Felix Indure

How I was healed of Diabetes

HOW I WAS HEALED OF DIABETES

Felix Indure

Disclaimer

How I was healed of Diabetes is a book intended for educational purposes, and cannot in any way replace the role of Doctors and Health Personnel. The advices and treatments provided in this book are my own experiences and therefore, they cannot take into account the specific circumstances of each person. Diagnosis and treatment of diabetes must be done by qualified persons and if anyone would like to adopt my suggestions, he should only do so if his doctor accepts. If your doctor has reservations, it would be better to heed him. I am not responsible for adverse effects or consequences resulting from individual application, by the reader, of treatments and advice presented in this book.

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ISBN 978-9914-9692-3-8

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Acknowledgements

The accounts in this book are true; all names in this book are true. The persons mentioned did not want publicity; therefore I have mentioned their true nick name only.

Unless otherwise indicated, Bible quotations in this book are from The Good News Bible.

Introduction

I was seated in the office striving to beat the Controller of Budget's deadline to submit annual financial statements of the County Government of Mombasa. I was to submit the statements by fifteen July. I was also to submit the same statements to the National Treasury and the Auditor General by thirtieth September.

I craved a Soda. I sent a support staff to buy for me a three hundred millilitre sprite soda, my favourite. I wolfed down the soda and immersed myself in my work. Then I felt like urinating, I went to the washrooms and relieved myself. Hardly had twenty minutes elapsed than I felt the urge to relieve myself again. I tried to suppress it but I could not manage. Generally I could hold back the urge to urinate for four hours. I went to the washroom again. But I suddenly felt thirsty.

I send our support staff to buy for me one and half litre of bottled water. I drank the whole water within ten minutes but still felt thirsty. I sent for another bottle, I emptied it within no time. It was soon sundown; I wound up my work and left for home. I stayed in a bedsitter alone. My wife could not stay with me due to her ailment; the heat of Mombasa town and surrounding coastal towns was unbearable to her. She preferred cool environment therefore she stayed in the western part of Kenya with our children.

When I arrived in my estate; I bought some vegetables and fruits from a vendor who was stationed beside our gate. After which I headed straight to my room. It was a self contained room on the third floor. It had a toilet and a kitchenette. The bedroom served also as the sitting room. But on this particular day I found some difficulty ascending the stairs. However, I just ignored the feeling since the temperatures of the town were so high that one felt hazy and feeble sometimes. I thought it was a combination of the temperature and my hard work that had taken toll on my body. I hasten to my room so that I could be under the air conditioner, and get away from the heat outside.

The first thing I did when I entered the house was to put on the air conditioner. Then I slouched on a three sitter sofa set, the only sofa in the room and I was lulled by its comfort. In no time I had dozed off leaving the fruits and the vegetables I had bought on a petite table. After about one hour, the urge to pee woke me up. I rushed to the toilet and did the necessary. I washed my hands then I saw my package on the table, I was reminded that I needed to prepare supper.

I always slept early and preferred waking up at four in the morning. My parents were teachers and they woke up at three in the morning. They prepared breakfast and marked books. At precisely four in the morning, they woke us up to get ready for school. They constantly sung to us the kindergarten rhyme that

‘early to bed and early to rise, makes someone healthy, and wealthy and wise’. Therefore waking up at four had been etched on my chromosomes such that I woke up at that time devoid of an alarm clock.

I hastily ate my supper which consisted of Ugali, scrambled eggs and fried sukuma wiki. I felt dead beat to wash the utensils, thus I lumped them in the sink and a jumped into my bed to sleep. I fell asleep immediately. After one hour I was awakened by the sensation to pee. I groped for the toilet feeling like a somnambulist and thoroughly infuriated with the urine for waking me up. I cursed the water I drank during the day. It might have been the culprit. I was glad to return to my bed again hoping to sleep uninterrupted till four in the morning. I was in for a rude surprise. I kept waking up every after an hour to pee. Since I was visibly irritated or distressed that my sleep kept being interrupted, I did not care flashing the toilet.

It was soon four in the morning and I had to wake up. I had not slept well that night. I hurried to the toilet to pee and was stunned it was full of fruit flies. These flies can only be found attacking fruits and vegetables aiding them to rot. They are never toilet flies. Nonetheless, I gave them no more thought and flashed the toilet.

During the day, I felt tremendously thirsty. I drank lots of water. To my astonishment I did not visit the washroom frequently. I

completed my task, but my vision was fuzzy. I was to lean near the computer screen to see properly. I just concluded within myself that perhaps it was because I had hardly slept the previous night. I bound the financial statement booklets, sought for the chief officer finance and the cabinet member of finance to sign then I took them to the Controller of Budget.

I had met the stringiest of the deadlines. Submitting financial statements within fifteen days after the end of a financial year was no joke. I relaxed and started assembling non financial information and watching for events after the balance sheet date. I was yet to submit the financial statement on or before thirtieth September to the Auditor General, the National Treasury, the Controller of Budget again and the County Assembly. These statements were detailed including non financial information like profiles of the governor, his cabinet and the chief financial officers, trends in revenue collection, overall financial performance for the year, challenges in implementing projects, and life changing project that were undertaken.

As I was collecting non-financial information from various offices, I realised I had lost my eyesight. I could not see far. At the furthest end I could see when outside, I saw it encircled with rainbow colours. When inside a building, it was a circle of reddish yellow colour. I had reached forty years therefore I assumed it was the usually eyesight problem that befalls people

at forty years and above. I would have to break my schedule and see an optician for glasses, I reasoned.

I was craving a soda or anything with sugar and after taking it, I became so thirsty and went on water drinking spree. I did not urinate frequently during the day. Consequently, I rubbished the strange feeling on the high temperature and my age. The county offices were far apart and I preferred walking in the heat seeking information to using county vehicles. Our offices were air conditioned, but one could not walk with an air conditioner and thus I had to brave the heat. The first time I had urinated frequently during the day I explained it to be my anxiousness to meet a financial deadline.

But at night, I urinated frequently almost after thirty minutes. Since I wanted to sleep, to avoid the unnecessary trips to and from the toilet, I took a bucket and placed it near my bed. I urinated in the bucket while still on bed and tried immediately to catch some sleep. After I had urinated in the bucket several times, I realised my urine smelt fruity! Then I remembered fruit flies in the toilet a previous day.

When I woke up, my eyes were painful especially when I rolled my eyeball. My vision had deteriorated significantly. My fingers and my toes were painful. My brain was foggy like someone intoxicated. I dragged myself to work. I had been healthy throughout my life. My grandmother lived for more than a

hundred years without using glasses and she saw clearly and never complained of eyesight problems. None of my parents used glasses. I did not understand what was happening and I had no slightest thought of seeing a doctor.

When I reached my duty station, I struggled with my computer screen to classify the information I had gathered. A colleague approached me. He said I had lost weight rapidly in the last two weeks. Then he posed a question if I was sure that I did not have AIDS. I laughed and asked how then when I was not promiscuous. When I laughed, my jaws pained and my eyes were painful. He volunteered to take me to the hospital to confirm. He said it was better to treat what was ailing me immediately.

Since the observation was from someone else, I agreed to go with him to the hospital for check up. Naturally it was difficult for me to admit I was sick for I was seldom sick. At the hospital, the doctor listened to my explanation and decided to carry out the blood sugar test before HIV test. My random blood sugar was 33 mmol/l! Was I diabetic? What exactly is diabetes? In chapter 1, I explain what diabetes is. Every diabetic person has to learn more of the disorder. This gives one the confidence to live normally and get healed like me.

Chapter 1
Learn all you can about Diabetes

Diabetes occurs when the Pancreas does not produce insulin, the pancreas produces inadequate insulin or the body is unable to properly use insulin - termed as insulin resistance. Insulin is a hormone that plays a role in the conversion of blood sugar into energy that the body uses for its daily needs.

Types of diabetes

Diabetes is generally classified as type 1 and type 2.

Type 1 diabetes is where the pancreas does not produce any insulin. The cause of this type of diabetes ranges from the pancreas being injured to autoimmune disease which destroys insulin producing cells. Therefore, it is caused by genetics, environmental and auto-immune factors and thus cannot be prevented.

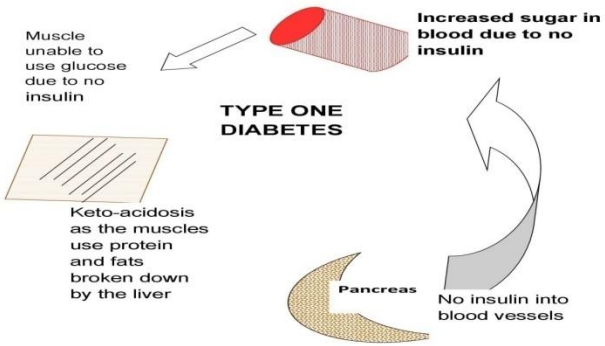

Figure 1. To illustrate Type 1 Diabetes

Type1 attacks mainly children and young adults though it may attack a person of any age. The signs that one has type 1 diabetic are;

1. Increased thirst and urination,
2. Constant hunger,
3. Rapid weight loss,
4. Blurred vision and
5. Extreme tiredness.

One has to depend on insulin injection, oral medicine, diet, exercise and blood glucose monitoring.

Type 2 diabetes occurs when the pancreas does not make enough insulin or one's body cells do not respond to insulin.

Before one is type 2, one is pre-diabetic. Here the blood sugar is so high but he cannot be diagnosed as type2.

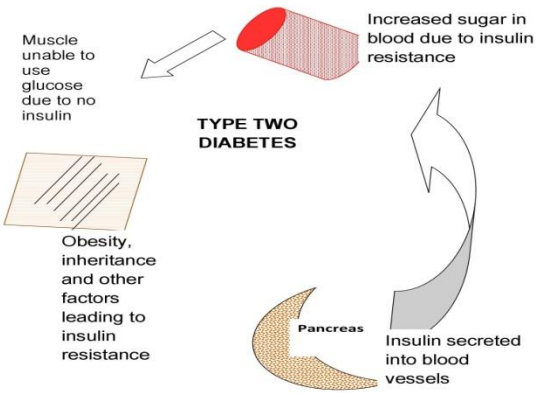

Figure 2. To illustrate Type 2 Diabetes

Signs that one is type two are;

1. Fatigue,
2. Slow wound healing,
3. Pain and numbness in hands and feet.

The symptoms can be mild and may go unnoticed. It is caused by poor lifestyle especially being sedentary, genetics and aging. It can be prevented with a healthy lifestyle including eating sensibly and exercise. Type 2 mainly attacks adults. It can be

controlled with diet, exercise, oral medicine, insulin and blood glucose monitoring.

Other than type 1 and 2, interestingly, we also have Gestational diabetes, type 3C diabetes, Latent Autoimmune Diabetes in Adults(LADA) , Maturity-Onset Diabetes of the Young(MODY), Neonatal diabetes, Brittle diabetes, Insipidus diabetes, Double diabetes, Secondary diabetes and type 0 diabetes.

Gestational diabetes occurs in pregnant women and goes away after child birth, but one is at risk of developing type 2 diabetes later in one's life.

Type 3C occurs when the pancreas is damaged by pancreatitis, pancreatic cancer, cystic fibrosis and hemochromatosis.

LADA results from an autoimmune reaction just like type 1 but developes gradually than type1, occurs in people over 30 years.

MODY results from genetic mutation and there are over 10 types, it is inherited.

Neonatal diabetes it is transient diabetes mellitus, it occurs within 6 months of life and disappears and it may attack again later in life.

Brittle diabetes is a type 1 marked with frequent high and low blood sugar levels, requires pancreas transplant in rare cases.

Insipidus diabetes is caused by deficiency of the antidiuretic hormone vasopressin. It is a rare form of diabetes.

Double diabetes occurs when someone with type 1 diabetes develops insulin resistance. One's body refuses to respond to injected insulin.

Secondary diabetes results as a consequence of another medical condition. Like high dose chemotherapy damaging the pancreas.

Type 0 diabetics are people who claim to know much about diabetes. They don't understand what diabetics go through and the often belittle their efforts or blame them that they are not doing enough to get healed from the disease. They often confuse and mislead un-knowledgeable diabetics.

Diabetes complications

The general symptoms of diabetes are;

1. Continual feeling thirst - thirst is the normal way of the brain warning one that he is dehydrated. But persistent thirst known as polydipsia is a sign of diabetes.

2. Feeling hungry – high or low sugar levels in blood cause one to feel hungry

3. Frequent urination – since the body is unable to use the excess sugar in blood, the kidney will be tasked with removing the excess sugar from the body translating to frequent urination.

4. Unexplained tiredness-extreme fatigue – as body cells are unable to get energy to execute their function since glucose in blood cannot be burned, they get tired and the person feels fatigued.

5. Blurry vision – overtime, blood glucose damage veins in the retina, that part of eye that senses light. It leads to unwanted blood vessels growing in the eye and bleeding inside the eye. It is called diabetic retinopathy.

6. Itching and long term skin infections (intense itching over the body) – it may be a sign kidney disease as damaged by excess blood sugar.

7. Cuts that are slow to heal – high blood sugar slows down blood circulation and results to a weak immune system,

predisposing one to infections which cannot heal as no antibodies exist to fight germs. In addition cells lack energy to grow and multiply or replace worn out ones as sugar in blood cannot be converted to energy. Nerve damage results due to unnoticed wounds as they are not treated to heal on time.

8. Weight loss – As blood sugar cannot be used by the body, this will trigger the liver to convert stored fats and proteins to energy leading to weight loss.

9. Numbness or pain in the hands or feet – high blood sugar damages the nerves in hand and feet also called peripheral neuropathy.

10. Sores on the feet that do not heal - Cells lack energy to grow and multiply or replace worn out ones as sugar in blood cannot be converted to energy. Nerve damage results to unnoticed wounds hence they are not treated to heal on time.

11. Loss of consciousness – it is also known as a diabetic coma. It is caused by high blood sugar (hyperglycaemia) and low blood sugar (hypoglycaemia). It is life threatening if not treated.

The above signs may be caused by other diseases. Traditionally, doctors tasted the urine of a diabetic suspect. If

the urine tasted sweet, the person was probably diabetic. Another traditional way was to use a strip of special paper, just like chemists use a litmus paper. If the strip changed colour when dipped in urine, it meant there was blood sugar in the urine. Nowadays, due to advances in technology, there are various precise gadgets that measure blood sugar and determine the exact quantity of the sugar in blood.

If diabetes is not treated and controlled, it may result to the following complications.

1. Brain disease – just like diabetes causes neuropathy in feet, hands and retinopathy, it damages nerves and vessels in the brain. This causes hormonal changes, weight gain, memory problems, mood shifts and brain disease like Alzheimer's among others.

2. Eye glaucoma – unwanted blood vessels growing in the eye (due to retinopathy) and bleeding inside the eye blocks fluids from draining out of the eye. This causes glaucoma.

3. Tooth decay – diabetics have more blood sugar in their saliva. This encourages tooth decaying bacteria to thrive in their mouths causing tooth decay and cavities. Plaque also builds up on their teeth.

4. Heart disease – diabetes damages blood vessels and makes the heart muscles stiff. This makes one vulnerable to stroke and heart disease.

5. Kidney failure – excess blood sugar puts a strain on kidneys filtering units, or those units that cleanse blood of toxins and eventually damages them leading to kidney failure.

6. Erectile dysfunction – High blood sugar damages blood vessels and nerves. This curtails normal blood circulation. Since the penis require blood flow into it to erect. Damaged vessels lead to erectile dysfunction.

7. Sensitivity and even damage of blood vessels and nerve endings (Neuropathy-Needle pricking sensation in thumbs) - high blood sugar damages the nerves in hand and feet also called peripheral neuropathy.

8. Diabetic feet ulcers - peripheral neuropathy cause loss of protective sensation and coordination of muscles. Therefore it is common for open sore/ wounds that do not heal to develop on a diabetics feet.

What is the aim of diabetic treatment?

As we have seen before, diabetes can be treated and controlled with diet, exercise, oral medicine, insulin and blood glucose

monitoring. The aim of these treatments is to ensure the blood sugar remains within the normal range always (65-122 mg/dl or 3.6-6.8 mmol/l). When blood is within the normal range, one avoids diabetes complications mentioned above. The chart below can be used to monitor the blood sugar.

A1C to blood Sugar Chart		
Hb-A1C	mg/dl	mmol/l
4.0	65	3.6
4.1	69	3.8
4.2	72	4.0
4.3	76	4.2
4.4	79	4.4
4.5	83	4.6
4.6	86	4.8
4.7	90	5.0
4.8	93	5.2
4.9	97	5.4
5.0	101	5.6
5.1	104	5.8
5.2	108	6.0
5.3	111	6.2
5.4	115	6.4
5.5	118	6.6
5.6	122	6.8
5.7	126	7.0
5.8	129	7.2
5.9	133	7.4
6.0	136	7.6
6.1	140	7.8
6.2	143	8.0
6.3	147	8.2
6.4	151	8.4
6.5	154	8.6
6.6	158	8.8
6.7	161	9.0
6.8	165	9.2
6.9	168	9.4
7.0	172	9.6
7.1	176	9.8
7.2	180	10.0
7.3	183	10.2
7.4	186	10.4
7.5	190	10.6
7.6	193	10.8
7.7	197	11.0
7.8	200	11.2
7.9	204	11.4
8.0	207	11.6
8.5	225	12.6
9.0	243	13.5
9.5	261	14.5
10.0	279	15.5
11.0	314	17.5
12.0	350	19.5
13.0	386	21.5
14.0	421	23.4
15.0	457	25.4

KEY
Optimal range
Sub-optimal
Normal
Pre-diabetes
Diabetes
Harmful
Dangerous

Figure 3. To show what various blood sugar readings mean

In the figure above, a diabetic should endeavour to maintain his blood sugar between 3.6 mmol to 6.8 mmol.

How to maintain blood sugar between 3.6mmol to 6.8 mmol

Though there are many types of diabetes as we have seen above, the bottom line is that, the pancreas does not produce insulin or if it produces insulin the body is resistant to it. Our body was created to heal itself and defend itself against foreign bodies. Resistance means the body considers insulin as a foreign body and an enemy, thus fights it and tries to expunge it from the body; instead of considering it a friend and allowing it to do its work.

When the pancreas does not produce insulin, Doctors would direct insulin injection.

Using insulin and types of insulin available

1. **Rapid (fast) acting Insulin** – the insulin begins to work 5-15 minutes after injection, peaks in about an hour and continues to work for two to four hours. It is used to control blood sugar levels during meals and snacks and correcting high blood sugar.

2.**Regular or Short-acting Insulin** – reaches the blood stream about 30 minutes after injection, peaks anywhere from two to

three hours after injection and is effective for approximately three to six hours.

3. **Intermediate-acting Insulin** – reaches the bloodstream two to four hours after injection, peaks four to 12 hours later and is effective for about 12 hours to 18 hours.

4. **Long-acting Insulin** - Reaches the bloodstream several hours after injection and tends to lower glucose levels fairly evenly over a 24 hour period. It is absorbed slowly. It has a minimal peak effect and then a stable plateau effect that lasts most of the day. Used to control blood sugar overnight, while fasting and between meals

From the type of insulin above, you can clearly discern that timing is very important. The insulin choice administered has to be done in such a way that when it starts acting and peaking, there should be glucose in bloodstream. Therefore a diabetic with help of his doctor has to know how to time his meals and when to inject which type of insulin in the bloodstream. Poor choice of insulin type and timing of meals would result into frequent high and low blood sugars. For instance using Fast-acting insulin to correct a high blood sugar and where one is un-able to synchronize it with meals. This results to brittle diabetes.

How insulin is administered in the blood stream

1. **Using Insulin syringes** – they come in a few different sizes. You draw the recommended dose in the syringe when you need it. They are conspicuous making diabetics shy using them in public.

2. **Using insulin pens** – some use cartridges that are manually inserted into the pen, others are prefilled and discarded after use. Their needles are small and they are expensive compared to syringes. Cannot be used to handle all types of insulin.

3. **Using insulin pumps** – delivers insulin continuously through a tube placed in the fatty layers of the skin typically in the stomach or back of the upper arm.

4. **Using insulin inhalers** – delivers ultra-rapid-acting insulin.

When the pancreas produces inadequate insulin, or the body is resistant to insulin, Doctors would recommend using oral drugs or using injectable medications

Using oral drugs

Oral drugs work in a number of ways to reduce blood sugar, these include;

1. **Delaying digestion of carbohydrates** - These drugs help the body lower blood sugar by inhibiting breakdown of starch. By blocking rapid digestion of starch, they slow rise of blood

sugar in blood after meals. They are taken with the first bite of the meal. They may cause diarrhoea or gases build up in the alimentary canal.

2. **Reducing Cholesterol in blood** - they remove cholesterol which is habitually enhanced in diabetics. It has been argued reduction of cholesterol lowers blood sugar. The side effects of these drugs may be constipation, flatulence and interference of absorption of other medications.

3. **Enhance insulin production** – this drugs excite the beta cells to release insulin. They are taken before each meal.

4. **Absorption of sugar** – these drugs increases the amount of sugar the kidneys absorb from blood and pass out through urine to lower blood sugar. They increase urinary tract infection and are not recommended for persons with kidney problems.

5. **Insulin sensitivity** – these drugs increase the body's response to insulin. They cause insulin to work by regulating blood sugar levels more effectively.

6. **Blending the therapies**. Doctors may combine the above drugs as they deem fit to lower blood sugar. Therefore, one may take several drugs that act differently at the same time which could be; Delaying digestion of carbohydrates drugs, Reducing Cholesterol in blood drugs, Enhance insulin production drugs, Absorption of sugar drugs and increasing Insulin sensitivity drugs

Using injectable medications

Injectable drugs work in a number of ways to reduce blood sugar, these include;

1. Enhance insulin production – These drugs excite the beta cells to release insulin and reduce the amount of sugar the liver releases into the bloodstream. They are advantageous in that; they lower blood glucose levels, the reduce appetite and promote weight loss. Their side effects are nausea, diarrhoea, vomiting, headaches, stomach upsets and loss of appetite.

2. Delaying digestion of carbohydrates - These drugs help the body lower blood sugar by inhibiting breakdown of starch. By blocking rapid digestion of starch, they slow rise of blood sugar in blood after meals. They also reduce the amount of sugar the liver releases into the bloodstream. They make a person feel full for a long time and reduce ones weight. Their side effects are nausea and vomiting.

Using Exercise

In this method, one disciplines oneself by having habits that will reduce blood sugar. These habits are;

1. Not smocking

2. Lowering cholesterol and blood pressure

3. Having at least 30 minutes workouts of moderate intensity to high intensity at least three times a week.

4. Getting enough sleep each night

5. Eating a balanced diet with a generous amount of vitamins and minerals

6. Monitoring blood sugar daily if possible two hours after every meal

7. Losing weight and having ones recommended body mass index.

Some Hypothetical Heights , Weights And BMI

Height	Weight	BMI = Weight/(Height*Height)
1.2	50	35
1.4	60	31
1.9	70	19
1.3	80	47
1.9	90	25
1.5	100	44
1.85	110	32
2	120	30
1.7	130	45
2.4	140	24
1.5	150	67
1.95	160	42
1.7	170	59
2.3	180	34
1.9	190	53
2.5	200	32
KEY		
UNDERWEIGHT		BELOW 18
GOOD HEALTH		18.5 - 24.9
OVERWEIGHT		25 - 29.9
OBESE		30+

Body Mass index is the ratio of one's weight divided by the square of one's height.

Using Diet

In this method one will use food and abstaining from food to regulate blood sugar. One will thus eat food rich in fibre and lean meats. One may also opt for Low carbohydrate meals or

KETO diet. One would be keen on food labels and always checking the nutritional content of the off shelf foods. One would be monitoring blood sugar two hours after every meal.

One may also use intermittent fasting to check blood sugar.

A person using diet to control blood sugar would avoid; highly processed foods, sugary foods and drinks, fast food and fried foods. He will eat smaller portions or have a recommended carbohydrate count per day. He will reduce his alcohol intake.

Reading food labels

Reading food labels entails being keen on food labels and always checking the nutritional content of the manufactured and packed food. Let consider the following food label of Cadbury's cocoa powder.

Cadbury's Cocoa Powder Food label		
Typical Nutritional Information As Packed	**Per 100g Powder**	**Per Serving 5g Powder**
Protein	22 g	1.1 g
Carbohydrates	23 g	1.15 g
Of which sugar	0.6 g	0.03 g
Total fat	10 g	0.5 g
Of which saturated fat	0.4 g	0.02 g
Dietary fibre	20 g	1 g
Total sodium	30.3 mg	1.515 g

Figure 4. understanding food labels

From the food label above the total carbohydrates which will increase blood sugar is 23g per 100g of cocoa power. Of the total carbohydrate 0.6 is sugar. This means that 0.6 g of sugar will enter the blood stream faster while the rest of carbohydrates 22.4g (i.e. 23-0.6) are still being digested.

Note that the dietary fibre is 20g. This gives an impression that of the remaining carbohydrates to be digested; only 2.4g (i.e. 22.4-20) will enter the bloodstream. This is the mistake diabetes make; always take gross carbohydrates when interpreting food labels. Presence of fibre does not mean the sugar will not enter the bloodstream, it means the rate at which the sugar will enter the bloodstream is slowed down!

Labels do not clarify the type of fibre. Only soluble fibre inhibits some sugar entering the blood stream. Insoluble fibre just slows down the rate of absorption.

Therefore if a diabetics goal is to have 30g of carbohydrate each day, it is perfectly safe to have a sugarless cup of the above cocoa powder since one cup, or a serving will only have 5 g of cocoa powder with gross carbohydrate of 1.15 grams. Then he can obtain the remaining carbohydrates, 28.85 g (i.e. 30-1.15) from other meals.

The diabetic should also consider if the Sodium level 1.5 g and fats of 0.5 g per serving is acceptable for his health.

Now consider another label of Pringles...

Pringles Food Label		
Nutritional Facts	**Per Container**	**Per Serving 25g Powder**
Total fats	33 g	8.3
Saturated fats	3.1 g	0.8
Trans fats	0.2 g	0.1
Cholesterol	0 mg	0.0
Sodium	440 mg	110.0
Total carbohydrates	55 g	13.8
Dietary fibre	3 g	0.8
Total sugars	1.2 g	0.3
Added sugars	0 g	0.0
Protein	4.3g	1.1

Figure 5. Understanding food labels

Like the Cadbury's Cocoa powder we shall ignore the total fibre of 3 g per container. The total carbohydrate of 33 g per container includes total sugars of 1.2 g. This means that, 1.2 g of sugar will enter the blood stream faster while 31.8 g (i.e. 33-1.2) of carbohydrates are still being digested. 3 g of dietary fibre means that 3 g of 31.8 g carbohydrates will be delayed or will be slowed down in entering the blood stream

If the diabetic goal was to have 30 g of carbohydrate per day, he cannot eat the whole container of Pringles since it has 55g of

carbohydrates. But he can eat one serving of 25g of Pringles which is 13.8 grams of carbohydrates. However, there are other factors to consider, Pringles has a high level of sodium and fats, would the doctor consider this food healthy? If the diabetic does not have liver and kidney disease, he can eat one serving otherwise he should consult his doctor first!

You can clearly see controlling blood sugar by reading food labels needs a Spartan discipline. One needs self-control and the will to do the right thing.

Blood glucose monitoring

Blood glucose monitoring involves having a target blood range in consultation with ones doctor, agreeing on the frequency of blood sugar check and knowing what the numbers mean. Blood sugar is monitored by;

1. Using glucose meter – here one pricks the finger with a lancet and the blood drop is picked by a sugar test strip inserted in a glucose meter. The frequency of pricks differs with the goal of testing. For instance if one needs to test if a certain food increases his blood sugar or not, he will prick the finger before a meal, one hour after meal and two hour after meal and then interpret the results. If one is sure he has brought his sugars under control, he may test the blood sugar twice or once daily.

2. Using sensors – a sensor detects glucose levels in blood, if blood sugar is high or low, it sends a message to the mobile

phone. This provides alarms that ensure speedy correction of adverse blood sugar levels.

3. Flash glucose monitoring – uses the Freestyle Libre for continuous glucose monitoring and replaces pricking of fingers with lancets. It does not give alarm but it shows a trend in the last few hours of glucose monitoring and one is able to predict if the sugars are rising or falling down.
The gadgets used here are diabetic watch, smart phones, Dexacom products and Freestyle Libre products.

All types of glucose monitoring compare the numbers with the A1C to blood Sugar Chart (see figure 3) which may show one is achieving normal blood numbers, pre-diabetic blood numbers, diabetic numbers or he is endangered by very high or low numbers. The numbers help diabetics to be proud of their efforts or seek medical assistance as soon as possible. A haemoglobin blood (HbA1C) test should be carried at least once a year and the numbers compared to those of A1C to blood Sugar Chart. One can compute his own HbA1C from his daily blood sugar readings by getting average of three month's reading.

Using intermittent fasting

This is staggered fasting. Biblically fasting was done for one day, three days, seven days, twenty one days or forty days. It

was impossible for mortal man to fast for forty days continuously like Jesus Christ and Moses who were aided by God. Therefore, they staggered the forty days fasting as follows.

1. The religious leaders like Pharisees fasted two days a week for the rest of their life.

2. The prophetess Ann fasted day and night for the rest of her life, probably having only two meals in a 24 hour day.

3. Daniel fasted by avoiding choice foods and wine, most likely eating only bitter herbs and unleavened bread like the Israelites fasted to remember their deliverance from Egypt.

4. John the Baptist fasted by eating only locusts and wild honey.

From the above types of fasting, we glean that intermittent fasting is;

1. Fasting for two days in a week – the choice of the days depends on the person who fasts.

2. Fasting for eight hours and breaking the fast every eight hour which will mean one eats twice or thrice in a twenty four hour clock.

3. Fasting by eating simple meals, avoiding processed foods, meat and wine.

Intermittent fasting can thus be used by type two diabetics where they may choose the second and the third fasting, that is, breaking the fast after every eight hours or eating any time they want provided they avoid choice foods and alcohol.

Type one diabetic may use the third intermittent fasting where they can eat whenever they want but they should avoid the choicest foods and wine but go for simple meals. Something that is comparable to locusts and wild honey, bitter herbs and unleavened bread. They should avoid alcohol and processed foods during this fasting period.

Diabetics should keep hydrated by drinking clean water during the fasting period.

Myths about diabetes

1. Eating too much sugar causes diabetes - sugar does not cause diabetes. People with diabetes can eat sugar. However, they limit the amount to such quantities they have proven do not spike their blood sugar. Spiking occurs if the available insulin, either injected or produced is not matched with the sugar entering the bloodstream.

2. Diet and exercise will make it go – type 1 diabetes is insulin deficient and type 2 diabetes is insulin resistant. Though exercise may be used to contain type 2, it will always resurface when one goes back to sedentary life. Type 1 has always to

administer insulin- exercise will make him healthy like any other person who does workouts but he will not be healed unless it is a divine intervention.

3. That diabetes is one size fits all disease. All diabetics are not affected the same way with the same food. Diabetes differs from one person to another. While one may gobble a lot of carbohydrates without alarming change in his blood sugar, some have to really be carefully when eating carbohydrates to remain in the carbohydrates limit for a day. This is the mistake type 0 diabetics make thinking diabetics are not doing enough to improve their wellbeing.

4. Only people who are overweight are affected with it. While being overweight may cause insulin resistance and thus diabetes, we have overweight people who have a very efficient metabolism system that they will never become diabetic. Diabetes revolves around the pancreas, anybody's pancreas can be injured and he becomes diabetic.

5. You do not need medication to control type 2, it can only be controlled by diet alone. Diet is a superb way to control type 2 diabetes. However one needs medication. The pancreas may not produce enough insulin and it may need excitement to produce enough of the hormone. Where one has a lot of cholesterol in the blood, he certainly needs drugs to lower that. The rate at which sugar enters the bloodstream may need to be

delayed and as such, the type two needs medication to perform such a function.

6. You can never have candy - People with diabetes can eat sugar. Sugar has so many names that some products that are branded diabetic friendly contain this sugar. Consider the following; buttered syrup, corn syrup, caramel, dextrose, rice syrup, dextran, ethyl maltol, fructose, carob syrup, sorghum syrup, corn syrup solids, confectioners' sugar, beet sugar, brown sugar, galactose, Demerara sugar, fruit juice concentrate, diastatic malt, malt sugar, molasses, barley malt, fruit juice, glucose and mannitol. When something is sugar free, it does not mean you ignore the carbohydrate count, Carbohydrates are digested to sugar. It is thus stupid avoiding a small candy and eating a huge amount of whole grain meals. When you eat candy, stay within ones carbohydrate count per day.

7. Carbs are bad. The body needs energy to grow and repair worn-out cells. Carbohydrates are therefore needed. In their absence the liver will convert fats and proteins to blood sugar to provide that energy. The process may place a burden on the body than the normal use of carbohydrates. One should just know how to match his carbohydrate needs with available insulin/injected insulin. Carbs are therefore not bad as they are part of the balanced diet. It is the diabetic's body that has some weakness dealing with a lot of carbs and thus it needs to be taken care of.

8. Not many foods you can enjoy – Diabetes can eat everything, they only need to exercise self control and avoid over indulgence. They can enjoy all proteins and healthy fats with restricted carbohydrates which can come from anything including sugar.

9. Diabetics have special food – Diabetic persons do not have special food. The foods that are branded diabetic friendly and priced exorbitantly are just unscrupulous businessmen wanting to benefit themselves to the detriment of diabetics. Diabetics' plight is their gain. However, if diabetes was uncontrolled and the kidney or the heart was affected, some foods will have to be avoided, but still there will be no special food.

10. All diabetes is the same – your grandmother's, friend's or anybody else's diabetes is not the same as yours. Diabetes differs from one person to another. While one may gobble a lot of carbohydrates without alarming change in his blood sugar, some have to really be carefully when eating carbohydrates to remain in their carbohydrates limit for a day. This is the mistake type 0 diabetics make thinking diabetics are not doing enough to improve their wellbeing. Like they would say so and so uses brown sugar in tea, you should also try! So and so eats a whole watermelon, why are you just eating a piece?

Challenges Diabetics face

1. Having a steady supply of oral drugs, injectable drugs like ozempic and insulin – some diabetics are not well endowed and face an uphill task of funding for their regular supplies.

2. Diabetes complications – dialysis, kidney failure, diabetic gastroparesis, diabetic retinopathy, peripheral neuropathy and brain disease, are both costly and give diabetes a lot of discomfort.

3. Keeping track of glucose, diet regimen, mental discipline, medicine and insurance, appointments and tests, travelling and adjusting to diets and losing weight is a silent challenge diabetic's face

4. How to balance insulin taken with carbohydrates taken is a challenge, otherwise a diabetic will face the following roller coaster, 'take insulin - low blood sugar, eat entire kitchen - high blood sugar - take insulin.'

5. Not taking the disease seriously. Some diabetics will not heed the call to take the disease seriously till it starts damaging body organs.

6. Upper abdominal pain when sugar is regularly high. Some diabetics feel abdominal pain when the sugars are high.

Diabetic medicines have side effects that are a challenge to many.

7. Carb count at a restaurant – diabetics who have never eaten to their meter find it difficult to estimate carbohydrates in food offered in a hotel, party or a celebration. Thus they feel isolated and miss out on many life defining moments.

8. Getting a blood sample. Sometime when a diabetic pricks his finger using the same depth or even pricking deeper, he does not get a blood sample. It is like blood decides to hide. But when he is working, a small scratch causes blood to gush out that he wonders where this blood was when he needed a sample for testing?

9. Enduring bites from insects. Most diabetics agree that they are attacked more by insects than normal people. In a room of many people, mosquitoes will tend to attack the diabetic more than they would bite a normal person.

Herbs and Diabetics

Many people claim we have herbs that cure diabetes. Others claim that herbs are only food supplements. The herbs that have been give prominence are; aloe Vera, cinnamon, bitter melon, milk thistle, fenugreek, gymnema, ginger, rosemary, ginseng,

sage, gymnemate sylvetre/gurma, oregano, green tea, moringa oleifera, Chia seeds among others.

When we were looking at oral drugs, we saw that they remove cholesterol which is habitually enhanced in diabetics. They also excite the beta cells to release insulin. It is proven herbal plants remove cholesterol in blood and we have an insulin plant that enhances insulin production. Therefore if an herb acts like the oral medicine given to diabetic I will not dispute one to use them.

However most herbs are just nutrient supplements and they may not help control diabetes. In addition effectiveness of herbs is increased when they are used when fresh as opposed to dried, stored pulp and their powder variants.

For herbs that clean the blood system and remove cholesterol, intermittent fasting is more effective in cleansing the blood than any herbal remedy and cholesterol drugs available.

Low-calorie Sugars

These sugars have been termed to be safe for diabetics. They include aspartame, acesulfamek, saccharin, sucralose, neotame, advantame, stevia and monk fruit sugars. They are also described as no calorie sugars, non-nutritive sweeteners, non energy sweeteners, low-calorie sweeteners, intense sweeteners, high potency sweeteners or sugar substitutes.

Whether they are safe for diabetics or not, one can test them by eating to the meter. One should also consult his doctor before using any of the sugars for side effects.

Low blood sugar (hypoglycaemia)

Signs of low blood sugar;

1. Feeling shaky
2. Being anxious
3. Feeling tired and drowsy
4. Feeling weak
5. Perspiring
6. Feeling hungry
7. You skin feels tingly
8. You feel dizzy or lightheaded
9. You may a headache
10. You have difficulty speaking
11. You have blurry vision
12. You are confused

High blood sugar (hyperglycaemia)

Signs of high blood sugar;

1. Feeling unquenchable thirst
2. You urinate frequently
3. You have blurred vision
4. You feel tired or weak
5. You have a headache
6. You feel nausea and you may vomit
7. You have shortness of breath
8. You have stomach pain
9. You produce a fruity odour from the mouth
10. Your mouth is very dry.

New developments in treatment of Diabetes

Modern technology is enhancing the way diabetics manage their sugar. We have diabetes apps, use of smart phones, and smart watches, Free-Style Libre, insulin pumps and various types of insulin. We cannot forget organ transplant and stem-cells

technology. With stem-cell technology, scientist will be able to recreate ones pancreas free from any ailment.

Chapter 2.
Eat a healthy diet as allowable by your diabetes

Let me repeat a statement I had earlier mentioned. All diabetes is not the same even if it is as a result of genetics. Diabetes is not 'a one cap that fits all'. You have seen feedstuffs priced exorbitantly and then a tag attached on them that they are diabetic friendly. It is like most commercials assume diabetics are rich. Or most people believe diabetics would spend through the nose just to be cured and they might as well take advantage of them.

The good news is that, no one has to gorge you of every cent you have just because you are diabetic. Diabetics can eat everything, even sugar! However due to complications one may already have as a result of mismanaged diabetic condition, doctors may recommend you eat certain foods only. The counsel to eat certain foods should come from doctors not commercials that most probably originate from type 0 diabetics.

Some diabetics go for KETO diet. As I said earlier, this is a diet that is composed of exclusively fats and proteins. The body derives its energy to perform various functions from blood sugar. In absence of blood sugar, the body will burn stored fat or proteins. That is why most adolescence girls gain weight as their bodies are storing energy reserves needed during pregnancy

and childbirth. Most ladies feel nausea and rarely eat during first pregnancy, but they survive due to this back-up energy.

Blood sugar is the simplest form of sugar available. Most of sugars used as sweeteners are disaccharides. Disaccharides are a composition of two simple sugars. If the bond between the two is broken, you get blood sugar. That is why most sugars available are digested fast and they enter into the bloodstream equally fast. Complex carbohydrates are a composition of complex bonds of blood sugar - Polysaccharides. Time and effort is needed to digest them. Ultimately however, all sugars and carbohydrates increase blood sugar. Insulin is tasked therefore, to ensure excess blood sugar is converted to fatty acids and stored or burnt to produce energy.

For diabetics, their blood sugar spikes as insulin is unable to store excess sugar. Fats do not spike blood sugar. Therefore these diabetics would opt for fats as opposed to carbohydrates. It should be noted the process of using fats as energy is a bit involving than the process of using glucose. Therefore the body has to be strong and doctors are better placed to advice one on that matter. The end product of burning glucose is carbon dioxide and water. Converting fat to energy results to keto-acidiosis which overworks the liver and the kidneys.

You can clearly see even without involving a doctor, KETO diet is not suitable for diabetic who are injecting insulin in their blood

stream. The purpose of insulin is to regulate blood sugar. KETO implies no blood sugar. It is therefore recommended to insulin resistant diabetics.

Some diabetics would have KETO diet with a few grams of carbohydrates. They would thus consult food labels and eat just the portion they need. If they are in doubt, they would eat some complex carbohydrates; which are mostly vegetables.

Some diabetics would go for a low carbohydrate diet. Such diabetics have a recommended carbohydrates needs per day. Through trial and error, having eaten to their meter for some time, they know what quantity of non labelled food they can eat.

A healthy diet is composed of carbohydrates, proteins and vitamins. In the long run, diets like KETO are not sustainable. But diabetics may use KETO continuously for short periods of time. The most sustainable Diet for Diabetics is a low carbohydrate diet. Low carb diet means, Diabetics may eat just about anything edible. By eating to the meter with doctor's recommendations a diabetic may come up with his maximum carbohydrate grams requirement per day. Then he would calculate the carbohydrates in food labels and eat only a quantity that meets his carbohydrate levels. Diabetics may eat proteins and healthy fats without restrictions unless the doctor recommends otherwise.

Helms (2023) argues that KETO could cause low blood pressure, kidney stones, constipation, nutrient deficiencies and an increased risk of heart disease. Diabetics may not know the source of healthy fats and may consume saturated fats which have adverse effect on their heart.

Diabetics may eat all fruits available but they have to be sure to remain within ones carbohydrate restriction. In eating fruits a smoothie is preferable to juice. The fibres in smoothies inhibit sugar absorption and if one was to eat only one fruit it is easy to blend only one fruit. Juices are made from very many fruits thus the sugar content becomes high.

Fruits are classified per glycermic index. Those with low glycermic index have no or little sugar than those with high glycermic index. While most diabetics are advised to eat fruits with low glycermic index, other diabetics are never spiked by whatever fruit they eat.

When choosing the carbohydrate to eat, most diabetics have been advised to avoid refined foods and eat only whole meal foods, what is normally termed as ‘brown foods’. That is a fallacy. A diabetic who eats 60 grams of carbohydrate contained in refined foods is better off than a diabetic who eats unrestricted amount of whole meal or brown foods. This is because if your target was to eat 60 grams of carbohydrate, the one who has eaten the refined food has stayed within the limit.

The one who has eaten unrestricted amount of brown food may end up eating 500 grams of carbohydrate!

While fibre in whole meal food is said to slow digestion and release sugar in the blood stream slowly, if one has no insulin to remove the excess sugar from the blood stream, it will end up piling. Though fibre has an extra advantage of preventing constipation, diabetics should be aware that brown foods can spike the blood sugar just like the refined foods. Therefore, there is need for diabetic to know they can just eat a certain portion, not unrestricted eating! We have insoluble fibre and soluble fibre. Insoluble fibre does not prevent sugar entering the blood stream. It just slows the process and makes one fuller for longer but all the sugar will enter the blood stream. It is only soluble fibre that inhibits some digested sugar entering the blood stream.

Carbohydrates contained in most vegetable are superior to carbohydrates contained in whole meal grains if one is thinking of low carbohydrate diet. As human beings, we don't have an advanced stomach like that of herbivores. Thus we cannot digest vegetables fully and benefit from all of its carbohydrate. Consequently only a small portion of sugar from vegetables enters the blood stream. Vegetables are the most complex carbohydrate in place.

If one is experiencing constant low sugars, he may need to add the quantity of carbohydrates he consumes or change the insulin type with consultation with his doctor. If one is having constantly high blood sugars, he may need to drop the carbohydrate amount he consumes. As doctors are there to help you, you can also eat to the meter and know which foods work for you. There is nothing like diabetic friendly foods. You can eat anything if you only keep in mind the carbohydrate count. Doctors may restrict some foods since they are straining, for instance, your kidney or the heart and not because of diabetes!

For instance those who have pancreas, liver, and thyroid or gallbladder problems may be restricted from eating fats and protein by the doctor.

We saw in chapter one how diabetes medicine and insulin works. Other than depending on the doctor for everything, try to understand how your medication works and help it work better. For instance if you inject yourself with insulin estimate when it will be active and plan your diet that sugar will be in the blood to be worked on.

If your medicine inhibits sugar release, don't eat too much sugar such that the ratio of sugar is disproportionate to the available medicine to withhold it. If your medicine enhanced release of insulin, find out when insulin peaks so that you time your meals. For instance, it will be useless in the following scenario. You

swallow your medicine before meals. The medicine will have influenced insulin production after two hours. It is expected after two hours the sugar from the food you have eaten will be absorbed in the bloodstream. But as a diabetic you eat food that is digested faster and sugar is absorbed in blood stream within one hour. This mismatch will make ones blood sugar to fluctuate greatly.

Diabetes should not immobilize you. We have a cloud of witnesses like Clifford Whittaker and Dr. Robert Lawrence who have against all odds lived with diabetes from childhood to a prime old age. Decide to live and you will live. Eat what works for you.

Chapter 3.
Shun destructive coping mechanisms like substance abuse and alcohol.

When you are a diabetic, your self-control is tasted to the core. A diabetic may experience sexual dysfunction. He may thus be tempted to abuse sexual enhancement drugs. There are numerous cases of old men dying in Kenyan lodgings in what has been termed to be, 'dying in line of duty'. Though I am not privy to the official verdict of the cause of their deaths; their partners in crime always get scot free. And since no foul play has ever been suspected, I cannot rule out the fact they had some existing problems like diabetes and abused sexual drugs.

While moderate use of alcohol is okay for everybody, diabetics should not use it to cope with pain! Solomon said it is better to win control over oneself than over whole cities. Majority of diabetic have won control over themselves. The rigorous food schedule, the timely insulin injections and oral drug intake are acts worthy of praise. Therefore they are more than kings and queens since they have taken control of themselves. Lamuel's mother advised him not to drink wine or have a craving for alcohol. She argued that alcohol would make him forget laws and ignore the rights of people in need. She added that alcohol was for people who were dying; those who wanted to forget their misery.

I reiterate again, moderate use of alcoholic beverages, provided it does not spike ones blood sugar, is okay. Diabetes is often accompanied by retinopathy and peripheral neuropathy – numbness and pain from nerve damage usually in hands and feet. Sometimes one may be moody or almost insane and people may not or do not wish to understand him especially at workplace. The society also puts pressure on diabetics by pricing highly the commodities it brands as diabetic friendly. A diabetic may worry if he would get a continuous supply of his stock and instruments of trade. All this factors serve to depress him. He has physical pain; he has emotional pain and worry.

It is not a surprise then when one decides to use alcohol and other substance to cope with these pains. But having controlled all that food cravings and being timely with drugs and insulin, a diabetic is a queen/ king. Therefore, they should not abuse alcohol and other substances. This may impair with their judgement and they may 'forget the law'. I mean they may forget to observe stringent food rules, taking oral drugs and administering insulin. They may also 'ignore rights of people in need'. As diabetics we are the hope since we give most people a reason to live and press on. It may be our spouse, children, parent and even neighbours. If we are intoxicated we may break their heart and demoralise them.

As diabetics we want to live and not die. We are not among those who drink alcohol to forget their misery. Nevertheless, without knowledge of diabetes we can make poor decisions.

Soja had been happily married for fifteen years. He started experiencing sexual dysfunction. His wife could not understand since he was an expert in that area and he did a good job to her satisfaction. She accused him of cheating on her. She said he had another woman elsewhere that is why he was not interested in her. Soja was pained emotionally.

Soja was not cheating. He could not understand himself why he did not perform. He visited herbal clinics secretly and they gave him some herbs to use. The problem did not go away. Sometimes all could be well sometimes he was unable to rise to the occasion. He decided to visit a witchdoctor. The witchdoctor told him, his youthful girlfriend had become jealousy and was bewitching him. He doubted the witchdoctor as his youthful girlfriend was so far very successfully both in her career and in married life. She was a senior magistrate married to a senior civil servant.

Soja was afraid to visit the hospital for he did not want his records kept and in addition, he did not want to involve his wife. With no other option, he decided to use sexual enhancement drugs. He was satisfied with the outcome. His wife was satisfied and even apologised for having scolded him for cheating. A few months went by. But one day, he fainted after disengaging from his wife. His wife thought he was resting since it had been a spine-tingling ordeal, but after some time she became concerned he was taking quite a long time resting, she nudged him. He did not respond. After awhile, she realised his husband

was lifeless. She sought for emergency. He was taken to the hospital at midnight hours. On arrival at the hospital, it was pronounced that her husband was no more.

The official verdict was that he was undiagnosed type 2 who had died of hypoglycaemia. Though Soja did not know he was diabetic, it is a wakeup call for diabetics not to abuse substances. Since all abused drugs including alcohol weaken thinking rationally, one may be unable to correct a low blood sugar. He may thus collapse and expire like Soja.

Songa was diagnosed to be diabetic when he was fifty years old. His first reaction was denial. Diabetes was branded as a bad disease in his community and people dreaded it. Songa started drinking heavily. Though he took Oral medication as prescribed by the doctor, he did not watch his diet. He ate haphazardly and most of the time he was drunk and did not eat at all.

Over time, he was hospitalised and it required his leg to be amputated due to unchecked constant high sugars and the vagaries of neuropathy. He sank into depression seeing his leg buried before him. He regretted for being ignorant and resolved to follow his doctor's recommendation henceforth. The doctor commenced treating him of alcoholism and he got a lot of support from his family. He lived thereafter quietly for fifteen years and died of cardiac arrest.

There is also the trap of peers when abusing substance. In the bible we are told of Herod the ruler of Galilee having Married Herodias, his brother Philip's wife. John the Baptist talked against the marriage. On his birthday under the influence of alcohol, he promised Herodias' daughter anything she asked as she had danced nicely and pleased him. The girl went to consult her mother on what present to request.

Her mother grabbed the opportunity. It was time to eliminate John the baptist who was making their marriage a nightmare. She told her, Herod should give her the head of John the Baptist on a silver platter! Herod was saddened by the request. But the guest were waiting, will he honour the request? Is he a man of his word? Suppose you are a diabetic and your non-diabetic drinking buddies tease you to drink several bottles in succession or eat a whole loaf to prove how strong you are. Will you under the influence of alcohol let them down?

Unfortunately, Herod did not let down his quests but handed over the head of John the Baptist to the girl. As a diabetic, you are likely to do a similar insane thing like drinking uncontrollably or eating too much carbohydrates and forgetting your medication just to please you drinking buddies.

That is why the Solomon said if you only showed him someone who drinks too much, who tries some new drink, he would show you someone miserable and sorry for himself. He continued to say wine should not tempt you, though it sparkles in the cup, the

following morning you would feel as if you had been bitten by a poisonous snake. But for a diabetic, he may not live to see the next morning. Diabetics should not abuse drugs and alcohol.

Chapter 4.
Stay in touch with friends, family and social groups on diabetes

Chero had attended a function. Because it was a political year, every person who stood to address the attendees spoke for unnecessarily elongated time. They were all giving reason why the attendees should vote a candidate of their choice. Chero was a Christian musician and she had been invited to grace the gathering by singing and breaking the monotony. Therefore she and her entourage were sitting on the high table.

Then she started experiencing signs of hypoglycaemia. She quickly checked her handbag for glucose tablets. Then she remembered she had forgotten them on the sitting room table! She had spread her wares on the sitting room table. She took a lancet and pricked her finger. Then she slid a blood strip over the finger so that it picks the oozing drop of blood. The strip successfully picked the drop of blood and since it was inserted in a blood meter, the meter responded by counting, one, two, three... This was always a sign that the blood sample was adequate and had been successfully sensed by the meter.

Her blood sugar was unusually high. It was common for her blood sugar to shoot up whenever she was anxious or worried. She was anxious if she would successful grace the function she had been invited to, to entertain the guests. She gave herself

and slow acting insulin shot and swallowed some oral drugs as prescribed by her doctor. She did not like the routine at all since she was a first time diabetic.

She discarded the used blood strip and the lancet in used blood strip container. Then she packed over twenty five blood strips, six lancets and a lancet gun, and the blood meter in their small special bag or the diabetic bag. At the same time, her husband who was driving her to the function was shouting from outside that she should hurry as time was not on their side. She quickly dropped the diabetic bag in her handbag. She also put enough insulin and unused syringes and needles in her bag and rushed out. She joined her impatient husband who ushered her to the passenger seat and drove away. He did not care to confirm if she had carried all her diabetic accessories.

They arrived at the function in nick of time. She sung three songs successfully and she could see the crowd was blessed and yearned for more. But they were disappointed when the master of ceremony announced distinguished guests would start giving their speech and he invited the lowest in the government hierarchy who was to invite his senior after his speech. Each guest would invite his senior till all had given their speech. Then the attendees would be invited to devour the palatable meals prepared for them for the occasion.

As speeches took a long time, Chero's blood sugar dropped sharply. By experience she had known the signs. She reached her bag for glucose tablets when it dawned on her she had forgotten them at home! She felt like taking her diabetic bag to confirm her blood sugar level to assure herself all was well. Then she realised most attendees and guests were stealing glances at her. Most would not understand what was going on. Would they think she was hooked on drugs? She shelved the idea. Then she felt a hand tapping her. It was her sister who had sensed she was in troubled and rushed to find out what was wrong.

She turned to see who was tapping her. Her sister lowered her eyebrows which Chero immediately interpreted to mean, 'is anything wrong?' She immediately whispered to her, 'I am sure I am getting a low!' Her sister did not wait. She scampered for crates of soda packed in a nearby lorry and grabbed one Fanta soda before anybody could stop her. A Paparazzi had found work. He kept trailing her taking photos. Since Chero's sister was swift for the chefs guarding the soda's to be distributed at a specified time, they saw no need to stop her. She had already reached the high table and they could not cause commotion in front of distinguished guest.

But the paparazzi might have thought Chero's sister was a soda thief, so he took the pictures diligently. When Chero's sister opened the soda bottle with her teeth and gave it to Chero. The

paparazzi heighten his activity. Chero took some mouthful sips of the soda while trying to shield the act with her hand bag from all present as much as possible. But the paparazzi had a field day. Chero then gave back an almost half full soda bottle to her sister. However, the paparazzi was not interested with this part so he stopped taking pictures. Chero's sister shook her head to ask her if that was enough. Chero shook her head to answer that it was enough.

A day later, the paparazzi posted Chero's picture having a Fanta soda while shielding herself so that most of the crowd should not see her. The caption to the picture read, 'a gluttonous and an impatient Chero drinking a stolen soda. She just could not wait till soda time!' Due to Chero's fame, the picture attracted quite a lot of netizens. Most of them castigated her for lacking manners and not living by God's standards as espoused by most of her songs. Others said she should have eaten at home, celebrities should not embarrass themselves. Only few sympathized with her and said we have all fallen from the grace of God and none is perfect. Someone tagged Chero to the picture. Some rushed to her Facebook wall demanding a reason for stealing a soda, or they would stop listening to her songs.

It was disheartening when Chero saw the picture and the caption. The paparazzi had highly distorted an innocent occurrence. Chero owed her fans an explanation. She wrote on her wall that she was a diabetic and forgot her glucose tablets at

home. When her blood sugar went unexpectedly low, she could have popped the glucose tablets discreetly. No one would have noticed as it is common for people to pop sweets and chewing gums. Her sister saved her life by giving her a soda. She did not know where she got the soda, but she saved her life.

The gun muzzles changed direction after the explanation. Everybody then went for the paparazzi's throat. Netizen jammed his wall and reprimanded him. They demanded he pulls down the picture. He was forced to pull down the picture. At the same time, Chero's fans apologised on her wall. Some wrote a prayer for her and it was a shock to all of them that the seemingly healthy Chero was diabetic! Quite a good number claimed she had given them a reason praise God.

Magi was a woman who lived alone. She was in her early seventies. She had been diabetic as far as she could remember. Her children were adults and were married off living with their spouses. Her husband had passed on five years ago. The only company she had was a pet dog. The dog had watched her injecting herself insulin, taking drugs, taking glucose tablets and carrying out glucose tests.

One particular day, she ran out of insulin. She became hyperglycaemic. She felt like a drunken person, her head was dizzy. The dog opened her door and ran outside. It knocked on a neighbour's door. When the neighbour opened the door and

saw it was a mere dog, she closed it again. The dog made incessant knocking. When the owner opened the door the dog started moving towards Magi's house. When the annoyed owner closed the door, the dog knocked again. This time, it dawned on the neighbour something must have happened to Magi. She followed the dog. She found Magi unconscious. She called her husband and they took Magi to the Hospital. She was treated of a hyperglycaemia and returned home. Thanks to the dog and neighbour.

Wamzee was struggling with high blood sugar. The doctor treated him, gave him dugs and offered no further explanation. The doctor worked in a government hospital and since he was underpaid, he had his own clinic. Therefore trying to handle the workload of the two institutions, he was always busy, thus he never gave personalised services to his patients. But Wamzee was lucky to stumble on a local community group of diabetics who met to share their frustrations and their achievements. He learned of KETO diet and this helped him to control his sugars.

The three accounts echoes the biblical advice that we should not stop meeting with each other. It also proves that a neighbour is more important than a relative who is far away and we should treat neighbours right. Diabetics should stay in touch with friends, family and Social groups on Diabetes.

By being close to her family Chero was saved when it mattered most. Magi was saved by a neighbour when she was unconscious and Wamzee learnt a lot from a social group on diabetes. Friends and family would remind you to take your drugs and insulin; they will ensure they hid injurious food from you. They will be sure to share with you new developments in diabetic treatment and above all they will encourage you.

Like wood in a fire place, if they are more than one, they keep burning. But if you pull all others and retain only one, it will glow and soon goes out. That fire to live keeps burning when you have people encouraging you and when you know your life matters. Therefore, a diabetic should stay in touch with friends, family and Social groups on Diabetes.

Chapter 5.
Ask for help when you need it.

Richy is a diabetic who wanted to find out how I was healed so that he could also cast away the burdensome ailment. I told him asking was best step he ever took. In fact I derive the motivation to write this book from him because I feel there are some diabetics who could benefit from the information. I told Richy to first join a local diabetic social group.

Then I advised Richy to find out what is the importance of water to a diabetic, what is the acceptable blood sugar range, what is low carbohydrate(abbreviated as **low carb**), what is KETO, what is intermittent fasting and what are low glycermic index fruits. After he had known all the above terms, I would be in a position to help him. I had found out through experience some diabetics just ask for the sake of asking and then rubbish my ideas as soon as they leave me. To avoid talking myself hoarse for nothing, I needed the seekers to truly ask for the sake of learning. Only those who did this simple homework qualified to be advised.

He joined a group and learned even what I had not asked like blood sugar monitoring. Previously he had depended on visiting the doctor for check up usually once a week. Since he had no

blood meter, he asked the group if anyone could gift him a meter. He was surprised over twenty diabetics were ready to give him a meter and one with at least six months supply of glucose test strips. This is because most diabetes had become tired of pricking their fingers and thus had shifted to Libre and Dexacom sensors.

Richy was not rich and that gesture moved him to tears. A volunteer honoured his offer and he received the meter within a day with test strips. Others sent him unused lancets they would no longer use. He started monitoring his blood glucose, and opted for a low carbohydrate diet. He also practised intermittent fasting as I had advised together with meditation. Within three months, his doctor said he was pre-diabetic from being a diabetic. He withdrew all drugs and advised him to manage the high sugars with food and exercise only! Richy was exceedingly happy! He was helped since he asked.

We should never shy asking when we need help. Most people have diabetes kits they are not using and do not know how to dispose them off. They would be glad to give them to whoever asks for free. Jesus said ask consistently. He gave an example of a lowly woman who was poor. In our present world, she would be termed as knowing nobody or who is who. That alone positioned her in a situation she would never receive what she wanted. And she was dealing with an arrogant judge who did not respect human beings or fear God.

The woman, with zero possibility she would get her request, visited the judge often for justice to be done to her. Finally the judge reasoned that though he respected no man or feared God, yet because the woman would make him weary with her incessant demands, he decided to honour her plea. Richy did not have to ask repeatedly for him to get assistance; he was surprised the help came immediately as if other diabetics were just waiting for him to ask.

That is why Jesus said that you cannot ask your father for bread and he gives you a stone. Similarly you cannot ask him for a fish and he gives you a snake. He goes ahead and observes, 'if we human beings know how to do good thing to our children, how much more would our heavenly father be willing to do good things to us if only we ask!'

A diabetic should keep a list of emergency numbers not limited to the hospital ones, but also those of dependable relatives, friends and diabuddies. Like in the case of Chero, her sister was more dependable than her husband. She should have the number of her sister handy. Diabuddy is a term diabetics use among their circle to refer to one another.

If the diabetic misplaces his kit, or his supplies run out and replacement is not instantaneous as he expected, he should immediately contact these emergency numbers starting with his

doctor. When he faces a hypoglycaemia or a hyperglycaemia, even if he treats it, he should contact one of these numbers to check on him, just in case.

A diabetic should never tire asking for help. He should always expect to be healed any given day. We have a woman who had sold all her possession to get healed of her flow of blood. She could have given up. But each day for twelve years she expected she would be healed. Doctors in her time had concluded her case was permanent just like one would say no one can be healed of diabetics. The lady continued to seek help. Then one day she resolved that if only she touched the hem of Jesus' cloth, she would be healed. She did so and was healed!

We also have a man who sat at the pool with five porches hoping that when an angel stirs the pool, he would jump in and be healed. He was crippled. He could not outwit the many people that sought healing and jumped before him. He had no one to put him in the pool. But he patiently sought for a healing for 38 years! It came to pass when Jesus told him to arise and walk. As a diabetic, let people know you wildest desire. Just ask, you may be surprised you will be given what you ask.

Chapter 6.
Use alternative medicine if your doctor is comfortable with it.

There is a classical story told of a soldier shaken by chills and burning with fever, had been abandoned in the forest to breathe his last breath. But he succeeded in dragging himself to a pool of stagnant rain water and drank. The water was bitter, nevertheless, he was glad it quenched his thirst and he slept. The following morning when he woke up, he was sound and well. He ran through the woods after his companions and told them of the tart-tasting water he had drunk. They were so curious about the water that they returned to examine the pool.

Their companion had been facing death, therefore every soldier wanted to see the magical pool. When they reached the pool, they saw a log of red-bark Cinchona tree lying in the water. And just accidentally like that, quinine the cure of malaria was discovered. Therefore, there is no doubt that there exists alternative medicine to convectional modern medicine. And since most doctors are researchers at the universities they are affiliated to, they would be glad for their patients to use safe and effective alternative medicine.

For many ailments, time-tasted home remedies work like modern medicine, even better. They are often cheaper, safe and

without side effects like modern medicine. For instance we have learnt that one drug that treats diabetes works by reducing cholesterol in the body of a diabetic. This is because it is argued that cholesterol levels of diabetics having insulin resistance are often elevated. Herbs like cinnamon and a vegetable like chayote (chowchow) are supposed to remove cholesterol in the body and reduce high blood pressure. If one is comfortable with the plants than modern medicine and the doctor sees he is posting very good diabetic numbers, I am sure the doctor would allow his patient to use the herbs.

We also have insulin plant. I am not sure how it works. Does it add insulin in the body or activates the pancreas to produce insulin? Whatever the case, we have seen before one of the oral diabetic drug excites the beta cells of the pancreas to produce insulin. If a diabetic uses insulin plant and his blood sugar numbers are good, I am sure the doctor would allow him to use the plant.

Doctors approach their work scientifically and they would not allow alternative medicine like witchcraft. Like in my village, there is a sacred tree called 'Mtembe' and in another dialect 'Kumrembe'. It was a taboo to use this tree for firewood or charcoal purposes. Now it was believed when a child had mumps or measles, he would go and hit the tree with his leg. Then he would run as fast as his legs could carry him without

looking back to the house and he would be cured of the disease. Doctors would not allow such kind of medicine!

It is not only witchcraft that is poor medicine; religious fanaticism is also an inferior medicine. Where one is told to throw away all medicine and touch the screen of a television to receive his healing miracle from a televangelist, there is a major problem. Where one is sold mere water or some oil branded to be olive oil, and he is convinced that it cures everything, that is garbage. Where a diabetic is instructed to fast more than one day without food on the promise that after the fast he will be healed of all his diseases, that is a fat lie.

Jesus healed some diseases instantaneously while for others, he healed them gradually. Jesus obeyed the well established protocols of the time. There is a blind man where he rubbed his eye with a mixture of soil and his saliva and told him to go and wash in a river. It was gradual healing. There are leapers he told to go and show themselves to the priest as according to the law. That was gradual healing. Notice that there was no cure for leprosy but the law provided suppose one is cured, he was to present himself to the priest for examination. Then the priest would give a clean bill of health and the healed leaper would be allowed to mingle with normal people. As much as there is no cure for diabetes, like leprosy, we must agree God cures some diabetics.

Knowing that God cures should not make us seek a cure through fanaticism. We should respect the established institution of doctors as Jesus respected physicians. Jesus himself said; it is the sick that go to see a doctor. Let us respect our bodies as the temple of God. Cherish it and take utmost care of it. Diabetes can fast. But remember fasting is not shunning food altogether, it is having the spirit of self-denial and avoiding overindulgence. It is disciplining oneself. The Israelites fasted by eating bitter herbs and unleavened bread. And before this fast they had eaten meat. Daniel fasted by eating, he only avoided finest foods and alcoholic beverages. John the Baptist fasted by eating locusts and wild honey. Ann the prophetess fasted day and night, probably having only two meals in twenty four hours.

If a diabetic would inform his doctor he wants to fast like Daniel or John the Baptist to remove toxins and cholesterol from his body, I am sure the doctor would not object to that. If the diabetic can assure the doctor he will keep hydrated throughout the fasting period, the doctor will accept that alternative medicine. Doctors know water flashes out many toxins from the body and in fact lowers sugar in bloodstream. Diabetics who resolve to fast should check the sugar levels regularly and correct exceptional readings immediately.

Diabetics should always discuss with their doctor before commencing any alternative medicine. If the doctor refuses, it is better to obey him. When the disease is dangerous modern

medicine is better than the alternative one. This is because it has been tested, while alternative one may not have clear records of how it worked to heal people. In my diabetic journey, the type 0 diabetics had advised me if I wanted to get healed, I should only eat bitter things. I should drink bitter teas, eat bitter vegetables, eat bitter foods and eat bitter fruits. Yes, they contended that bitter things remove the sugar from the body!

Do you think a doctor would accept that medicine? Of course not! That is just like this remedy, 'if a snake bites you, to heal, kill the snake and bite it.' Traditionally people believed doing the opposite of what the ailment was to get a cure. Some opposite where coincidentally right but most were wrong. It is right to pour cold water on a fire burn. But it not right to eat bitter things, opposite of sugar to treat diabetes, water is much a better treatment that the bitter things.

Prayer is also a good medicine provided one will dutifully continue with the prescribed treatment. Doctors would recommend prayers. But as a diabetic, understand that sometimes God does not heal your sickness so that He shows his strength in you weakness. Imagine someone being diabetic from childhood and lives to a ripe age of 90! Then imagine someone in radiant health that does not live past 22 years!

Chapter 7.
Get enough sleep, exercise and physical activities as much as you can.

Randy Gardner is the longest man on record who had gone without sleep for 11 days. But diabetes should not emulate Mr. Gardner. During sleep creation takes place. We read of an account where God made Adam to fall into deep sleep. While he was a sleep, he took Adams rib and created Eve. Similar creations happen in our body. Worn-out and dead cells are removed and replaced by new ones. Toxins and germs are fought and isolated to be removed from the body. In the previous chapter, a soldier who drank bitter water, slept soundly as quinine aided the white blood cells to fight malaria causing germs. He woke up feeling better. Adam woke up to face an enchanting Eve! Sleep is certainly precious.

Leech (2023) lists the importance of sleep as; may help you maintain or lose weight, improves concentration and productivity, maximise athletic performance, strengthen ones heart, improves sugar metabolism and the welfare of type 2 diabetics, reduces depression, supports a healthy immune system, reduces body inflammation and improves emotions and social interactions. Fascinatingly, all the above benefits favour diabetics.

Most diabetics are encouraged by their doctors to lose weight and have their acceptable weight in line with their Body Mass Index (BMI). Obesity has been linked to increase in insulin resistance. Feeling you did not have enough sleep makes one un-motivated and one can as well as count the day as wasted. One does not do his chores with zeal neither does he wish to work-out. Conversely, one who has had enough sleep fills full of energy to face the day. He works with zeal and the spare energy drives him to work-out. This routine alone helps him to lose weight and manage blood sugar.

Enough sleep improves concentration. All diabetics will agree with me there are times you see the bottle of your medicine in front of you and you are not sure if you had taken the medicine or not! This could be fatal! But enough sleep makes such mistakes to be few and vanish altogether. Concentration is a matter of life and death, not only to diabetics but everyone else. There was a time I travelled from Western to Nairobi by bus. It is a journey of approximately 450 km. The journey started at eight in the evening and we arrived at 4 in the morning. But just before we arrived, the driver dozed off. Luckily the traffic had not built up and there was a concrete barrier separating vehicles moving in the opposite direction. The bus veered towards vehicles moving in the opposite direction. Passengers raised their voices. The driver woke up and steadied the bus just about

to hit the concrete barrier. Luckily he had reduced the speed to 10km per hour and it was thus easy to control the bus.

Enough sleep improves productivity. One who has slept well wakes up with energy and zeal. He concentrates on his activities. Since he is motivated, he motivates his subordinates by induction. He is able to solve problems and think of ideas. He avoids accidents and takes precaution. All this has a ripple effect on improving production. As a diabetic, he has the discipline to take his medication and watch what he eats.

Zaltan is a great footballer. I read in some quarters that he is also diabetic. He has a regimen of exercise and low carb meals. He sleeps well. Since enough sleep maximises athletic performance, I might as well say he is successful as he sleeps well.

Sleep strengthens ones heart. During sleep the heart reduces its pressure as there are not many activities taking place. The heart is not pumping blood aggressively to the lungs and to the body as when someone is awake. This allows the heart muscles to rest and relax. They are also rejuvenated and strengthened. If one stays awake for longer, it means high blood pressure is sustained for a long time and the heart has no time or limited time to replace it's worn out cells, thus the heart weakens.

Sleep improves sugar metabolism and the welfare of type 2 diabetics. During sleep as I said on the onset of this chapter, the body is recreating itself. There is cell division, replacement and removal of worn–out ones needs energy. The body thus burns blood sugar to provide the energy. Lack of sleep increases insulin resistance. The cells have no time to be replaced and expunge worn-out ones. The tired cells reject insulin. And since blood sugar was not utilized as the person did not sleep, the build-up leads to diabetes. Thus sleep improves the welfare of diabetics. By having enough sleep, they lower their blood sugar.

Sleep reduces depression. Sleep allows the subconscious mind to work and solve your problems and also ensure you achieve your goals. Sleep deprivation means the subconscious did not work out solutions for your problems. It did not also come with away to achieve your dream. This weighs down on your subconscious and the impact is you feel depressed. On the contrary you will be upbeat having no depression. Depression increases blood sugar levels in diabetics.

Sleep supports a healthy immune system. If we revisit the story of the soldier who drank bitter water, while he slept the body fought the malaria germs. And as I said before, during sleep, new energetic cells are created and old worn-out are discarded. This means that the body has a new younger army of cells to fight disease as opposed to the old and tired army of cells.

Sleep reduces body inflammation and improves emotions and social interactions. WebMD Editorial Contributors (2022) define inflammation as a process by which your body's white cells protect you from infection from outside such as bacteria and viruses and you feel pain from the nearest gland to the point white cells are attacking the foreign bodies. However, in diseases like arthritis, inflammation is triggered even when there are no invaders for white cells to fight off. Enough sleep reduces body inflammation. Diabetics who have enough sleep are relaxed and communicate reliably making friends and associating well with people. Sleep improves their emotions, and they are not unnecessarily angry despite the pain they endure.

Semeco (2023) defines exercise as any movement that makes ones muscles to work and requires the body to burn calories. He goes ahead and enumerates importance of exercise as; makes one feel happy, helps one lose weight, it is good for muscles and bones, increases ones energy levels, reduces risk of chronic disease, helps to keep the skin healthy, enhance brain health and memory, improves sleep quality and relaxation, reduces pain and promotes better sex life.

Exercise makes one happy. Exercise encourages production of hormones serotonin and norepinephrine which suppress depression. It also lead to production of hormone endorphins which makes someone feel good. When we looked at chapter

three, diabetes should not abuse drugs and alcohol; we saw they are queens and king. They don't drink to forget their misery. This is because if they have regular exercise, they are a happy lot.

Exercise helps one lose weight. A combination of KETO diet or low carb diet with exercise helps one lose weight. Diabetics need to maintain an appropriate weight. This curbs insulin resistance and makes the drugs they use respond effectively. Instead of one accumulating fat in the unnecessary body parts, exercise helps one to grow body muscles. Active muscles will burn away the excess blood sugar helping them to control their blood sugar.

Exercise is good for muscles and bones. Exercise strengthens bones and muscles. Strong bones and muscles make one steady therefore reduces injury. Diabetics need a steady structure as they need to avoid injury as much as possible since they are aware their wounds may take time to heal if sugar is not controlled.

Exercise increases ones energy levels. Strong muscles increase metabolism of sugar. Strong bones and muscles make one energetic.

Exercise reduces risk of chronic disease. As exercise controls diabetes and improves circulation of blood around the body, this

helps keep chronic diseases at the bay. Exercise breaks insulin insensitivity; it reduces blood pressure and cholesterol levels. Hypertension, cancer and heart disease are some of the risky chronic diseases exercise would eliminate.

Exercise helps to keep the skin healthy. Exercise promotes production of antioxidants that eradicate free radicals that damage the structure of the skin. Sweating relieves the kidney of pressure to expel excess water from the body. Exercise improves blood flow around the body nourishing the skin making it healthy.

Exercise enhances brain health and memory. Exercise promotes good flow of blood to the brain. This coupled with preventing chronic brain disease, encourage a healthy brain and memory. Diabetics need a good memory so that they do not forget their blood sugar control routine.

Exercise improves sleep quality and relaxation. Solomon said that the sleep of a labourer was sweet whether he ate little or much, this is because exercise relaxes the mind and makes one sleep soundly. Diabetics need to have enough sleep in order to regulate their sugar. This can be enhanced if they work-out regularly.

Exercise reduces pain and promotes better sex life. Diabetic are prone to neuropathy. Exercise burns excess sugar, improves

blood circulation and helps them endure such pain, which may go away altogether. Exercise also heals sexual dysfunction which makes diabetics to have a better sexual life.

Given the benefit of sleep and exercises as listed above, diabetics should get enough sleep. They should sleep between seven to nine hours. They should have regular exercise at least thrice a week and they should involve themselves in physical activities that ensure they move their body parts frequently. Nix et al advises that for one to sleep soundly, he must give importance to breakfast, exercise, take in fresh air, have a neutral bath, have a foot bath and have fomentations to spine.

Giving breakfast importance – all nutritionists agree breakfast is a very important meal for the day. It makes one able to cope with daily work. Having done ones daily chores induces one to be happy and for that reason he sleeps soundly. Everyone should endeavour to make breakfast the main meal. He should eat it calmly and masticate it well. This calls for the need for one to rise up early enough to avoid taking breakfast in a hurry. However, in the morning most diabetics experience very high blood sugars. They have coined the occurrence as '**the dawn phenomenon**'.

Most diabetic would thus fast till the sugars become reasonable before eating anything. This is wrong. The dawn phenomenon happens since one has been fasting during the night. That is

why the first meal breaks the fast. As most diabetic people eat light supper with little carbohydrates, at dawn there are no carbohydrates to provide cells with energy. This triggers the liver to convert proteins and fat ready to give energy. The result is the sugar hike. I recommend diabetics should consider this time ideal to perform medium to intensive workout for 30 minutes to one hour then have breakfast as a main meal.

Having exercise – I have talked about the importance of exercise and even mentioned it contributes to better sleep. It is not bad repeating the same assertion. Exercise is preferably done outdoors, if done indoors; the air circulation should be good. Walking briskly to and from work is a good exercise for those who do not have time to work-out.

Taking in fresh air – the bedroom should have fresh air. This can be done by keeping windows open during the day so that air circulates freely. Additionally, one can have plants like mother-in-law plant, golden plant and spider plant which produce oxygen at night in the bedroom.

Having a neutral bath – lying in warm water for about twenty minutes before going to bed helps one to relax. It makes one sleepy and promotes better sleep.

Having a foot bath – placing ones feet in a hot bath, preferably with Epsom salt added, improves ones sleep. The water should

be as hot as possible as the feet can withstand. Take care not to burn yourself! A foot bath clears the chest of excess blood and improves blood circulation. It is also usefully in containing worry.

Having fomentations to the spine – insomnia is combated by hot fomentations to the spine. A heavy towel, or old piece of a blanket wrung out of boiling water is placed on the spine. It is then covered with a towel or blanket. The fomentations should be applied when one is resting in bed. Then the spine should be stroke gently. This procedure improves the quality of sleep but it does not work independently. A balanced diet, exercise, footbath and a neutral bath augment it.

Chapter 8.
Learn to relax and be stress free.

Diabetics undoubtfully have to fight stress and learn how to relax. Dr, Alexis Carrol, a Nobel Prize-winner in medicine quipped, 'business men who do not know how to fight worry, die young'. This is also true of diabetics. If anxiety and emotional upset can make anyone sick, then worry can exterminate diabetics. That is why Diabetics have to learn how to relax and be stress free.

Naliaka came from a tranquil childhood home. Her parents were ministers of God and their work required that they have empathy for everyone. She married Marumbu from a political family at the age of nineteen years. Marumbu was a stern, determined man of twenty five years old. Like his father, he was determined to be a business mogul and a politician. But at the time, he could not be a politician until his father passed on the baton, this frustrated him. His frustration made him bulldoze everyone around, including Naliaka. For three years, Naliaka let him rule supremely as he gave her everything money could buy in spite of his behaviour. But in the fourth year she made her stand against him.

The quarrels began. Daily quarrels. The persistent nervous and mental tension of the quarrels made Naliaka to be type 2 diabetic. Her blood sugar would shoot up. She required insulin injections from time to time. She suffered from constant neuropathy and body inflammation. She had no hope in life and wished she could die. But she pressed on feebly because of her son.

Then her husband died. The cause is unknown. But it was rumoured there was sibling rivalry. Marumbu was poised to take over politically from his father who was hanging the boots in three years time. Therefore, one of his ambitious brothers poisoned him. But due to affluence the family commanded, the murder of Marumbu was hushed. The official verdict by the coroner was that Marumbu died of a heart disease. Naliaka was married by one of Marumbu's brother as per the norms and requirements of their customs.

He treated her nicely. It was a blissful, happy marriage. It was full of kind words and peaceful evenings. Her new husband was satisfied to be a secondary school teacher running few family businesses. He had no political ambition. He treated Naliaka tenderly and supported her in her goals. Then the diabetes disappeared. Naliaka was no longer diabetic! The cause of her diabetes was apparently anxiety and worry.

How can diabetics fight anxiety and worry? Simple tools like prayer, staying hydrated, sticking to a daily routine, having a hobby, minding ones finances, reading the scripture and proper diet would go a long way in making a diabetic relax.

Prayer is a means of casting our trouble to God and seeking his divine intervention. We should pray at all times. We should speak our heart to God. Ask Him to forgive our sins and heal our diabetes. Ask him to provide for our needs; food, clothing, shelter diabetic supplies and some luxuries. We should also pray when we are tempted to eat excess carbohydrates and any other temptations. God promises that his peace that is beyond any human understanding shall guard our hearts and mind in Jesus' name.

Staying hydrated is another way to hold back worry. Silver (2023) lists reasons why one should drink water; it creates saliva, regulates body temperature, lubricates moving parts, aids excretion through sweating, urination and bowel movements, prevents constipation, aids in digestion, helps in nutrient absorption, helps in weight loss, improves oxygen circulation, fights illness, boost energy, improves mood, keeps the skin bright and curbs dehydration. When a diabetic has high sugars, his temperature raise therefore, enough water would regulate it to normal through sweating. Water will help the kidney to expunge the excess sugars from his body. Water will

help remove unwanted salts through sweating. Water will improve his mood. And improvement in mood staves off worry.

Sticking to a daily program helps in containing stress. What is your routine? If you wake up and pray, do some workouts and your job, concentrate on them. During these activities don't think of your diabetes unless you have scheduled in between to have a meal, inject oneself with insulin or take a sugar reading. Do not be overly worried of diabetes complications you have been ever told, if they have not yet befallen you, they can wait. You can always tackle them when they come, and they may never come. You could be healed or you would manage you blood sugars effortlessly.

Having a hobby is another way of handling stress. Hobbies include but are not limited to; reading, learning new skills, knitting, skiing, swimming and collecting coins. If left on your own and you feel boredom, that is an obvious indication you need more hobbies. Newly married couples are more likely to get bored if they don't have hobbies. One time while doing pastoral work, we solved Rita's and her husband's hobby problem. Rita used to do house chores all day thinking of her husband. But to her chagrin, when the husband came home in the evening he just sat quiet on the couch reading anything ranging from magazine, newspapers and novels. Rita wanted her husband to chat with her, but since he did not, over time she became a type 2 diabetic because of worry.

When we listened to the husband's side of the story, we found it interesting. He said that he works at customer service help desk of a leading mobile service provider. He spends most of his time trying to be pleasant to customers, helping and solving their problem. At the end of the day, he is emotionally drained that he cannot chat with his wife. His wife had to understand. We suggested his wife should have a hobby. Fortunately she was very good at knitting. She did so good sweaters and children dresses that she started earning an income while at home.

We also suggested the husband should put his arm around the wife's shoulder in the evening as she reads to him any literature of his liking. They both embraced the arrangement. Rita stopped worrying and almost instantly her diabetes healed.

Minding ones finances is perhaps one of the major stress reliever. A few days after people have received salary, you will find banks, micro-finance institutions and shylocks bombarding them with enticing messages. Their mobile phones are constantly receiving an offer to take soft loans from these institutions. This is because these institutions know that the majority of people spend all of their money when they receive it. God knew of it, that is why through Solomon he said, "wise people live in wealth and luxury, but stupid people spend their money as fast as they get it". If a diabetic saves a portion of all his incomes before he starts spending, his assets will grow and

he will live in luxury. He will not have to worry about the future. This also impacts positively on his blood sugar numbers.

Reading the scripture is perhaps the most potent arsenal to help a diabetic to relax. Many people lack inner peace either from guilt or ignorance. Reading the bible makes as meet a happy God. One who forgives and does not hold our sins against us. We see the mistakes made even by persons of great faith and how God forgave them remembering they were just human. He even indentifies with them and says boldly he is their God, father and helper. We get the comfort that even now; God can heal us of diabetes. And if he does not heal us now, he has a greater purpose as to why we are afflicted. We only need to stay positive and see the purpose. Further the bible gives us knowledge that we can request for the Holy Spirit to help us endure anything. God himself promises to send his peace that surpasses any human understanding to calm us.

Proper diet would also help a diabetic not to worry. In chapter one, we saw how diabetic drugs and insulin work. Eating properly as ones diabetes may allow or as the doctor recommends may alleviate worry. One would not worry that certain food my rise his blood sugar or destroy his organs. It is said food rich in zinc have a calming effect on diabetics. Up to this point, we are aware proteins and fats do not raise blood sugar. Diabetics who have eaten to the meter can confidently

have a combination of low carbs, proteins, and fats and remain unworried of their impact on their blood sugar.

Additional methods of learning to relax and restoring ones joy and passion in life are listed by Madden and Morris (2023); spending time outdoors, taking a warm bath, taking a warm drink, spending time with a pet, meditation, mindfulness, disconnect from technology, writing a journal, aromatherapy, taking quick breaks, focus on ones breathing, visualizing, muscle relaxation and having a biofeedback session.

Spending time outdoors like hiking on a new trail, walking in a local park or visiting a game park has a relaxing effect. One feels relaxed since he is reflexively worshiping God for his wonderful creation, and He rewards him instantaneously with peace of mind. Nature is the natural therapy against stress and almost everyone would agree they felt good interacting with nature. Diabetics are not an exception; they can fight worry by spending time outdoors.

Taking a warm bath has been known as a water treatment for ages. It was believed a warm bath taken in a recommended way had healing powers and relieved stress. I am sure that is what gave birth to spas and saunas. A warm birth taken for more than twenty minutes while one is enjoying his favourite music or meditating would relax someone. Diabetics can take advantage of this and it would soothe neuropathy and relieve its pain.

Taking a warm drink early in the morning or the first thing when one is breaking his fast has been argued to remove toxins from the body. At any other time a warm drink like herbal tea or a warm cup of milk with honey will help someone relax. Diabetes can drink warm water especially when the sugars are high and this will not only relax them, but it will purge the body of toxins and bring the sugars down.

Spending time with a pet will relax someone. Some dogs are even sensitive to know if the owner is having High blood sugar (hyperglycaemia) or Low blood sugar (hypoglycaemia) and would seek help to save the owner. Like Magi who I have mentioned elsewhere in this book, was saved by her dog. Knowing your pet has natural instinct to save you will make one relax and know he not only has a pet, but a helper. A pet is as well a loyal friend and thus makes one happy as he would feel when he is with his lover.

Meditation especially speaking of God's promises in a low voice, would relax one. One would know in all challenges he is passing through, he has the creator of the universe watching over him. Meditating gives an avenue of casting ones burden to God, asking him to heal or help one cope with diabetes. Meditation strengthens ones relationship with God, the source of all comfort.

Mindfulness - Madden and Morris (2023) describes mindfulness as paying attention to the present moment. One would avoid worrying about what happened in the past or what may happen in the future. Fittingly, Jesus said, “therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.” Diabetes can learn from this and try to manage their sugar levels to be within acceptable levels for the day. They should not worry how the sugars were the previous day and what they will be the following day. This will help them relax.

Disconnection from technology – Everybody agrees that the present age cause of anxiety is technology. With engrossing social sites like Facebook, Twitter, Instagram, Tiktok and Telgram, one has no time to relax. One is constantly checking how many likes, comments or views a post he made has attracted. This distracts one from the more important things like planning his meals, praying and relaxing. This causes worry to persist as being addicted to technology only dulls ones worry but denies him time to solve the problem and remove the root of the worry. Therefore diabetics can relax by setting a time they disconnect from all technology to visualize, meditate and pray.

Writing a journal – most leading psychologist agree that when problems are in the mind, they lock so mountainous that they scare someone. But when one writes them down in a journal, they pale in magnitude perhaps to the size of a mole hill. Besides, one finds himself coming up with innovative ways to

solve them. Diabetics should try writing the problems in a journal. They may record especially their sugar readings and this will give them even much motivation to monitor them. Though nowadays we have gadgets that record and analyse for them the readings, they should just write them down anyway.

Aromatherapy – inhaling fumes of specific herbs has been used since time immemorial to relax people and treat breathing problems including asthma. Putting essential oils like lavender, chamomile, sage, rosemary in a diffuser has relaxing effects. It is argued sniffing rosemary improves ones memory, diabetics should thus sniff this herb to remain alert.

Taking quick breaks – at work place or while studying, taking quick breaks from time to time enables one to get a grip on himself and relax.

Focusing on ones breathing – breathing exercises have been taught to us since nursery school classes. But as we grew older, we took them for granted. Actually calming ones heart and breathing in deeply and slowly, then breathing out equally slowly for a number of times would relax someone.

Visualizing – is thinking about the best that can happen to you. As a diabetic, think you are healthy and your sugars are normal. Think of all good you wish to be true. Think you are healed.

Muscle relaxation – these requires one to tense and relax his muscles while thinking how tight they are and how limp they are.

Like mindfulness, it relaxes someone as he thinks of the only present moment.

Having a biofeedback session – these method makes use of technology where electrical sensors are attached to different body parts. They track ones response to stress.

Body message, cup method, acupuncture and acupressure – one's body is messaged by hand or electric devises or many variations of that. It works like mindfulness; it relaxes someone as he thinks of the only present moment.

Chapter 9.
Pray to God always to help you battle diabetes

Seybold (2007) outlines the neurological mechanisms involved in the health - spirituality relationship:

Processes in the brain and the neurotransmitters

1. Prayer and other religious practises help activate the frontal lobe of the brain, regulating the autonomic nervous system through neural connections with the limbic system, the hypothalamus and the amygdalae. This encourages a reduction in general stress.

2. Prayer and meditation produce an increase of gamma-aminobutyric acid inhibitory neurotransmitter, melatonin and serotonin. The first two are relaxation agents that cause sleep, especially in elderly people with insomnia. The last is an anger and aggression reducer.

3. Affirmation of personal values and beliefs reduce levels of cortisol-the stress hormone-which helps to prevent excessive psychological stress.

4. Religious activities affect the prefrontal system of the brain through dopamine. This area is involved with impulse control, moral judgement and decision-making. This explains how

religious practices stimulate this area of the brain and invites the person to continue with the practise as long as the religious experience is positive.

Processes in the immune system

1. Religious reflection and prayer cause bidirectional activity between the brain and the immune system that reduces blood pressure, as well as heart and respiratory rate, thereby preventing situations of stress, anxiety and panic.

2. Prayer and meditation cause an increase in left brain activity, a pattern that is known to be associated with better immune response to infections.

Levin (2001) established seven principles

1. Religious affiliations are good for health because they promote healthy behaviours and lifestyles.

2. Religious social life reduces the effects of stress and social isolation.

3. Participation in worship and praise causes physiological effects that lead to positive emotions.

4. Religious beliefs are beneficial because they are similar to thoughts and types of personality that improve health.

5. Simple faith leads to hopeful thoughts optimism and positive expectations.

6. The experience of partaking in a religious community benefits health by activating a curative energy, a vital force or a different vision that is more positive than the reality.

7. Prayer can cause a curative effect on the person or on others through unexplainable processes or through direct, divine intervention.

Seybold (2007) and Levin (2001) both agree that prayer is a compelling force, they have clearly outlined how prayer and believe in God affects our hormonal system. It spurs our immunity to diseases and increases positivity. King David also knew that. In psalms 41:3 we read that, **'the Lord will help them when they are sick and will restore them to health.'** Evidently the verse shows that people who call on God through prayer will be restored to health and be healed of their sickness, prayer is a potent force.

King Hezekiah fell sick and Isaiah told him that he should put everything in order for he was going to die. Hezekiah turned his face to the wall and prayed, **'Remember, Lord, that I have served you faithfully and loyally, and that I have always tried to do what you wanted me to'**. The account continues that as Isaiah was leaving the king alone, God told him to go back and tell him that He had heard his prayer and seen his

tears. He promised him not only to heal him but rescue Jerusalem from Assyria and defend the city.

Notice that Hezekiah refused to accept his eventuality because he knew the power of prayer. It is a lesson to us to have so much conviction in our God such that we refuse to accept those who condemn us. If the doctor says you will die, refuse to accept. If the medical report is bleak, believe God can turn things around. Also look at how he took his petition to God, he faced the wall and prayed. He humbly and freely faced God. 'God though I will die, but I feel it is unfair, look at what I have done, how I tried', he might have said. Hezekiah uses the word I tried meaning he never entirely succeeded in doing good all the time, but the little acts of showing faith in God were enough to qualify him to receive God's grace.

The most interesting account is that of Naaman. Elisha did not meet him to pray over his sickness. He just sent a message that he washes seven times in river Jordan. Naaman was enraged that Elisha did not meet him to pray for his sickness and contended that Abana and Pharpar were far better rivers than Jordan. He would have just got back to Damascus and washed in them. But one of his wise servants recalled him to mind and said that what Elisha had asked of him was so simple, what if he had asked for something hard, he would have done it anyway! He went and dipped himself in river Jordan seven times and he

was completely cured. His flesh became firm and healthy, like that of a child.

The favour of God was on Naaman. It is written he won the wars for Assyria since God helped him. Another thing that shows Naaman was God fearing was his humbleness. Despite winning many wars he was not proud. He listened to his maid servant. And even after knowing he could go to Israel and be cured, he did not go secretly; he asked permission from his king. He listened to his servant and dipped himself seven times in river Jordan. God rewarded him for his acts of faith. Jesus was later to refer to him as the favoured one since there were many people suffering from a dreaded skin disease who lived in Israel during the time of the prophet Elisha; yet not one of them was healed, but only Naaman the Syrian

There was this woman who had suffered severe bleeding for twelve years and it is written she spent everything she had on doctors but they could not cure her. Notice the woman was very resilient, she knew she could be cured, that is why she spent everything. Then she reasoned that if only she could touch the hem of Jesus dress, she could be cured. She did it and she was rewarded abundantly. Jesus called her his daughter and remarked that her faith had made her well.

We are told of a pool with five porches known as Bethzatha. An angel stirred the pool and whoever was first to jump into the

pool was healed of any ailment. There was a man who had waited for 38 years, no one could put him in the pool and others were too fast for him in jumping into the pool. Jesus told him to stand up take his bed and walk. He believed it and he was healed. Jesus saw his persistence, after 38 years with zero possibility he wiould jump into the pool, he did not give up that he would be healed, and that act of faith, made him rewarded with sound health.

Therefore I cannot overemphasize the power of prayer. I hope the above accounts suffice. Diabetics should pray to God hoping for the best.

Chapter 10
How I was healed of Diabetes

When the doctor saw that my random blood sugar reading was 33 mmol/l. He decided to put water in my vein. I refused and asked if I could drink water, what was the need of putting water in my vein? I stormed out of the hospital and went back to the office. The doctor pleaded with my colleague to ensure I returned to the hospital but I adamantly refused. I always like doctors to explain what they are doing and the expected result. Since this one was economical with information I saw no need to allow him do what he wanted.

Another reason that compelled me to refuse to be hospitalised was that my relatives were far and I could not be at mercy of my colleagues. There was unhealthy competition and nasty politics going on in our offices. This is always expected in an institution where nepotism played an important role in its daily activities. Though I sat on the fence and never involved myself in office politics, I was constantly dragged into them. God kept protecting me. Several times the dominant group wanted to use me as a cat's paw. Several times they wanted to use me as a sacrificial lamb.

At this point when I was preparing financial statements, all accounts staff had been transferred en mass to other departments. New ones has been employed at once and posted to the accounts. I could not depend on them since they had no experience and were on probation. Financial statements were needed in ten days time by the controller of budget. Other on demand reports were needed as many interested stake holders had spotlighted our County. World Bank was concerned on how we were implementing the new systems it had recommended and I was to be available to be interviewed by its representatives. I also needed to attend financial management trainings sponsored by World Bank. The management had primed me to fail. Then diabetes struck me unexpectedly!

As a believer in God, I endeavoured to be a man of excellence and never worked under supervision. I did the right thing and even went beyond my calling. I filled the casual vacancies left by en mass transfers. I balanced between meeting deadlines and training new staff. How about the elephant in the house? Was I diabetic? I was in denial. Nevertheless, I cut off drinking soda, I stopped using sugar, and I drank lots of water. My days went on finely. But I was always unable to sleep. I urinated so much at night. Unable to take it anymore, I requested permission to travel and join my wife who would supervise my treatment. My choice hospital at workplace had refused to attend to me as my employer had not paid all National Hospital insurance premiums

in my favour. I had to be taken care of by my wife's health insurance company.

At home a doctor took my random blood sugar and it was 23 mmol/l. I narrated to him all events since three weeks ago when my first random sugar results were 33 mmol/l. He shook his head and observed that my blood was too strong. At a reading of 33 and even 23 I should have had a diabetic coma! He told me he would inject insulin in my vein then put water in my veins after which he would decide what to do in one hour's time. He gave me an insulin jab on my shoulder and put me on the drip. After an hour he took the reading and my random blood sugar was 9 mmol/l.

I was then confused from 33 to 9. I asked him what the recommended blood sugar was. He told me it was between 4 mmol/l to 6 mmol/l. He expected that after two hours my blood sugar would have dropped to that range. He removed the drip and gave me some tablets to swallow in the morning and in the evening. I was to see him the following day for a blood test.

The following day my reading was 14 mmol/l. I was feeling better since my first reading of 33 mmol/l. In addition the western cold temperatures made me feel superb than the Mombasa hot temperatures. The doctor said my sugar reading was still high. He gave me a target to lower it to 9 mmol/l. But

since I knew then the normal range was 4-6 mmol/l my secret target was this range.

I tried everything. I boiled mango leaves and drunk its tea. I boiled guava leaves and drunk its tea. I bought Moringa Oleifera leaves and seeds. I used cinnamon, I used turmeric, ginger and anything they said it helps diabetics lower their blood sugar. I ate low glycermic index fruits; water melon, kiwi fruits, guavas, sour sop, lemons and cucumbers. I ate raw chayote and thorn melon. I followed type 0 diabetics' advice to eat bitter herbs and things. Nothing worked. My blood sugar ranged between 15 and 13 with a one high of 17.

But I was feeling Good than when I was in Mombasa. My hearing was a bit dull; my eyesight had improved though I felt pain rolling my eyeballs. My hair had thinned I had dropped my weight from 88kg to 67 kg. I was not talking clearly. But I felt energetic. I wondered why my sugars were not coming down. It was really frustrating!

At that time my neighbours were gossiping a lot. They advised my mother as a diabetic I should not stay hungry. She therefore ensured I had a thermos flask of sugarless millet porridge at all times. Since I trusted her and it was my first time dealing with the disease. I drank and drank the porridge. One reason was I could not swallow anything solid unless I used vegetables like Jewish Malloy or okra or use water to drain it down my throat. I

had no saliva in my mouth, there was what looked like form in my mouth, and it was a bit sticky.

Due to gossiping, one man from the many herbal clinics visited my mother and convinced her he had experience in treating diabetes. He gave her credentials that baffled her. He also threatened her of diabetic complications that she had urgency he should treat me. I accepted since I wanted the numbers to drop. I was desperate. Thirtieth September was approaching and I had to go back to Mombasa and finalize Submitting financial reports to statutory bodies. The herbal clinic man gave me at least seven herbal medicines which I had to mix in hot water and drink each morning and evening. He assured me they would not affect the formal medication, so I could continue taking the medicine from the hospital.

I went back to Mombasa when my numbers were stuck between 13 and 15. That is when I met a lot of type 0 diabetics. A lot of gossiping had been taking place. Everyone I met at workplace knew I was diabetic and they claimed they were also diabetic or had a parent who was diabetic or had a child who was diabetic. If what they said was anything to go by, then diabetes would have been an epidemic in that County. But at the time my mind did not want to be strained, I just nodded. One thing my colleagues had in common with my neighbours back home was to insist to me I should not stay hungry as a diabetic. I thought they meant well, so I never lacked a snack. As I was constantly

hungry, I was always snacking. Just like my thermos flask of porridge back home.

While in Mombasa, I started to lose my hair. My speech was incoherent as the boy who sold me vegetables at the estate gate told me he could not discern what I was talking about. I was forced to use sign language to communicate with him. But I wondered why my colleagues had not raised the same concern. Colleagues started taking advantage of my ailment to make quick money. They bombarded me with herbal medicine and encouraged me it would cure the disease. But one thing they forgot I was gifted with a good memory. They are the ones who told me they were diabetic, their kid was diabetic and their parent was diabetic. If the herbs could cure, we could not in the first place say they or their relatives were diabetic. I remembered the home incident with an herbal man and steered clear of all the enticements.

The drugs the doctor had given me had contained my urination. But they had failed to bring the sugars down. As I was in Mombasa, my supply of the drug dwindled. I decided to replenish my stock. I went to 6 pharmacists but none had the drug. Then I decided to approach one that was a manufacturer, a wholesaler and retailer of drugs. When I asked for the drug, I was told that drug had been phased off a year ago. They had a new replacement; they asked if they could sell it to me. I refused and said I had to consult my doctor first.

I returned to my bedsitter thinking. Might it be that my numbers were high because I was given an obsolete drug? I checked the expiry date of the drug from its package again. The drug still had a shelf life of two years. The drug was two years old. The drug was manufactured to last four years. I breathed a sigh of relief.

Then I exhausted my blood test strip. I searched the blood strips for my glucometer but did not find them. I told my wife to send blood strips from home. She also searched the stripes from pharmacists but could not find them. Then one pharmacist suggested to her to give him the glucometer and he would replace it for free. I sent the glucometer; it was replaced with one whose blood strips were readily available in leading pharmacists.

It had taken me four days without knowing my numbers. I was only remaining with 1 day's supply of my drug. Luckily my wife got enough supply of the drugs from my doctor and sent me. I struggled with high numbers for four good years. Since I was living alone in Mombasa, the pain I went through should be better left un-described. My body got used to high numbers though by the time we left the office at 4.30 in the evening, I was thoroughly exhausted. I had a supervisor who was also type 0 diabetic. He decided he knew more about me than I knew myself. He wanted me to work beyond 4.30 in the evening and leaving the work place at unspecified time.

I tried to explain to him I was always tired and given that I had to prepare my own meals, it was stressful to me. But because I saw his mind was made up I just kept quiet. He hated me and silently marked me. I met all deadlines and at the time I was performing the duties of the Chief Accountant. But this supervisor saw it fit to deny me privileges despite the fact I was performing higher duties without compensation. Four years later, when I was sure the new staff had acquired adequate competence, I requested for transfer to be near my wife.

My supervisor hid my request for transfer letter and used the religious and nepotism network at Mombasa County to thwart my transfer. I was still struggling with high blood numbers. I had to choose between work and my health. I prayerful asked God about it. Then I told my supervisor I was going for good, he should organise accounting staff and provide leadership.

I travelled by bus from Mombasa to western. It was a journey of 18 hours. I decide not to eat anything or drink anything so as not to have the urge to urinate. I had no drugs to take. Accidently, that journey was a game changer. The first ten hours of the journey were unbearable. I was pressed to pee every one hour. At that time of the year, not many people were travelling so most seats were empty. As I could not stop the bus every one hour, I went to sit at the back seats and urinated inside a water bottle. I

kept urinating in the bottle and emptying it outside through the window.

The last eight hours of the journey were eventless. I reached home safely and took my blood read reading; it was 9.3 mmol/l! I had discovered something at God's own time! I had really prayed to God to heal me. I had implored Him to lower my blood numbers. I had asked him to show me how I can lower them. I had groped in the dark for four good years. Then God started showing me the way little by little.

Contrary to the popular perception among type 0 diabetics that one who is diabetic should not stay hungry. I had stayed without eating for 18 hours! Then the Holy Spirit opened my mind and I started meditating about fasting. I also remembered something I had read over the internet on intermittent fasting several years ago but took it for granted. I put the two together and discovered most fasting in the Bible were intermittent fasting!

The Israelites fasted from morning to evening for one day to repent their sins. The religious leaders like Pharisees fasted two days a week for the rest of their life. The prophetess Ann fasted day and night for the rest of her life, probably having only two meals in a 24 hour day. Daniel fasted by avoiding choice foods and wine, most likely eating only bitter herbs and unleavened bread like the Israelites fasted to remember their deliverance from Egypt. John the Baptist fasted by eating only locusts and

wild honey. It was a great eye opener. Fasting in fact did not mean someone abstains from food but it meant someone had a contrite heart and avoids the spirit of over indulgence. At night when we are asleep for 7 to 12 hours we are fasting!

Another discovery was that I had not used any drug for 18 hours and I had posted the Doctors target number after four years! I resolved to use fasting and food only. I went to tell my doctor the events and my decision and to my surprise, he agreed. He told me visit him each day so he could monitor the progress. I resolved to fast for 21 days.

Fasting for twenty one days (day 1)

I woke up at three in the morning. I prayed to God to take care of my mother, my sisters and their families, my wife and my children. I prayed for my neighbours and I prayed that anybody I interacted with that day should be blessed. I sung three praise and worship songs. I read Psalm 91 audibly. Then I meditated loudly as follows.

1. Moses cried to you God that you should heal his sister Miriam of leprosy and despite her sin you healed her. Please forgive me any of my sins I have done against you and heal me of this diabetes.

2. God you said that you alone are God and no other god is real. You kill and you give life, you wound and you heal. Heal me of this disease!

3. King Jeroboam asked your prophet to pray for him and beseech you to heal his arm. The prophet prayed and you healed his arm. Please God, I pray in Jesus name that you should heal me of this diabetes.

4. Oh God, you saw Hezekiah's tears and heard his prayer, God, why don't you see my tears and heal me of this diabetes?

5. David said he had sinned against you God and pleaded you be merciful to him and heal him. I have sinned against you, please be merciful to me and heal me.

6. Lord, I will live for you, for you alone; heal me and let me live.

7. God you send Jesus to bring good news to the poor, to heal the broken-hearted, to announce release to captives and freedom to those in prison. Implore you to remove me from this prison of sin, set me free and heal my diabetes.

8. God, why do I keep on suffering? Why is my diabetes incurable? Why won't you heal me? Do you intend to disappoint me like a stream that goes dry in the summer?

9. Lord, heal me and I will be completely well; rescue me and I will be perfectly safe. You are the one I praise.

10. God you said you will look for those that are lost, and bring them back; you will bandage those that are hurt. Bandage my wounds. Look for me and heal me.

I humbly request you God to hear my petition and to heal me in the Mighty name of Jesus Christ I pray.

Amen.

I then took the glucose reading and it was 11 mmol/l. I repeated the above meditation at 4 in the morning and at 5 in the morning. Then I had some work-outs for thirty minutes. I took glucose reading, it was 5.3 mmol/l! I nearly cried aloud! I ate my breakfast joyfully then started fasting at 6 in the morning by repeating the above meditation.

At a half past ten, I went to see the doctor. He took the glucose reading. It was 8.5 mmol/l.

I repeated the above meditation at one in the afternoon and also at 4 in the evening before breaking the fast. I took the glucose reading, it was 5.8 mmol/l.

I repeated the meditation at half past eight before I slept.

Fasting for twenty one days (day 2)

I woke up at three in the morning, offered a prayer and sung three praise and worship songs. I read Psalm 91 audibly. Then I meditated loudly as follows.

1. God, Jesus gave power to the disciples to heal the sick, to bring the dead back to life and drive out demons. Heal me of this diabetes, if it originates from demons as they afflicted Job, drive them away from me!

2. Lord, you promised to protect those who love you from all sickness and you would not bring on them any dreadful diseases that you brought on Egyptians. If anybody has cursed me on the witchdoctors shrines to have this sickness let the curse return to them as per your word.

3. God you correct people by sending sickness and filling their bodies with pain. Show me why you are correcting me that I may order my ways and be healed.

4. Oh God, it is encouraging to read that Jesus went all over Galilee healing people who had all kinds of disease and sickness. Please heal me of my diabetes.

5. I praise your name oh God, I will tell people of your greatness. Thank you for helping me post some good blood sugar numbers, let them go down till I am in the normal sugar range.

6. I call to you lord, and you save me from my enemies. Praise the lord. All those at evil shrines cursing and bounding me in spells thwart their efforts. Reduce them to nothing

7. I sing praise to the lord. I tell the wonderful things he has done. I Praise the Lord. I praise his glory and might.

8. I praise you Lord with all my heart; I will tell of all the wonderful things you have done.

9. I will sing with joy because of you. I will sing praise to you, almighty God.

10. I praise the lord, because he guides me, and in the night my conscience warns me.

I humbly request you God to hear my petition and to heal me in the Mighty name of Jesus Christ I pray.

Amen.

I then took the glucose reading and it was 11.2 mmol/l. I repeated the above meditation at 4 in the morning and at 5 in the morning. Then I had some work-outs for thirty minutes. I took glucose reading, it was 4.8 mmol/l. I ate my breakfast joyfully then started fasting at 6 in the morning by repeating the above meditation.

At a half past ten, I went to see the doctor. He took the glucose reading. It was 8.7 mmol/l.

I repeated the above meditation at one in the afternoon and also at 4 in the evening before breaking the fast. I took the glucose reading, it was 5.1 mmol/l.

I repeated the meditation at half past eight before I slept.

Fasting for twenty one days (day 3)

I woke up at three in the morning. I prayed to God to take care of my mother, my sisters and their families, my wife and my children. I prayed for my neighbours and I prayed that anybody I interacted with that day should be blessed. I sung three praise and worship songs. I read Psalm 91 audibly. Then I meditated loudly as follows.

1. Oh God, you said you will be with me and protect me wherever I go and you will bring me back to the land. You will not leave me until you have done what you have promised. Please protect me from my enemies and evil forces, bring me back to the land of health. I wait upon you; let my enemies never gloat over me forever!

2. God send you angel ahead of me as you promised, to protect me. Send you angel to heal me and undo the works of my enemies. Please God, listen to my cry.

3. Lord God, Ezra and others fasted and prayed for you to protect them, and you answered their prayers. As I fast and entreat you to heal me, please answer my prayer.

4. God I have really suffered for four years, nobody understood me, in fact most people wanted to gouge me of every coin they could, protect me and give me rest.

5. I find safety in you God, let me rejoice. Let me sing for joy. Protect me and let me be truly happy.

6. God, everyone wonders how I was able to survive without a diabetic coma when my blood sugar ranged from 33 to 14 mmol/l; I attribute it to your protection. Because you protected me from the power of death, I will serve you faithfully, thank you for not abandoning me to the world of the dead.

7. O lord, you protect me and save me; your care has made me great, and your power has kept me safe.

8. God, thank you for saving me from my foes, thank you for giving me victory over my enemies and protecting me from violent people.

9. Answer me in my trouble God, oh God of Jacob protect me.

10. Even if I go through the deepest darkness, I will not be afraid, lord for you are with me. Your shepherd's rod and staff protect me.

I humbly request you God to hear my petition and to heal me in the Mighty name of Jesus Christ I pray.

Amen.

I then took the glucose reading and it was 10.9 mmol/l. I repeated the above meditation at 4 in the morning and at 5 in the morning. Then I had some work-outs for thirty minutes. I took glucose reading, it was 5.0 mmol/l. I ate my breakfast joyfully then started fasting at six in the morning by repeating the above meditation.

At a half past ten, I went to see the doctor. He took the glucose reading. It was 8.9 mmol/l. The doctor suggested since I seemed stuck at 8 mmol/l, I should try KETO diet. I have explained KETO diet in chapter one of this book. Given that I was only having breakfast and early supper only. I removed carbohydrate from my meals and substituted with fats. Luckily it was an avocado season; I just picked them from my orchard.

I repeated the above meditation at one in the afternoon and also at 4 in the evening before breaking the fast. I took the glucose reading, it was 5.5 mmol/l. I started KETO immediately with the breaking of this fast.

I repeated the meditation at half past eight before I slept.

Fasting for twenty one days (day 4)

I woke up at three in the morning. I prayed to God to take care of my mother, my sisters and their families, my wife and my children. I prayed for my neighbours and I prayed that anybody I

interacted with that day should be blessed. I sung three praise and worship songs. I read Psalm 91 audibly. Then I meditated loudly as follows.

1. Lord God you healed Hezekiah, let me find the favour of Hezekiah before your eyes

2 God you chose only to heal Naaman though there were many people with leprosy at his time, have mercy on me like him.

3. Oh God, you healed Job from the afflictions the devil made him go through and restored his glory. Undo the works of my enemies, heal me and restore me to my former health.

4. God, you heard Abraham's prayer and healed Abimelech's household. Hear my prayer and heal me and my household.

5. My God, Moses made a bronze snake and put it on a pole. Anyone who had been bitten would look at the bronze snake and be healed. I look at Jesus Christ as the Author and finisher of my faith, please heal me as I look upon Jesus.

6. God the woman who had blood flow touched Jesus' cloak and was healed. Let my prayers touch your cloak. Heal me.

7. God, Publius' father was in bed, sick with fever and dysentery. Paul placed hands on him and he was healed. Place your hands on me God and I will be healed.

8. God, forgive me my sins since you said Christ carried our sins in his body to the cross so that we might die to sin and live. It is by his wounds that you have healed me.

9. God you promised to wipe away all my tears from my eyes. You promised I shall grief no more, I shall cry no more. I wait patiently for your manifestation of this promise.

10. I cried to you for help, O Lord my God, and you healed me. Thank you my God.

I humbly request you God to hear my petition and to heal me in the Mighty name of Jesus Christ I pray.

Amen.

I then took the glucose reading and it was 5.9 mmol/l! I repeated the above meditation at 4 in the morning and at 5 in the morning. Then I had some work-outs for ten minutes only since I felt weak. I took glucose reading, it was 4.1 mmol/l. I ate my breakfast then started fasting at six in the morning by repeating the above meditation.

At a half past ten, I went to see the doctor. He took the glucose reading. It was 4.2 mmol/l. He was happy and surprised. I informed him I felt weak. He told me to be patient since the body was used to high sugars, it was finding some challenges with normal sugars.

I repeated the above meditation at one in the afternoon and also at 4 in the evening before breaking the fast. I took the glucose reading, it was 3.9 mmol/l. I ate my KETO meal.

I repeated the meditation at half past eight before I slept.

Fasting for twenty one days (day 5)

I woke up at three in the morning. I prayed to God to take care of my mother, my sisters and their families, my wife and my children. I prayed for my neighbours and I prayed that anybody I interacted with that day should be blessed. I sung three praise and worship songs. I read Psalm 91 audibly. Then I meditated loudly as follows.

1. Oh God, you have said angels are spirits that serve you and are sent by you to help those who receive salvation. I need your salvation from this diabetes. Send your angels to minister to me.

2. You oh God sent angels to save Lot from Sodom, send your angel to save me from pain and this sickness.

3. My God, Job asked if anyone could count the angels that serve you. Only one angel is enough to minister to us. Send your angel to help me.

4. Yes God, let one angel come to my aid, one of your thousands of angels to remind me of my duty.

5. God put your angel in charge of me according to your promise, to protect me wherever I go and heal me of my disease.

6. I praise you God my Lord. Your strong and mighty angels, who obey your commands and who listen to what you say.

7. Your alert and watchful angels execute your decision to give human kingdoms to anyone you choose, even the least important. I am least important and scorned. This disease has made many people take advantage of me, please come to my rescue.

8. God you look at us here on the earth as nothing, angels in heaven and people here on earth are under your control. No one can oppose your will or question what you do.

9. Let the devil leave me, let the curses incarnated against me on various shrines amount to nothing, send you angels to help me.

10. Jesus assured his disciples that he could call on you God and at once you would send him more than 12 armies of angels. Send twelve armies of angels to me God. Let them fight my enemies who are busy cursing me with sickness.

I humbly request you God to hear my petition and to heal me in the Mighty name of Jesus Christ I pray.

Amen.

I then took the glucose reading and it was 5.4 mmol/l! I repeated the above meditation at four in the morning and at five in the morning. I did not work-out, I felt weaker. I ate my KETO breakfast then started fasting at six in the morning by repeating the above meditation.

At a half past ten, I went to see the doctor. He took the glucose reading. It was 4.9 mmol/l. He nodded with approval; he said he would try the method on some of his type 2 diabetic patients who were struggling with high numbers. I informed him I still felt weak. He told me if the following day I still felt feeble; he would introduce me to a low carb diet. I repeated the above meditation at one in the afternoon and also at 4 in the evening before breaking the fast. I took the glucose reading, it was 3.9 mmol/l. I ate my KETO meal.

I repeated the meditation at half past eight before I slept.

Fasting for twenty one days (day 6)

I woke up at three in the morning. I prayed to God to take care of my mother, my sisters and their families, my wife and my children. I prayed for my neighbours and I prayed that anybody I interacted with that day should be blessed. I sung three praise and worship songs. I read Psalm 91 audibly. Then I meditated loudly as follows.

1. Do no banish me from your presence God; do not take your Holy Spirit away from me. I need your help I need your guidance.

2. God, do not became my enemy and fight against me. Help me not to rebel against you and make the Holy Spirit sad.

3. God, Daniel had your spirit in him. He was skilful and had knowledge and wisdom. Let your spirit be on me, let me be skilful and knowledgeable in managing this disease.

4. God, in the Bible it is written that after being baptised and fasting, Jesus returned to Galilee and the power of the Holy Spirit was with him. The news about him spread throughout all the territory. Your spirit did great things in Jesus to be known, let your spirit do greatness in healing me.

5. God, through Jesus Christ you promised that when the Holy Spirit comes upon us, we will be filled with power and we will be witnesses of Jesus to the all ends of the world. Heal me and I will witness to the whole world of your great power.

6. O Lord, you protect me and save me; your help has made me great.

7. Hear my prayer oh God, listen to me in your home in heaven, forgive me and help me. You alone know my thoughts. Deal with me as I deserve. Sovereign Lord, may you always look with

favour on me and hear my prayer whenever I call to you for help.

8. I have no strength left to save myself; there is nowhere I can turn for help. God come and help me, restore my flesh as my reward.

9. But God you will never abandon the faithful or ever give help to evil people. Let me not be afraid of my enemies; let many people ask me for help.

10. When I call a servant, he doesn't answer, even when I beg him to help me. Does doing the right thing benefit you God, or does being good help you at all? Will I help you God by being righteous? There is nothing you need from me. They talk about me and say, 'God will not help him', but you, O Lord are always my shield from danger; you give me victory and restore my courage. I call to the Lord for help. And from his sacred hill he answers me.

I humbly request you God to hear my petition and to heal me in the Mighty name of Jesus Christ I pray.

Amen.

I then took the glucose reading and it was 5.1 mmol/l! I repeated the above meditation at four in the morning and at five in the morning. I did not work-out, I felt weak. I ate my KETO breakfast

then started fasting at six in the morning by repeating the above meditation.

At a half past ten, I went to see the doctor. He took the glucose reading. It was 4.2 mmol/l. He just smiled. I informed him I still felt weak. He told me I should add some carbohydrate to my meals. I repeated the above meditation at one in the afternoon and also at 4 in the evening before breaking the fast. I took the glucose reading, it was 3.9 mmol/l. I ate my KETO meal and added whole maize meal ugali.

I repeated the meditation at half past eight before I slept.

Fasting for twenty one days (day 7)

I woke up at three in the morning. I prayed to God to take care of my mother, my sisters and their families, my wife and my children. I prayed for my neighbours and I prayed that anybody I interacted with that day should be blessed. I sung three praise and worship songs. I read Psalm 91 audibly. Then I meditated loudly as follows.

1. My father Jehovah, I thank you in this Journey of restoring my health. I can clearly see great progress. Continue protecting me from type 0 diabetics. They lied to me and I was always snacking and my sugars remained high. They lied to me to eat bitter things and sundry that I wasted money on nothing. They

lied to me they are diabetic, their parent were diabetic or their child was diabetic. They lied to me about natural herbs.

2. My father God, it is good to know Jesus whom you poured on the Holy Spirit and power went everywhere, doing good. He healed all who were under the power of the Devil for you were with him. Heal me and be with me, let me never succumb again to the devil's lies.

3. God, it really astonishes me that people could just lie without batting an eyelid. They are full of all kinds of evil tricks, always intent on benefitting from my bad health.

4. Help me not to give the devil a chance. Protect me from sweet speaking people, who their tongue drip honey but they have hidden malice behind it.

5. Let me not be tempted and all the work I have put into my desire to get healed of this disease, to amount to nothing.

6. Lord God help me to submit to you and keep liars at the bay and persons who want to take advantage of me.

7. Make me alert and concentrate on what I am doing as I seek healing from you. Push away fear mongers from me.

8. Drive out demons sent to immobilize me and make me stagnate. Let everyone be amazed and know you have been with me.

9. Jesus gave a command to a demon and it went out of a boy and at that very moment he was healed. Give commands and sent all devils from me and heal me.

10. Jesus also ordered a spirit to be quiet and to come out of a man. Though the demon threw the man down in front of a crowd, it went out of him without doing him any harm. Let those who have tied me to demons in their evil shrine intending to bring me down and harm me be amazed how you command them out of me and they will lose power to harm me.

I humbly request you God to hear my petition to and to heal me in the Mighty name of Jesus Christ I pray.

Amen.

I then took the glucose reading and it was 8 mmol/l! I repeated the above meditation at four in the morning and at five in the morning. I did some work-outs for 30 minutes. Then I took blood glucose reading and it was 6.3 mmol/l. I ate my KETO breakfast with some cassava then started fasting at six in the morning by repeating the above meditation.

At a half past ten, I went to see the doctor. He took the glucose reading. It was 6.0 mmol/l. He advised me not to eat a lot of carbohydrates. I repeated the above meditation at one in the afternoon and also at 4 in the evening before breaking the fast. I took the glucose reading, it was 5.4 mmol/l. I ate my KETO meal and added brown rice.

I repeated the meditation at half past eight before I slept.

Fasting for twenty one days (day 8)

I woke up at three in the morning. I prayed to God to take care of my mother, my sisters and their families, my wife and my children. I prayed for my neighbours and I prayed that anybody I interacted with that day should be blessed. I sung three praise and worship songs. I read Psalm 91 audibly. Then I meditated loudly as follows.

1. Thank you God that your spirit comes to us human beings and gives us wisdom. Thank you for the wisdom you have given me so far in managing diabetes.

2. Your law God is perfect; it gives new strength. Your commands are trustworthy, having given me wisdom and discipline to live with diabetes.

3. You cleared my thoughts, let me speak words of wisdom and help even one person that is struggling to manage diabetes.

4. Give me wisdom and knowledge, because I trust in your commands.

5. I have greater wisdom than those who are old because I obey your commands.

6. Great and mighty is our Lord; his wisdom cannot be measured.

7. Inexperienced people die because they reject wisdom. Stupid people are destroyed by their own lack of concern. Help me forever listen to you and gain wisdom to deal with any challenge.

8. It is you Lord who gives wisdom; from you come knowledge and understanding. Those who became wise are happy; wisdom will give them life.

9. Let me love wisdom and let her make me great. I embrace her, let her bring me honour.

10. Lord God, you have said wisdom is better than jewels and nothing can compare with her. She has insight; she has knowledge and sound judgement. I am the one who will profit from wisdom, but if I reject her, I will suffer...thank you God for this insight.

I humbly thank you God that you have taught me and healed me in the Mighty name of Jesus Christ.

Amen.

I then took the glucose reading and it was 13 mmol/l! I repeated the above meditation at four in the morning and at five in the morning. I did some work-outs for 30 minutes. Then I took blood glucose reading and it was 9.1 mmol/l. I ate my KETO breakfast

with some whole wheat bread and a fruit then started fasting at six in the morning by repeating the above meditation.

At a half past ten, I went to see the doctor. He took the glucose reading. It was 9.0 mmol/l. He shook his head. Then he suggested I eat to my meter. Eating to the meter meant that I took the blood sugar reading before a meal. I was to take blood reading one hour after the meal. Then take the reading again two hours after a meal. After two hours if the blood sugar had not returned to the number before meal, I should not eat that carbohydrate again. He also showed me carbohydrate counting for processed food. He told me to start with, for processed food, I should not eat more than 50 g of carbohydrate per day. But for any other food that does not have a label, I should test it by eating to the meter.

I repeated the above meditation at one in the afternoon and also at 4 in the evening before breaking the fast. I took the glucose reading, it was 7.4 mmol/l. I ate my KETO meal and millet ugali with a fruit.

I repeated the meditation at half past eight before I slept.

Fasting for twenty one days (day 9)

I woke up at three in the morning. I prayed to God to take care of my mother, my sisters and their families, my wife and my

children. I prayed for my neighbours and I prayed that anybody I interacted with that day should be blessed. I sung three praise and worship songs. I read Psalm 91 audibly. Then I meditated loudly as follows.

1. I will thank you God for your justice. I will sing praises to the Lord, the Most High.

2. I will always thank you LORD. I will never stop praising you.

3. I will thank you in the assembly of your people. I will praise you before them all.

4. I will always thank you God for what you have done; in the presence of your people I will proclaim that you are good.

5. I will thank you, O Lord, among the nations. I will praise you among the peoples.

6. I thank you Lord for your constant love, for the wonderful things you have done to me.

7. I had given up hope, in my trouble, I called to you God and you saved me from my distress.

8. I was worn out from hard work; I would fall down and no one would help, then in my trouble I called to you Lord. And you saved me from my distress.

9. I will thank you with praise and worship songs. With songs of joy I must tell all that you have done.

10. I thank you God for your constant love and for the wonderful things you have done to me.

I humbly thank you and praise you God for the good deeds you have done to me in the Mighty name of Jesus Christ.

Amen.

I then took the glucose reading and it was 6.7 mmol/l! I repeated the above meditation at four in the morning and at five in the morning. I did some work-outs for 30 minutes. Then I took blood glucose reading and it was 5.6 mmol/l. I ate my KETO breakfast with some sweet potatoes and a fruit then started fasting at six in the morning by repeating the above meditation.

At a half past ten, I went to see the doctor. He took the glucose reading. It was 5.8 mmol/l. He told me the portion of the millet ugali I ate in the evening and sweet potatoes in the morning; I should consider them diabetic friendly to me.

I repeated the above meditation at one in the afternoon and also at 4 in the evening before breaking the fast. I took the glucose reading, it was 5.6 mmol/l. I ate my KETO meal and one and half chapati with a fruit and some green vegetables.

I repeated the meditation at half past eight before I slept.

Fasting for twenty one days (day 10)

I woke up at three in the morning. I prayed to God to take care of my mother, my sisters and their families, my wife and my children. I prayed for my neighbours and I prayed that anybody I interacted with that day should be blessed. I sung three praise and worship songs. I read Psalm 91 audibly. Then I meditated loudly as follows.

1. Oh God, we cannot understand the great things you do. And to your miracles there is no end.

2. I leap for joy no matter how great my pain. I know that God you are holy and I have never opposed what you command.

3. I cannot understand the great things you do God, to your miracles there is no end.

4. Because of your great love oh God, I can come into your house; I can worship in your holy temple and bow to you in reverence.

5. God, you reached down from above and took hold of me; you pulled me out of the deep waters.

6. Now I know that the Lord gives victory to his chosen one; he answers him from his holy heaven and by his power gives him great victories.

7. Thank you God that you came to me with great blessings and set a crown of gold on my head.

8. I praise you, LORD for your great strength. I will sing and praise your power.

9. Turn to me God, and be merciful to me, because I am lonely and weak. Relieve me of my worries and save me from all my troubles. Consider my distress and suffering and forgive all my sins.

10. War horses are useless for victory; their great strength cannot save. The LORD watches over those who obey him, those who trust in his constant love. I put my hope in the Lord; he is my protector and my help.

I humbly thank you and praise you God for your greatness in the Mighty name of Jesus Christ.

Amen.

I then took the glucose reading and it was 6.3 mmol/l! I repeated the above meditation at four in the morning and at five in the morning. I did some work-outs for 30 minutes. Then I took blood glucose reading and it was 4.9 mmol/l. I ate my KETO breakfast, which from now henceforth I will call it Low carbohydrate (low carb) diet with some arrow roots and a fruit then started fasting at six in the morning by repeating the above meditation.

At a half past ten, I went to see the doctor. He took the glucose reading. It was 5.1 mmol/l. He was glad I was getting it.

I repeated the above meditation at one in the afternoon and also at 4 in the evening before breaking the fast. I took the glucose reading, it was 4.7 mmol/l. I ate my low carb meal, the main carbs being pasta with a fruit and some green vegetables.

I repeated the meditation at half past eight before I slept.

Fasting for twenty one days (day 11)

I woke up at three in the morning. I prayed to God to take care of my mother, my sisters and their families, my wife and my children. I prayed for my neighbours and I prayed that anybody I interacted with that day should be blessed. I sung three praise and worship songs. I read Psalm 91 audibly. Then I meditated loudly as follows.

1. Thank you God that you give strength to hands that are tired and knees that tremble with weakness.

2. Thank you God for edifying me that what seems to be your foolishness is wiser than human wisdom and what seems your weakness is stronger than human strength.

3. Thank you God that even though it was weakness that Jesus was put to death on the cross, it is by your power that he lives.

In union with him we are also weak; but in our relationship with you we shall share your power in this life.

4. Thank you God that the bows of strong soldiers are broken, but the weak grow strong.

5. Thank you God that you have taught many people and given strength to feeble hands. When someone stumbled, weak and tired your words encouraged him to stand.

6. Turn to me, LORD and be merciful to me, because I am lonely and weak. Relieve me of my worries and save me from all my troubles.

7. Be merciful to me, LORD, for I am in trouble; my eyes are tired from so much crying; I am completely worn out. I am exhausted by sorrow, and weeping has shortened my life. I am weak from all my troubles; even my bones are wasting away.

8. With all my heart I will say to the LORD, there is no one like you. You protect the weak from the strong, the poor from the oppressor.

9. I am weak and poor, O LORD, but you have not forgotten me. You are my saviour and my God – hurry to may aid!

10. My mind and body may grow weak, but God is my strength; he is all I ever need.

I humbly thank you and praise you God that you are my strength in the Mighty name of Jesus Christ.

Amen.

I then took the glucose reading and it was 12.0 mmol/l! I repeated the above meditation at four in the morning and at five in the morning. I did some work-outs for 30 minutes. Then I took blood glucose reading and it was 10.1 mmol/l. I ate my low carb diet. Carbs were mainly from millet porridge and a fruit then started fasting at six in the morning by repeating the above meditation.

At a half past ten, I went to see the doctor. He took the glucose reading. It was 9.5 mmol/l. He told me to strike off pasta from my meals for the time being

I repeated the above meditation at one in the afternoon and also at 4 in the evening before breaking the fast. I took the glucose reading, it was 6.1 mmol/l. I ate my low carb meal, the main carbs being beans and green leafy vegetables.

I repeated the meditation at half past eight before I slept.

Fasting for twenty one days (day 12)

I woke up at three in the morning. I prayed to God to take care of my mother, my sisters and their families, my wife and my

children. I prayed for my neighbours and I prayed that anybody I interacted with that day should be blessed. I sung three praise and worship songs. I read Psalm 91 audibly. Then I meditated loudly as follows.

1. Thank you God that you give me strength for the battle and victory over my enemies. You make my enemies run from me.

2. Lord I am you servant, that you rescued with your great power and strength.

3. What strength have I got to keep living? Why go on living when I have no hope? I have no strength left to save myself; there is nowhere I can turn for help.

4. God, but thieves and godless people live in peace, though their only god is their own strength. They claim they succeed by their own strength but their way of thinking I can't accept. But you disgrace those in power and put an end to the strength of rulers.

5. I am worn out, O lord; have pity on me! Give me strength; I am completely exhausted.

6. Look at me, O Lord my God, and answer me. Restore my strength; don't let me die.

7. I praise you lord for your great strength! I will sing and praise your power.

8. You give me new strength and guide me in the right paths, as you have promised.

9. Thank you God that you give strength to me and bless me with peace.

10. So I will not be silent, I will sing praise to you. LORD you are my GOD; I will give you thanks forever.

I humbly thank you God that you are my strength in the Mighty name of Jesus Christ.

Amen.

I then took the glucose reading and it was 5.8 mmol/l! I repeated the above meditation at four in the morning and at five in the morning. I did some work-outs for 30 minutes. Then I took blood glucose reading and it was 4.9 mmol/l. I ate my low carb diet. Carbs were mainly from arrow roots and a fruit then started fasting at six in the morning by repeating the above meditation.

At a half past ten, I went to see the doctor. He took the glucose reading. It was 4.3 mmol/l. He said he was going to make most of his type 2 diabetic patients adopt low carb diet with some fasting. My results were eye opening to him.

I repeated the above meditation at one in the afternoon and also at 4 in the evening before breaking the fast. I took the glucose reading, it was 3.9 mmol/l. I ate my low carb meal, the main carbs being whole meal maize ugali and green leafy vegetables.

I repeated the meditation at half past eight before I slept.

Fasting for twenty one days (day 13)

I woke up at three in the morning. I prayed to God to take care of my mother, my sisters and their families, my wife and my children. I prayed for my neighbours and I prayed that anybody I interacted with that day should be blessed. I sung three praise and worship songs. I read Psalm 91 audibly. Then I meditated loudly as follows.

1. My God, look at their empty words. The words they are saying seem like I have heard them before. The comfort they give me only serves to torment me further.

2. Their insults have broken my heart and I am in despair. I had hoped for sympathy, but there was none; for comfort, but I found none.

3. Oh God, you have sent troubles and suffering on me, but you will restore my strength; you will keep me from the grave. You will make me greater than ever; you will comfort me again.

4. In times of trouble I pray to the LORD; all night long I lift my hands in prayer but I cannot find comfort.

5. Show me proof of your goodness, LORD; so that those who hate me will be ashamed when they see that you have given me comfort and help.

6. Whenever I am anxious and worried, you comfort me and make me glad.

7. I remember your judgements of long ago and they bring me comfort O LORD.

8. I praise you LORD! You were angry with me, but now you comfort me and are angry no longer.

9. Sing heavens! Shout for joy earth! Let the mountains burst into a song! The LORD comforts his people; he will have pity on his suffering people.

10. I will break into shouts of joy. God will rescue me and comfort me.

I humbly thank you God that you Comfort me in the Mighty name of Jesus Christ.

Amen.

I then took the glucose reading and it was 6.0 mmol/l. I repeated the above meditation at four in the morning and at five in the morning. I did some work-outs for 30 minutes. Then I took blood glucose reading and it was 5.1 mmol/l. I ate to the meter my low

carb breakfast. I started fasting at six in the morning by repeating the above meditation.

At a half past ten, I went to see the doctor. He took the glucose reading. It was 4.8 mmol/l. He said it was no longer necessary for me to see him, but I should not hesitate to see or call him if the blood sugars went out of control. I got home happy, leaping with joy. God had answered my prayer. He was comforting me.

I repeated the above meditation at one in the afternoon and also at 4 in the evening before breaking the fast. I took the glucose reading, it was 4.0 mmol/l. I ate to the meter my low carb meal.

I repeated the meditation at half past eight before I slept.

Fasting for twenty one days (day 14)

I woke up at three in the morning. I prayed to God to take care of my mother, my sisters and their families, my wife and my children. I prayed for my neighbours and I prayed that anybody I interacted with that day should be blessed. I sung three praise and worship songs. I read Psalm 91 audibly. Then I meditated loudly as follows.

1. Surely your goodness and love will follow me all the days of my life and I will dwell in the house of the LORD forever.

2. Forgive the sins and errors of my youth God. In your constant love and goodness, remember me LORD!

3. I know that I will live to see the LORD's goodness in this present life. I will trust in God, I will have faith, I will not despair.

4. God's anger lasts only a moment, His goodness is for a lifetime. Tears may flow in the night, but joy comes in the morning.

5. I will feast on the abundant food you provide God; you have let me drink from the river of your goodness.

6. Answer me, Lord in the goodness of your constant love; in your great compassion turn to me!

7. I will tell of your goodness; all day long I will speak of your salvation, though it is more than I can understand.

8. I will go in the strength of the LORD God; I will proclaim your goodness.

9. Because of you God, I have rejoiced all day long, and I praise you for your goodness.

10. I will honour you God, for your love lasts forever, and your goodness endures for all generations.

I humbly thank you God for your goodness in the Mighty name of Jesus Christ.

Amen.

I then took the glucose reading and it was 5.8 mmol/l. I repeated the above meditation at four in the morning and at five in the morning. I did some work-outs for 30 minutes. Then I took blood glucose reading and it was 4.9 mmol/l. I ate to the meter my low carb breakfast. I started fasting at six in the morning by repeating the above meditation.

I repeated the above meditation at one in the afternoon and also at 4 in the evening before breaking the fast. I took the glucose reading, it was 4.2 mmol/l. I ate to the meter my low carb meal.

I repeated the meditation at half past eight before I slept.

Fasting for twenty one days (day 15)

I woke up at three in the morning. I prayed to God to take care of my mother, my sisters and their families, my wife and my children. I prayed for my neighbours and I prayed that anybody I interacted with that day should be blessed. I sung three praise and worship songs. I read Psalm 91 audibly. Then I meditated loudly as follows.

1. But my sovereign Lord, help me as you have promised, and rescue me because of the goodness of your love.

2. What can I offer the Lord for all His goodness to me?

3. Set me free from my distress God, then in the assembly of your people I will praise you because of your goodness to me.

4. Rescue me, Lord, as you have promised; in your goodness save me from my troubles!

5. Let your spirit produce fruits of love, joy, peace, patience, kindness, goodness, faithfulness, humility, and self-control in me.

6. Help me to do my best to add goodness to my faith; and to my goodness add knowledge.

7. You are a righteous God and judge my thoughts and desires. Stop the wickedness of evildoers and reward those who are good.

8. You are righteous God, and you love good deeds. Those who do good deeds will live in your presence.

9. I say to you God, you are my LORD; all the good things I have come from you.

10. O Lord, you are faithful to those who are faithful to you; completely good to those who are perfect.

I humbly thank you God for your faithfulness in the Mighty name of Jesus Christ.

Amen.

I then took the glucose reading and it was 5.6 mmol/l. I repeated the above meditation at four in the morning and at five in the morning. I did some work-outs for 30 minutes. Then I took blood glucose reading and it was 4.8 mmol/l. I ate to the meter my low carb breakfast. I started fasting at six in the morning by repeating the above meditation.

I repeated the above meditation at one in the afternoon and also at 4 in the evening before breaking the fast. I took the glucose reading, it was 4.0 mmol/l. I ate to the meter my low carb meal.

I repeated the meditation at half past eight before I slept.

Fasting for twenty one days (day 16)

I woke up at three in the morning. I prayed to God to take care of my mother, my sisters and their families, my wife and my children. I prayed for my neighbours and I prayed that anybody I interacted with that day should be blessed. I sung three praise and worship songs. I read Psalm 91 audibly. Then I meditated loudly as follows.

1. You were good to me, Lord; you protected me like a mountain fortress. But then you hid yourself from me and I was afraid.

2. How wonderful are the good things you keep for those who honour you! Everyone knows how good you are, how securely you protect those who trust you.

3. Find out for yourselves how good the Lord is. Happy are those who find safety in him.

4. Even lions go hungry for lack of food, but those who obey the Lord will lack nothing good.

5. God will take away the strength of the wicked, but will protect those who are good.

6. David said he was old then, but the long time he had lived, he had never seen good people abandoned by you God or their children begging for food. Thank you my God that you will never abandon me.

7. I will turn away from evil and do good, let my descendants always live in the land.

8. David said, notice good people, observe the righteous; peaceful people have descendants.

9. Beautiful words fill my mind, as I compose this song for God. Like the pen of a good writer, my tongue is ready with a poem.

10. I will always thank you, God, for what you have done; in the presence of your people I will proclaim that you are good.

I humbly thank you God that you are good in the Mighty name of Jesus Christ.

Amen.

I then took the glucose reading and it was 5.7 mmol/l. I repeated the above meditation at four in the morning and at five in the morning. I did some work-outs for 30 minutes. Then I took blood glucose reading and it was 5.0 mmol/l. I ate to the meter my low carb breakfast. I started fasting at six in the morning by repeating the above meditation.

I repeated the above meditation at one in the afternoon and also at 4 in the evening before breaking the fast. I took the glucose reading, it was 4.6 mmol/l. I ate to the meter my low carb meal.

I repeated the meditation at half past eight before I slept.

Fasting for twenty one days (day 17)

I woke up at three in the morning. I prayed to God to take care of my mother, my sisters and their families, my wife and my children. I prayed for my neighbours and I prayed that anybody I interacted with that day should be blessed. I sung three praise and worship songs. I read Psalm 91 audibly. Then I meditated loudly as follows.

1. I will gladly offer you a sacrifice, O Lord; I will give you thanks because you are good.

2. All righteous people will rejoice because of what the Lord has done. They will find safety in him; all good people will praise him.

3. Happy are those whom you choose, whom you bring to live in your sanctuary. I shall be satisfied with the good things from God.

4. God is indeed good to those who have pure hearts.

5. The Lord is our protector and glorious king, blessing us with kindness and honour. He does not refuse any good thing to those who do what is right.

6. You are good to me and forgiving God, full of constant love for me.

7. How good it is to give thanks to you, O Lord, to sing in your honour, O most High God.

8. Sing to the Lord and praise Him! Proclaim every day the good news that he has saved us.

9. The Lord is good; his love is eternal and his faithfulness lasts forever.

10. Praise the Lord. Give thanks to the Lord because he is good; His love is eternal.

I humbly thank you God that you are good in the Mighty name of Jesus Christ.

Amen.

I then took the glucose reading and it was 5.3 mmol/l. I repeated the above meditation at four in the morning and at five in the morning. I did some work-outs for 30 minutes. Then I took blood glucose reading and it was 4.7 mmol/l. I ate to the meter my low carb breakfast. I started fasting at six in the morning by repeating the above meditation.

I repeated the above meditation at one in the afternoon and also at 4 in the evening before breaking the fast. I took the glucose reading, it was 4.2 mmol/l. I ate to the meter my low carb meal.

I repeated the meditation at half past eight before I slept.

Fasting for twenty one days (day 18)

I woke up at three in the morning. I prayed to God to take care of my mother, my sisters and their families, my wife and my children. I prayed for my neighbours and I prayed that anybody I interacted with that day should be blessed. I sung three praise and worship songs. I read Psalm 91 audibly. Then I meditated loudly as follows.

1. Give thanks to the Lord because He is good; his love is eternal.

2. God satisfies those who are thirsty and fills the hungry with good things.

3. The good man's children will be powerful in the land; his descendants will be blessed,

4. Light shines in the darkness for good people, for those who are merciful, kind and just.

5. A good person will never fail; he will always be remembered.

6. The Lord is merciful and good; our God is compassionate,

7. Be confident, my heart, because the Lord has been good to me.

8. Give thanks to the Lord, because He is good, and His love is eternal.

9. The Lord is God; He has been good to me. With branches in my hands, I will start the festival and march around the altar.

10. Give thanks to the Lord, because he is good, and his love is eternal.

I humbly thank you God for healing me in the Mighty name of Jesus Christ.

Amen.

I then took the glucose reading and it was 5.5 mmol/l. I repeated the above meditation at four in the morning and at five in the morning. I did some work-outs for 30 minutes. Then I took blood glucose reading and it was 4.8 mmol/l. I ate to the meter my low

carb breakfast. I started fasting at six in the morning by repeating the above meditation.

I repeated the above meditation at one in the afternoon and also at 4 in the evening before breaking the fast. I took the glucose reading, it was 4.1 mmol/l. I ate to the meter my low carb meal.

I repeated the meditation at half past eight before I slept.

Fasting for twenty one days (day 19)

I woke up at three in the morning. I prayed to God to take care of my mother, my sisters and their families, my wife and my children. I prayed for my neighbours and I prayed that anybody I interacted with that day should be blessed. I sung three praise and worship songs. I read Psalm 91 audibly. Then I meditated loudly as follows.

1. You have kept your promise, Lord, and you are good to me, your servant.

2. How good you are – how kind! Teach me your commands.

3. My punishment was good for me, because it made me learn your commands.

4. Because of your constant love, be good to me so that I may obey your laws.

5. I have done what is right and good; don't abandon me to my enemies!

6. Lord, do good to those who are good, to those who obey your commands.

7. Praise the Lord, because he is good; sing praises to his name, because he is kind.

8. Give thanks to the Lord, because he is good; his love is eternal.

9. God is good to everyone and has compassion on all he made.

10. Praise the Lord! It is good to sing praise to our God; it is pleasant and right to praise him.

I praise you God for healing and having compassion on me in the Mighty name of Jesus Christ.

Amen.

I then took the glucose reading and it was 5.3 mmol/l. I repeated the above meditation at four in the morning and at five in the morning. I did some work-outs for 30 minutes. Then I took blood glucose reading and it was 4.5 mmol/l. I ate to the meter my low carb breakfast. I started fasting at six in the morning by repeating the above meditation.

I repeated the above meditation at one in the afternoon and also at 4 in the evening before breaking the fast. I took the glucose reading, it was 3.8 mmol/l. I ate to the meter my low carb meal.

I repeated the meditation at half past eight before I slept.

Fasting for twenty one days (day 20)

I woke up at three in the morning. I prayed to God to take care of my mother, my sisters and their families, my wife and my children. I prayed for my neighbours and I prayed that anybody I interacted with that day should be blessed. I sung three praise and worship songs. I read Psalm 91 audibly. Then I meditated loudly as follows.

1. Oh my God, bless me so that when enemies visit evil shrines to curse me they should get the reply, 'how can I curse what God has not cursed, or speak doom when the Lord has not?' Confuse them that instead of cursing me they bless me.

2. God notice my misery and give me blessings to take the place of all curses pronounced on me by my enemies.

3. God they have paid witchdoctors and those who would help me to curse me. But thank you God that you have turned their curses into blessings.

4. They curse me, but you will bless me. May my persecutors be defeated, and may I, your servant be glad.

5. The Lord puts a curse on the homes of the wicked, but blesses the homes of the righteous.

6. I am like a mighty lion. When I am sleeping, no one dares wake me up. Whoever blesses me will be blessed, and whoever curses me will be cursed.

7. God will turn all these curses against my enemies, who hated me and oppressed me.

8. My enemies cursed me naturally as they dress themselves. May their own curses soak into their bodies like water and their bones like oil. May they cover them like clothes and always be round them like a belt. Lord, punish my enemies in that way – those who say such evil things against me!

9. God like the promise you gave to your servant Abraham, bless me and make my name famous, so that I will be a blessing.

10. My God, please bless those who bless me and curse those who curse me.

Thank you my God for revealing to me that some sicknesses are from Satan, just like he afflicted Job. My human enemies would advance the work of the devil visiting evil shrines to curse me. They would pay their way to stagnate my advancement and

promotion. Let what they wished to deny me, give it to me ten times. Wherever they want to see me suffering, give them a lot of pain to see me thriving luxuriantly in the Mighty name of Jesus Christ.

Amen.

I then took the glucose reading and it was 5.1 mmol/l. I repeated the above meditation at four in the morning and at five in the morning. I did some work-outs for 30 minutes. Then I took blood glucose reading and it was 4.6 mmol/l. I ate to the meter my low carb breakfast. I started fasting at six in the morning by repeating the above meditation.

I repeated the above meditation at one in the afternoon and also at 4 in the evening before breaking the fast. I took the glucose reading, it was 4.4 mmol/l. I ate to the meter my low carb meal.

I repeated the meditation at half past eight before I slept.

Fasting for twenty one days (day 21)

I woke up at three in the morning. I prayed to God to take care of my mother, my sisters and their families, my wife and my children. I prayed for my neighbours and I prayed that anybody I interacted with that day should be blessed. I sung three praise and worship songs. I read Psalm 91 audibly. Then I meditated loudly as follows.

1. Victory comes from the Lord – may you bless me God.

2. You bless those who obey you, Lord; you protect them like a shield.

3. God, be merciful to me and bless me; look on me with kindness.

4. Thank you God that you remembered me, healed and blessed me.

5. You will bless everyone who honours you, the great and the small alike.

6. The Lord is with me, I will not be afraid; what can anyone do to me?

7. You, Lord, are all I have, and you give me all I need; my future is in your hands. I ask you God to bless my plans and let me be successful in carrying them out.

8. Thank you God that the work I will do will be successful, and my children will not meet with disaster. You will bless them and their descendants for all time to come.

9. Praise the Lord! Praise his name, you servants of the Lord.

10. Praise the Lord! Praise the lord, my soul. I will praise him as long as I live; I will sing to my God all my life.

I praise you God for healing and having mercy on me in the Mighty name of Jesus Christ.

Amen.

I then took the glucose reading and it was 5.4 mmol/l. I repeated the above meditation at four in the morning and at five in the morning. I did some work-outs for 30 minutes. Then I took blood glucose reading and it was 4.9 mmol/l. I ate to the meter my low carb breakfast. I started fasting at six in the morning by repeating the above meditation.

I repeated the above meditation at one in the afternoon and also at 4 in the evening before breaking the fast. I took the glucose reading, it was 4.4 mmol/l. I ate to the meter my low carb meal.

I repeated the meditation at half past eight before I slept.

Conclusion

My Sugars remained high for four years since I was misled to snack always. This made the injection of sugar into the blood stream continuous. By fasting, I was giving the body time to utilize available sugar and also expunge toxins from my body. Even healthy people do not eat continuously! Being diabetic is a delicate process of balancing blood sugar with available insulin.

I say I am healed because I no longer need to fast to expel excess blood sugar. And also while rice in any of its form, whether refined or not spiked me when I started meditating, rice does not spike my blood sugar now. While I could not eat pasta since it made my blood sugar go up, I eat pasta nowadays comfortably.

Further reading

Chapter one bible verses

Matthew 3:4
Luke 2:36, 27; 18:12
Daniel 10:2, 3

Chapter three bible verses

Proverbs 31:4-7
Matthew 14:4-11
Proverbs 23:29-35

Chapter four bible verses

Hebrews 10:24, 25
Proverbs 27:10

Chapter five bible verses

Luke 11:18; 18:2-8
Matthew 7:8-11
Matthew 9:21, 22
John 5:2-10

Chapter six bible verses

John 9:6-11

Luke 17:12-15
Matthew 9:12
2 Corinthians 12:17

Chapter Seven bible verses

Genesis 2:21.22
Ecclesiastes 5:12

Chapter 8 bible verses

Proverbs 21:20
Philippians 4:7
Matthew 6:31

Chapter nine Bible verses

2 kings 20:1-8
2kings 5:1-16; Luke 4:27

Verses used in Meditation

DAY 1	DAY 2	DAY 3	DAY 4
Numbers 12:13	Matthew 10:1	Genesis 28:15	
Deuteronomy 32:39	Deuteronomy 7:15	Exodus 23:20	Luke 4:27
1 Kings 13:6	Job 33:19	Ezra 8:21	Job 42:17
2 Kings 20:5-8	Matthew 9:35	Job 11:18	Genesis 20:17
Psalms 41:4	Psalms 9:1	Psalms 5:11	Numbers 21:9
Isaiah 38:16	Psalms 18:3	Psalms 16:10	Mark 5:29
Isaiah 61:1	Psalms 21:13	Psalms 18:35	Acts 28:8
Jeremiah 15:18	Psalms 29:1	Psalms 18:48	1 Peter 2:24
Jeremiah 17:14	Psalms 30:1	Psalms 20:1	Revelations 21;4
Ezekiel 34:16	Psalms 30:9	Psalms 23:4	Psalms 30:2

DAY 5	DAY 6	DAY 7	DAY 8
Hebrews 1:14	Psalm 51:11	John 8:44	Job 32:8
Genesis 19:1-17	Isaiah 63:10	Acts 10:38	Psalms 19:7
Job 25:3	Daniel 5:14	Acts 13:10	Psalms 49:3
Job 33:23	Luke 4:14	Ephesians 4:27	Psalms 119:66
Psalms 91:11	Acts 1:8	1 Thessalonians 3:5	Psalms 119:100
Psalms 103:20	2 Samuel 22:36	James 4:7	Psalms 147:5
Daniel 4:17	1 Kings 8:39,52	1 Peter 5:8	Proverbs 1:32
Daniel 4:35	Job 8:20; 11:19	Matthew 9:33	Proverbs 2:6; 3:18
Matthew 4:11	Job 19:16; 22:3;	Matthew 17:18	Proverbs 4:8
Matthew 26:53	35:7; Psalms 3:2-4	Luke 4:35	Proverbs 8:11,12; 9:12

DAY 9	DAY 10	DAY 11	DAY 12
Psalms 7:17	Job 5:9	Isaiah 35:3	2 Samuel 22:40,41
Psalms 34:1	Job 6:10	1 Corinthians 1:25	Nehemiah 1:10
Psalms 35:18	Job 9:10	2 Corinthians 13:14	Job 6:11,13
Psalms 52:9	Psalms 5:7	1 Samuel 2:4	Job 12:6; 12:21; 21:16
Psalms 57:9	Psalms 18:16	Job 4:3,4	Psalms 6:2
Psalms 107:8	Psalms 20:6	Psalms 25:16,17	Psalms 13:3
Psalms 107:5,6	Psalms 21:3	Psalms 31:10	Psalms 21:13
Psalms 107:12,13	Psalms 21:13	Psalms 35:10	Psalms 23:3
Psalms 107:22	Psalms 18:16-18	Psalms 40:17	Psalms 29:11
Psalms 107:31	Psalms 33:16,17,20	Psalms 73:26	Psalms 30:12

DAY 13	DAY 14	DAY 15	DAY 16
Job 15:1; 16:1	Psalms 23:6	Psalms 109:21	Psalms 30:7
Psalms 69:21,20	Psalms 25:7	Psalms 116:12	Psalms 31:19
Psalms 71:21	Psalms 27:13,14	Psalms 142:7	Psalms 34:8
Psalms 77:2	Psalms 30:5	Psalms 143:11	Psalms 34:10
Psalms 86:17	Psalms 36:8	Galatians 5:22,23	Psalms 37:17
Psalms 94:19	Psalms 69:16	2 Peter 1:5	Psalms 37:25
Psalms 119:52	Psalms 71:15	Psalms 7:9	Psalms 37:27
Isaiah 12:1	Psalms 71:16	Psalms 11:7	Psalms 37:37
Isaiah 49:13	Psalms 89:16	Psalms 16:2	Psalms 45:1
Isaiah 52:9	Psalms 103:17	Psalms 18:25	Psalms 52:9

DAY 17	DAY 18	DAY 19	DAY 20
Psalms 54:6	Psalms 107:1	Psalms 119:65	Numbers 23:8,11
Psalms 64:10	Psalms 107:9	Psalms 119:68	2 Samuel 16:12
Psalms 65:4	Psalms 112:2	Psalms 119:71	Nehemiah 13:2
Psalms 73:1	Psalms 112:4	Psalms 119:88	Psalms 109:28
Psalms 84:11	Psalms 112:6	Psalms 119:121	Proverbs 3:33
Psalms 86:5	Psalms 116:5	Psalms 125:4	Numbers 24:9
Psalms 92:1	Psalms 116:7	Psalms 135:3	Deuteronomy 30:7
Psalms 96:2	Psalms 118:1	Psalms 136:1	Psalms 109:18-20
Psalms 100:5	Psalms 118:27	Psalms 145:9	Genesis 12:2
Psalms 103:5; 106:1	Psalms 118:29	Psalms 147:1	Genesis 12:3

DAY 21
Psalms 3:8
Psalms 5:12
Psalms 67:1
Psalms 115:12
Psalms 115:13
Psalms 118:6
Proverbs 16:5
Isaiah 65:23
Psalms 135:1
Psalms 146:1,2

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7. How I was healed of Diabetes

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How I was healed of Diabetes

How I was healed of Diabetes is a book that describes when I discovered my blood sugar was high. Then I was declared a type two diabetic. Since I knew nothing about diabetes, I groped in darkness trying to manage my blood sugar. The most notable obstacle was type 0 diabetics who mislead and further threw me into darkness that I was unable to manage my blood sugar.

But slowly and steadily I acquired accurate knowledge about diabetes and came to realise a lot of misinformation about diabetes that exists. This misinformation is likely to confuse first time diabetics and even long-term diabetics who depend on the society they think has their best interest at heart to tell them the truth.

I narrate step by step process I used to get a grip on managing my sugars and finally getting healed completely.

Diabetics who yearn to live joyfully expecting to be healed at any moment should read this book. They will live like any normal person. They will avoid being conned. And if they are poor and find diabetic supplies a herculean burden to manage, they would be glad to find out how it's manageable and they need not live under stress.

The book also contains practical advice for diabetics to enable them have the best life can give; the advice is for them to enjoy life. May you enjoy this book, and may you find it edifying.

ISBN 978-9914-9692-3-8

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