

FAQ on Apple Therapy for Diabetes type II, Updated for your Guidance

{A case study for using Apple Therapy is given at the end of these FAQ. In case you have used this remedy and benefited from it, please send me your experiences and observations in the form given with the case study by e-mail or post. It will be useful to others.}

These answers and information is based on my experiments performed on myself, and discussions with people who have used this Therapy, similarly on themselves. Please adopt it under competent medical supervision. The responsibility of ill effects, if any lies solely with the person himself/herself.

After publications of two letters in most popular paper "Sakal" of Maharashtra,, Pune, on Dec 7 2009 and Jan 11 2010 , in Muktapith, hundreds of people have adopted this Apple Therapy, and there are continuous flow of phones and emails, saying that the blood sugar is coming to normal in about 10 to 15 days time,. This word has gone round and ,so there is again continuous flow of e-mails and phones , requesting further detail information on Apple Therapy and how it is to be used . I therefore have updated the FAQ giving all relevant information to be followed.

Please refer following websites before reading further:-

Two links on Supporting Evidence and third is my web site

1]

<http://www.peacehealth.org/healthinfo/diabetes/articles/proofpositive.htm>
Detail site opened in Case study below.

[When above link opens Click on the Link at Figure 9: Effects of Food Processing on Blood Glucose Levels , under the heading **What Other Problems Does Sugar Present?**]

2] Will An Apple A Day Keep Diabetes Away? | What causes Diabetes?

3] Home page of my web site: www.applecontrolsdiabetes.com

Before starting this question and answer, let me give you some important information:-Our body is a product of a miracle. It has an inherent capability to heal itself and possesses an in-built repairing system, mostly controlled on its own and also to a great extent on the strength and determination of our mind and our actions. It is so adopting, that it will give response to the mind set and actions you are taking, and recover or

repair the metabolism, and will bring the body functions to almost normal level, provided you act and respond to it properly, even otherwise it tries to bring things to normal conditions, but we only are responsible to act against it's repairing system and abuse it like anything. My request to you is, responding to body language and sings in time, and body will respond accordingly.

The best example I can quote is, that of a woman, whose fasting blood sugar is always 160, but during the Ramzan period, she says, her sugar will come to normal level, even without any medicine. This could happen only because of her faith in God and will power, and with her ultimate determination. Let us think over it and take a lesson.

1] *Is Diabetes now completely curable?*

A- No, till today Diabetes is not completely curable.

2] *Do medicine /insulin cure diabetes?*

A- No- it only controls the blood sugar but not the basic process of Diabetes, which continues without interruption within the body, that is why, one has to increase the doses of medicine or insulin regularly, which, if not monitor properly, may lead to Hypoglycemia, that fear is always in the minds of patients, when he takes the medicine.

3] *Do these medicines or insulin has any side effects?*

A- Yes, very much.

4] *Do we know the exact reasons or original causes of diabetes?*

A- No, So far nobody knows this, it is only various assumptions
Viz. Obesity, eating more carbohydrate diet, taking of antibiotics, Some infections, Tensions, sedentary life style, over sex and Lack of exercise. Etc.

5] *What is the reason of diabetes becoming, as an epidemic, now a days?*

A- No body knows the reason. In my opinion over sex, ethical or non ethical, Impaired digestion or a major and serious, but deep rooted fear, tension, or a nagging problem, in the conscious or in subconscious mind, which is not seemingly possible to solve.

6] *Can the blood sugar be controlled by herbs?*

A- Yes, but the process is not yet standardized. People give so many remedies but no exhaustive data is available, Some herbs act like medicine and reduce the sugar, so there is always a fear of going to Hypo, like medicine or Insulin.

7] *What are the effects of fear of diabetes?*

A- Any fear including of Diabetes, increases the stress, which in turn triggers the secretion of Adrenaline, [Epinephrine] which increases sugar in blood, apart from it, stress increases heart rate and stroke volume, dilates the pupils, and constricts arterioles in the skin and gastrointestinal tract while dilating arterioles in skeletal muscles. It elevates the blood sugar level by increasing catabolism of glycogen to glucose in the liver, and at the same time begins the breakdown of lipids in fat cells. Like some other stress hormones, Adrenaline/epinephrine has a suppressive effect on the immune system.^[Ref.Wikipedia]

8] *In your opinion does the diet, digestion and sex affects the diabetes?*

A. Yes, My own experience and my discussions with others, these factors have positively increased blood sugar, leading to increase in doses of medicine.

9] *What is the major difference between Apple Therapy and all other Medicines, including Alternate Remedies?*

A- The major and foremost difference is:-

Apple never takes you to hypoglycemic conditions instantly because of having Glucose in it, at the same time it reduces sugar to a normal level.

This is a miracle of the nature

THUS IT IS relatively, A MIRACULOUS AND SAFE REMEDY FOR DIABETES, type II THAN ANY OTHER THINGS.

I never say that, APPLE CURES DIBETES PERMENATLY BUT Apple with Vitamin B Complex can cure diabetes temporarily by stopping the process of diabetes or by INFUENCING the impaired metabolism or by changing Morphology of insulin, or increasing the secretion and thereby controlling blood sugar, thus avoiding the side effects of diabetes, as well as that of medicine. Much will depend on the duration and chronic condition and other complications, of diabetes also.

Please refer: Three links on Supporting Evidence –

1]

<http://www.peacehealth.org/healthinfo/diabetes/articles/proofpositive.htm>, this link is opened in case study bellow.

2] [Will An Apple A Day Keep Diabetes Away? | What causes Diabetes?](#)

3] My web site:- www.applecontrolsdiabetes.com

10] *What are your probable reasons for onset of diabetes in a person's body?*

A- In my opinion, the main probable reasons are,

* A measure problem/worry, which can not be solved but, it is deeply rooted, in the mind or in subconscious mind and is a continuous nagging type, by which one becomes helpless.

* combined with sedentary life style

* Over sex, that too, ethical or unethical type of sex.

* Chronic Indigestion for a long time.

* Infection of Candida

* Infection of virus etc

* Heredity

* Factors affecting the Immunity, like, Stress, constant fear, lack of sleep, and some intake of Toxins. Which may affect the sufficient quantity of insulin?

One of these or in combinations may trigger Diabetes.

11] *Is it possible to control level of blood sugar with apple?*

A. Positively Yes, It controls blood sugar. Read about the chemistry of apple from my web site. Apple acts similarly like insulin. This fact is established by experimenting on myself and with others by getting positive results with factual data. It is also experimentally proved, that apple controls blood sugar, even in a healthy and normal person. Please Ref. "Supporting evidence" link, see at the end of this article in Case study.

12] *How to follow this Therapy?*

A- Before adopting Apple Therapy, remove the fear of diabetes, stop taking sweets completely, stop over eating and sex, at least for 3 months and stop other medicines except Allopathic, they may increase blood sugar in combination with apple. Then follow my article "How to use Apple Therapy" from my web site. Or "A sample case" given at the end of this FAQ

Anybody having 8 to 86 mg/dl plasma insulin can control blood sugar with Apple and with Vitamin B Complex. After taking apple early in the morning, before taking anything and walking after it, gives faster and better results within few days. If you have intolerance of fructose, then do not take apple, sine for this is, you start vomiting as soon as you eat apple.

13] *How many apples one has to eat? When? And how?*

A- Take one full apple of any variety daily [avoid China variety, because off late, it is noticed, that it increases blood sugar] , early in the morning before taking any thing, cut it and eat it, with or without peeling,

It is not necessary to cut and eat one apple for 4 times daily, take juice or puree of apple, if you cannot eat because of some mouth troubles.

14] *Is it possible that after getting good control, it may again start rising the sugar level? If so what are the reasons?*

A. As I said, diabetes can not be fully cured till today. Once you have achieved the normal level of sugar with apple, which eliminates medicine/insulin, then Apple has done its work, now it is up to you to maintain this normalcy, by observing moderation in all respect, more so particularly observing sex control and earlier life style.

But one gets relaxed when you get normalcy and becomes over confident and returns to earlier lifestyle, starts over eating any type of food, reverts to eating sweets, or sugar in tea, neglects exercise, starts drinking, late nights, unlimited sex, neglects digestion etc, and thus starts abusing the body, these things if not kept under moderate control/ level, then sugar starts rising again. and you are again a pray for medicines/insulin. It is different thing that, sometimes because of infections or weakness, sugar count also increases for some duration but comes back to normal with apple...

In this second phase, your digestion becomes weak due to diabetes and over eating, even then you feel hungry, which is a false hunger, this hunger has to be controlled with a great effort, and needs determination of highest level, and then only you can revert to normalcy. Try to eat only whenever you are really hungry.

Similarly if one wants to start with apple therapy, and if sugar does not come under normal level within 15 to 20 days time, then one has to avoid all these above things first, and then only sugar will come to normal level in, or if you are taking any medicine other than allopathic, then also sugar may not come down, so you have to stop these medicine and start this Therapy, even then if sugar increases then stop this Therapy, because there may be many other illnesses or some other factors, play part in increasing sugar.

15] *How to know that you are really hungry and it is not a false hunger?*

A When you feel hungry, [in spite of higher sugar level] to test that whether it is a false hunger, then try to engrossed or be occupied in your liking work, where you can forget time and every thing, then you will be surprised to see that, you can pull on for hours without the food and still nothing happens, If you try this detection of false hunger method, regularly, then you can keep the sugar under control with an apple.

In many cases the second hypo is developed due to chronic condition of diabetes, which is at much higher level, say about 130 mg/dl onwards,

You have to judge properly the point of starting second hypo level, which normally rises once you get rid of medicines, In trying this, do not over do/or stretch it for long, go slowly on this method and you will be able to control diabetes, and avoid side effects. And slowly come to normal health.

Never attempt this experiment of working during false hunger, if you are on medicine.

16] *What about exercise and Yoga practice?*

A You have to take regular exercise daily at least for one hour, it is a must, you can do it in parts in the day also, but positively 15 to 20 minutes after taking apple, you can do more if possible. You can also do deep breath for 30 times in a day, which will help in lowering the sugar to some extent.

Yoga definitely helps, but not to cure diabetes, it gives enough strength to a great extent to sustain the side effects of sugar, this may also give a false idea, that you are cured of diabetes.

17] **Can** apple control diabetes type- I?

A At present I am carrying out an experiment on diabetes type- I and getting promising results.

18] *How does one know whether sugar is more or less in the blood?*

A- After doing all these experiments, you develop a Body language, This roughly intimates you the level of sugar in the blood, but it is better if you keep a Glucometer.

19] *What are the normal sugar levels for a person who does not have diabetes?*

A Levels are 80 to 110 mg/dl of fasting and 140 after two hours of meals.

20] *What is A1C?*

A. The A1C is average glucose level for 2 to 3 months- For a normal person A1c is 4 to 4.5 mg/dl while for a diabetes it is tolerable, if it is 6 to 6.5. Normally one should not cross 7 or above.

21] *How does a physician decide whether you have Diabetes?*

A. Physician decides your diabetes on this counts of A1C or on Glucose Tolerance test

22] *Why one should follow this apple Therapy?*

A. I have carried out exhaustive experiment on my own, and based on this factual data, observed that apple positively controls effectively blood sugar like insulin action. If it gives me good results, then obviously it should work for other also. I do not take any medicine for diabetes, and still maintaining normal blood sugar and healthy life for the last twelve years, even at 81 years of age. Thus it is possible once you have achieved normal sugar level by apple, then you can continue with it by controlling on diet and exercise.

The measure benefit is, apple does not take you instantly to hypo condition, as it has sugar in it, at the same time it reduces sugar also, including in normal parson; this is a miracle of the nature.

23] *Is there any difference between diabetes II, from person to person?*

A Yes, According to Ayurveda, there are about 23 types of varieties in Diabetes type II, and most of them are controlled by Apple.

24] *Once you control sugar by Apple then, in what form if sugar is taken then blood sugar increases fast?*

A. My own observation is, white sugar alone or if taken with fats, like sweet meats, Pedhas, Burphy, Ladus etc. Increases sugar very fast, Even in illness or in over sexual activities or in tension sugar rises fast..

25] *Do you think Diabetes originates from an upset stomach?*

A. To a great extent yes, because majority of diseases originate from stomach, that is what my father use to say,[he was a physician]. He always used to give a mild purgative and patient was almost cured of many diseases.

Off late this practice is almost abandoned, one should take mild purgative at least per month ,if not at least once in 3 months, this will keep our bowels clean and keep us healthy.

26] *Does faith in God, Determination, and Will power improves diabetes?*

A. Yes, to a great extent, it helps to improve, because mind power controls body metabolism. to a great extent. So try to keep mind calm and serene in most of the situations.

27] *Why diabetes mostly starts after middle age or at an old age?*

A Diabetes II starts at this age, because the aging process decreases the power of our organs and metabolism is reduced to a great extent,

unless we take care of general health from our early days. At this age almost all organs work below their peak efficiency,

So many a times the digestive system is quite sluggish and lot of good nutrients may not be fully absorbed, so it is better to have a good soup taken in the morning, having all sorts of vegetables, even mixed with chicken pieces, this soup will be absorbed by digestive system easily and can give good strength.

In case if one has poor digestion, which is always the case in old age, you can keep ready a mixer of, Lemon juice with addition of grated ginger and rock salt, in equal parts, this is a good recipe for digestion and is good for liver even if taken, a quarter of tea spoon. If you can afford you can have dry fruits, protein rich diet, eggs , and things which will replenish Vitamin B Complex, and minerals, including B12. It is better if these are available through organic food, rather than synthetics .Good and effective supply of nutrition is very important in old age.

Thank you for your time. Please remember that Diabetes is a dangerous disease. Controlling it is like controlling a tiger so, do not take it lightly.

D.P.Parkhe
Consultants-Innovations

Please see below the case study and form:

A Sample case for Using Apple Therapy

Before reading the case study please read following links :- **Two** links on Supporting Evidence and third is my web site
1]

<http://www.peacehealth.org/healthinfo/diabetes/articles/proofpositive.htm> [open this link and then click under the heading “What Other Problems Does Sugar Present “on

Figure 9: Effects of Food Processing on Blood Glucose Levels .81. and then you will get the Graph of apple and data]

2] Will An Apple A Day Keep Diabetes Away? | What causes Diabetes?

3] My web site:- www.applecontrolsdiabetes.com

Case study

1] Name of Person:- XYZ----Age- --- Male/Female- ----
Address-----Phone---- -Landline-----Mobile-----

2] Diabetes for years- --Type II or I---fasting Sugar-- -mg/dl-PP--- ,A1c---

3] Medicine—Pills-Nos. --,-- Insulin Units,— -- , if yes give details

If] Howto start Apple Therapy.

1] Take first, fasting sugar, and PP, and A1c before starting Therapy. Your main base and target is to reduce Fasting sugar, because once you lower the fasting sugar, then for the whole day sugar remains low.

If you have intolerance for Fructose then stop this Therapy. A clear sign to check

whether you have Fructose intolerance or not is vomiting as soon as you eat apple.

Another important thing is, stop Ayurvedic and Homeopathic medicines, which in combination with apple may increases sugar. Take allopathic medicines only and .

Stop taking sugar, sweets, other fruits, Papaya Oranges, carrot and Beet root etc, in which there is sugar present.

2] Start taking apple early in the morning before taking anything i.e. On empty stomach , Take in any form, and go for a walk for half an hour, and then take Tea or breakfast, then normally sugar starts reducing , if it does not come down, then there may be some other factors responsible , like stress, tension, digestion, or other complication problem etc. ,which you have to find out in consultation with your doctor.

If you are in habit, of taking water, take it 10 or 15 minutes before or after taking apple If you are taking Insulin then you have to be more alert for not going in to Hypo, How?

4] If your fasting sugar is say 160 mg/dl and if you take Insulin, 20 units in the morning and 20 in the evening, then by taking apple, sugar will come down to say 120 to 130 in about 3 to 5 days time. This you will have to judge it .it may come even early also, so keep sugar always ready to avoid hypo.

As the sugar comes down by taking apple to 120 to 130,then in that night reduce Insulin by 5 units, so that next morning sugar may rise again to 160 or so , but again apple may reduce it to 120 to 130 in 3 to 4 days time or even earlier.

Similarly go on reducing the insulin by 5 units each time, to eliminate complete insulin , thus after eliminating all the insulin start with reducing the pills by half the pill every time from night onwards, thus eliminate all the pills, keeping sugar at 120 to 130 level. Keeping sugar at 120 to 130 levels will avoid hypo condition, this you have to monitor carefully, keep the sugar at hand if sugar goes down fast.

First reduce insulin, and then start with pills, first reduce from night and then go for day time reduction.

Do not reduced all Insulin or pills suddenly, at one time, but do it step by step as mentioned above at 120 to 130 level

5] Once you got rid of pills/insulin, then sugar will be stable within normal level but some people may feel weakness, because of their prolong diabetes, their new hypo level may get settled at higher level, say at 130 or even 150 level or even more, depending on the chronic conditions, and duration and basic health condition etc. of diabetes and other factors. So in this situation you may feel uneasy or dizziness, even if your sugar is higher, so try to reduce the exercise and if you feel hungry ,eat some food, or keep sugar ready in case you feel like having hypo symptoms.[but do not go on eating. sweets or sugar]

Slowly this stage also will be improved by apple. Many times if you feel hungry but, if you test for sugar, it will be much higher, even then you feel hungry, so try to manage without eating anything, but don't overdo it, follow the body signs.

You have to increase your stamina slowly and carefully by controlled exercise and by taking nutritious food or medicine and come to normal health condition; this may take a month or two. There after you can be almost normal, if you are moderate in all respect.

During this stage , due to weakness you may develop BP also, so take care of it.

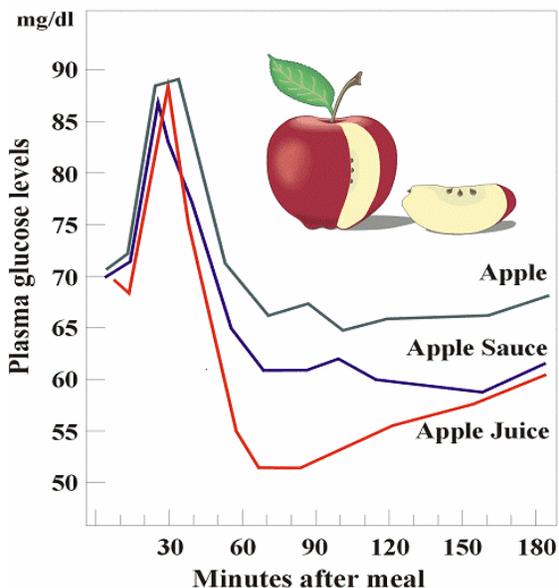
6] Now once you have normal sugar with the help of apple, then you have to manage or keep the sugar daily at normal level, only by exercise and diet alone, , if sugar increases then walk for 15 to 20 minutes and sugar will be down, and if sugar is low eat some food to increase the sugar, because, in diabetic patients, glycogen is not converted to sugar by liver, so as to avoid hypo condition, you have to increase sugar by taking food only [but not taking by sugar or sweets] otherwise you will be again reverted to pills or insulin,

- Facts:-
- Once you have diabetes then till today, it is not permanently curable, but with Apple it is cured temporarily. So there are no side effects of medicine or of diabetes. ,
- Once you got rid of medicine or Insulin by apple, then you have to keep the blood sugar normal by Diet, Exercise and with apple only. At this stage apple is trying to rejuvenate the health, so support it by controlling, sweets and sex and be moderate in all respect. This period is a trying one for you. But do not get discouraged.

- One more Important thing, if you try to eat sweets or sugar during diabetes, then you are risking the increase level of, secondary hypo
- Liver does not supply you sugar, so you have to get it from food.
Change your life style, start regular exercise, eat good nutritious food and be
Moderate but do not fear diabetes, do not abuse your body again, apple has
given it back in good health
- Take reading of blood sugar periodically
Keep in mind that, your sugar and BP may increase temporarily, if you have any infection or illness,

Please see the supporting evidence bellow

EFFECTS OF FOOD PROCESSING ON BLOOD GLUCOSE LEVELS



Results of Trials taken on healthy and normal persons by a medical team in USA
And published in a reputed Medical web site.

Figure 9: Effects of Food Processing on Blood Glucose Levels

One classic study examined the effects of eating apples in one of three different physical forms: as whole apples, as applesauce, or as apple juice. Even though the same number of calories was consumed from each preparation, eating the apples kept blood sugars steadier than drinking apple juice or using applesauce alone. The change of blood sugar levels through a period time after eating apples in the three forms is shown in Figure 9: The level for the apple juice consumer fell the lowest, to 50. The level for the applesauce eater went down to 61, while the whole apple eater had a high 66 level as his lowest point. Note that the blood sugar levels peaked for all three at the same level 30 minutes after eating. Then all levels decreased as sharply as they rose, but each to a different low point. The raw apple eater's level stayed constant at the high level for the remaining two hours, while the level for the other two stayed at lower values. **Although this study was done in non-diabetics, the blood sugar peaks are more pronounced (higher) in diabetics consuming the juice or sauce in comparison with the whole apple, thus** indicating that the natural whole apple will produce a steadier blood glucose that the body can more easily handle. This study demonstrates that eating food in its natural state is the safest and—ultimately—the most satisfying way to enjoy sugar..From-

Supporting Evidence from:- Report from PEACE HEALTH web site dedicated to exceptional medicine and compassionate care

PROOF POSITIVE: How to Reliably Combat Disease and Achieve Optimal Health through Nutrition and Lifestyle by Neil Nedley, M.D

[Form for recording the results which you experienced personally.](#)

1] Name-----Male/female----- Age-----years since you have diabetes---
Type of diabetes 2 or 1-----

2] Blood sugar before taking apple --Fasting ---mg/dl .PP---
Medicine----No of pills and time-----Insulin units and time-----

3] Date started Apple Therapy -----Dates of complete elimination of
medicine/ Insulin-----Fasting sugar after stopping medicine/insulin----
PP----- Second level of Hypo if it is there----

4] Explain in detail, Your experience, opinion and remarks on this remedy--
----- Your signature with address and phones,-- landline and mobile

5] Your problems if any.

6] Your comments and opinion and suggestions:-

E-mail to: dpparkhe@hotmail.com

Post: D. P. Parkhe, A-10 Swapna Nagari, Karve Road, above Alurkar Music House,

Pune 411004 Maharashtra, India.

Thanks for sharing your experience with us there is a continuous flow of e-mail and phones. This will be useful to others as guidance.