

## Diabetes

### Diabetes 1 # Testimonial:

Dear Herb: I am a **Diabetic** and I want to share my experience regarding **Immunocal**. Before using Immunocal, I had been controlling my blood sugar levels (usually 114 fasting), through diet and one 5mg Glipizide tablet per day. After using 1 envelope of Immunocal for just 5 days, beginning mid-October, 2001, I experienced a significant drop in my blood sugar level (58) one and a half hours after breakfast (normal blood sugar runs 80 to 100). By increasing my food intake that day, I was able to raise my blood sugar to 74 by the end of the day. This situation continued until I met and spoke to Dr. Guttman, November 15th at a Health Seminar in Princeton, NJ. Dr. Guttman told me I needed to speak with my Dr. about stopping my medication or at least cutting the pill in half, in order to bring my blood sugar up to normal. After speaking with my Dr. I elected to cut my medication in half at that time. By February 2002, my blood sugar began to drop again, so I stopped using the medication entirely. I have been able to control my blood sugar since then by diet alone. My fasting blood sugar runs 76 or below, and one and a half hour meals blood sugar runs 90 to 96. Another improvement I experienced, which is what Dr. Guttman considers an important reason for a diabetic's use of Immunocal, is my circulation. I used to suffer from **broken capillaries, causing red spots** on my feet and ankles, which entirely stopped after 3 months on Immunocal. Also, I used to experience weakness and **stiffness** in my legs when I awoke in the am. That problem entirely stopped after only a week on 1 envelope of Immunocal per day. These days, I use 2 or 3 envelopes of Immunocal per day.

**Sincerely, Cathy Gulden (February 4. 2003)**

### Diabetes 2# Testimonial:

When I was introduced to **Immunocal** I was having a great deal of trouble keeping my **sugar down**, even though I was on Insulin injections. I had lost the **sight in one eye** and the other **eye was ulcerated**, with loss of vision eminent. I was terribly down and **lacked the energy** to move and was **rapidly gaining weight**. My sister introduced me to Immunocal, after her hearing a radio show on the benefits of glutathione and calling the number. It was also suggested that I take the **Xtra Sharp** and the **vitamin**, which I agreed on. After two months on Immunocal and the Xtra Sharp my sugar was leveled and upon going to my eye specialist I was told that the ulcerations were gone, as was the itching and running from the eyes. I have more energy that I can ever remember having and I am now taking walks daily. In six weeks **lost twenty-two pounds**. Immunocal has definitely improved the quality of my life.  
Gwen Merriweather

### Diabetes 3# Testimonial:

Oct. 2003: **Here is an unforgettable testimonial from the Portland Expo on diabetes. Shirley Hulen from Oregon shared:** Hi! My name is Shirley Hulen, a **74-year-old** homemaker from Milwaukie, Oregon. After having several tests done at the Women's Fair in October 1999, a nurse advised me to see my doctor because of **elevated blood sugar**. I was diagnosed with **Type 2 diabetes** as a result of the HbA1 c test done at that visit. Next came a class at the hospital where we learned all aspects of **diabetes**, including neuropathy. At that time, I had **no feeling from the ankles down**, along with the **tingling and pain**. My disappointment came when I was told this condition would never go away and would continue to progress as more **nerves were damaged**. And progress it did---until it finally reached **both knees!** Since this was something I had to live with for the rest of my life, or so I was told, I accepted the fact I would be very inactive when I should be exercising to help control my blood sugar and to lose weight. Near the end of 2001, I learned about **Immunocal** and on January 7, 2002 I took my first packet. Within

weeks, I began to notice some things missing or improved. A **sore in one ear** was gone after 3 to 4 years. No more **headaches**, because my year-round **sinus infections** were also gone after many years. I was able to almost close both hands after arthritis prevented it from happening. Imagine my excitement when I noticed that my neuropathy had lowered almost two inches below my knees. In the middle of March I began taking two packets of Immunocal a day and by late June the **neuropathy** was only in the bottom of my feet. How exciting for something that would NEVER be reversed! We just came back from our church campout on the Oregon coast. This year I walked everywhere I needed to go, with much improved balance. Last year I could only walk short distances with assistance and had to be driven the longer ones. **Praise the Lord and Immunotec for Immunocal!!!! Shirley Hulen: P.S.** My eyes are in excellent condition and there is no blurring

#### **Diabetes 4 # Testimonial**

Lois Sausville shared this: I was introduced to **Immunocal** in October 2000. I am a **diabetic** and was taking **glucophage** 500mg AM and PM. I began taking one packet of Immunocal per day. Within 1 1/2 months I was off of my glucophage. I went for my 3 months check up and my Dr. had a fit because I stopped my pills without his permission. I asked him to wait until my blood test was back to see it's results and he did. His nurse called me, to say that the Dr. said that the blood test was normal, to continue what I was doing! I also was on the verge of having my **gall bladder** removed because of the **pain** that it caused me. After being on IMMUNOCAL for 6 weeks, the pain was gone and has not returned. What a powerful detoxifier **IMMUNOCAL** is. I thank GOD for discovering this life-changing product. It has improved the quality of my life immensely

#### **Diabetes 5# Testimonial**

Sharon Smith from Terry Johnson's group shared this: Sharon's friend was **diabetic**. She was only on the pills so far, but controlling her **diabetes** was difficult. After just one box of **Immunocal**, taking it only once a day she has seen aBIG difference in her diabetes! She told Sharon, she NEVER wants to be without her Immunocal.

#### **Diabetes 6# Testimonial**

George, a 62 year old:

Since poor antioxidant and detoxification defenses are implicated in kidney disease and the **complications of dialysis**, there is no reason to believe that GSH supplementation may help individuals like George, a 62 year old former country and western singer. George had struggled with **diabetes** for over thirty years. Following only moderate success controlling his sugar levels, he developed progressive **kidney failure** and subsequent anemia. In a few short years he went from an active, gregarious entertainer to a listless, sofa-ridden recluse. His energy level and concentration deteriorated more and more and the local hospital clinic in Hawaii where he lived was obliged to monitor his condition closely. His levels of biliary urea nitrogen (BUN) and creatinine crept higher and higher - **signs of diminishing kidney function** - and his red blood cell (hemoglobin) value continued to fall. His physician placed him on a waiting list to undergo preparation for dialysis. After hearing about GSH, George started taking 20 grams per day of a whey protein isolate high in GSH precursors. Within three weeks his BUN and creatinine levels started to fall - a sign of improving kidney function. After a further three weeks his hemoglobin climbed by one full gram per deciliter (g/dL) of blood and he was again singing at his friend's parties. His wife was uncomfortable about his exposure to alcohol and cigarettes but **three months later** his renal function tests and hemoglobin levels had improved so much his physician put plans for **dialysis on hold**.

### Diabetes 7# Testimonial

Deana was a motivated, positive entrepreneur who developed a wellness health center even though she suffered from a serious case of **diabetes**. **Increasingly fatigued**, this 32 year-old Texan continued to run her center even after receiving and rejecting a **kidney transplant**, **failing eyesight** and **dialysis treatments**. Eventually she developed a **chronic foot infection** that required weekly debriding of **dead tissue**. Her doctor feared that amputation might prove necessary. She began taking **high doses of the whey protein isolate Immunocal** and found her **energy levels** increased over several weeks. Kidney function tests and hemoglobin levels **improved**. Medication doses for her **anemia and hypertension** were decreased or eliminated. **Peripheral circulation** was better. Five months later the **foot was healed**. Deana has since married and continues to run her clinic

### Diabetes 8# Testimonial

1/2/03 MY TESTIMONY ABOUT IMMUNOCAL AND IT'S EFFECT ON CHOLESTROL & DIABETES: Frank L. Brucknak I am a **borderline diabetic**. My Doctors require a blood testing of both conditions quarterly. My test results on July 30, 2003 and October 15, 2003 were as follows: Cholesterol 183 173, Triglycerides 86 68, HDL 46 53, LDL 120 105, Hemoglobin, A1C ( sugar ) 5.8 5.3 Being a **borderline diabetic**, **cholesterol** is under scrutiny much closer than if I wasn't borderline; therefore a reading of 120 on July 30 would probably would not raise an alarm if I wasn't a borderline diabetic. The Doctor's were watching this point very closely in July to see what the October reading would be. If it had stayed the same or increased, medication would be necessary. In August I decided to **increase my dosage of Immunocal** to 2 pouches per day. To my amazement my test results were very positive (as seen above ) even in that short period of time. Thank God for Immunocal, I don't have to go on any toxic medication. To say the least again I continue to be an affirmed believer in Immunocal and will continue to share the great story of Dr. Bounous's invention of Immunocal for the rest of my life.

### Diabetes 9# Testimonial

Dear Jim: I have a friend who is a **bad diabetic**. She has been **losing her sight** for over a year due to **diabetic retinopathy** and has been traveling from Vegas to Seattle for treatment about 4 times a year. The treatments are **extrememly painful** and are of limited help. She started on Immunocal around Thanksgiving. I just received a note from her in Seattle, as she saw her Dr yesterday. She has no active **eye disease** right now. Her **eyesight is 20/70**, which is quite good for her at **age 55**. But what is better is that her **stress level** is way down, as she was told to learn Braille and prepare to be blind the rest of her life. She is a **distributor** and has shared **Immunocal** with many people already. I am going to try and make your Jan 20th meeting in Long Beach next week. Just thought I'd share the info. **Mary Florin, RN**