a key role in the action of insulin and theoretically zinc supplementation used by people with insulin resistance could prevent the onset of diabetes." <sup>1</sup>
10. CoQ10: 400 mg: aids in the process of carbohydrates, fights free radicals, improves immune system, reduces elevated blood sugar levels. CoQ 10 assist the heart in its ability to circulate blood and reduce heart attacks.
11. Drink pure water: preferable distilled water, you can drink alkaline water.

---

1

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD005525.pub3/full#:~:text=Some%20studies%20have%20shown%20that,attacks%20and%20strokes%20is%20raised.>