

AFLASEM

AHOODEN

KESE NE SIKRE NYAREWA

Obesity and Diabetes
by **Yoofiwaa Kyekye**

Below is a 2-page excerpt from our 4-page article on: Kесе ne Sikre Nyarewa....

“...Some doctors contend that Type 2 diabetes is hereditary or that there is some predisposed gene that makes Afurakanu/Afuraitkaitnut more susceptible to this condition. When you consider that glucose enters the body solely through food consumption and the fact that families generally share the same pots or similar eating habits, it stands to reason that for a family whose diet is high in glucose that would play a major role in the family member’s susceptibility to the condition called diabetes just as it contributes to obesity in that family—not some unidentified predisposed family gene.

Although the medical industry will acknowledge that Type 2 diabetes is related to obesity and lack of exercise, it hasn’t gone further to conclude that diabetes can be cured by proper resolution of the cause of obesity—implying, once diagnosed, it is incurable which is absolutely not true. In the principle of cause and effect, the resolution to an imbalance resulting from an ‘effect’ is usually the ‘cause’ in reverse. In the case of the condition of diabetes, high sugar consumption (cause) increases glucose levels in the bloodstream (effect). Resolution to this imbalance is to decrease or eliminate sugar consumption (cause in reverse). That being said, diabetes (high glucose levels) is not an incurable disease. It is more correctly a condition of the blood. Conditions, by definition, are circumstantial and therefore temporary. A condition will change or be eliminated once the cause of the condition changes or is removed, and is thereafter properly maintained.

When I was a child, my Mother was diagnosed with diabetes. The laymen’s term back then among Afurakanu/Afuraitkaitnut was ‘sugar’ or ‘sugar diabetes’. As with all so-called diabetics, her doctor started her on so-called ‘drug treatment’ (an oxymoron) that he said she would have to take for the rest of her life—the idea of which put her on the path to wholistic health. As she learned she applied those lessons in her life, changed her diet to a more natural diet with limited unnatural glucose consumption and eventually cured herself of diabetes. That was over 35 years ago and she still is not on any medication for anything to this day. My Mom also assisted her older Sister in curing herself of diabetes in her mid 60’s who hasn’t had to take any

medication since 13003 (2003). So when I say that diabetes is curable, I say that from the experience of witnessing people in my life cure themselves of the condition through the action of reversing the cause.

One thing is for sure, there is no secret what's in store for people who accept diabetes as a permanent disease and follow the medical industry's drug treatment regimen, because we see it everyday. Eventually these patients will lose their eyesight, they'll experience poor blood circulation, they'll lose feeling in their extremities which is known to lead to gout and amputation. They will lose kidney function and eventually require dialysis or a kidney transplant; they experience thinning/balding hair; irritability and mood swings; infertility and men experience erectile dysfunction and eventually lose their ability to release sperm/semen with their ejaculations. Some evidence concludes that Afurakanu/Afuraitkaitnut diagnosed with diabetes will more than likely more adversely experience these and other diabetes-related effects, including death. For me this is quite disheartening because I know it is all relatively easily avoidable...."

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