

## Stay at our Gbiota village



Spend a few weeks at our Gbiota village and increase your chances of reversing your diabetes.

Diabetes used to be rare but now is very common. Modern research is now explaining why.

At one time we thought our gut biota did little more than help digest our food - now we understand that the trillions of cells in our guts communicate with each other to act like some super computer which control many of the automatic operations in our body.

Chemicals - widely used in agriculture and once considered harmless - are now known to disrupt our gut biome so food is diverted to fat cells causing insulin resistance.

Diabetic medicines (for Type 2) may be effective at controlling blood sugar but do nothing to reverse the root cause of diabetes - insulin resistance. Gbiota beds were developed to mimic the natural growing process by flushing a biologically active and mineral rich solute through the root zone of food plant. This helps in restoring the natural gut biology and increases the chances of reversing diabetes.

Of course, if the beta cells in your pancreas have been destroyed or your genetics leave you particularly sensitive to diabetes it may not be possible to reverse diabetes but many people can completely or at least partially reverse their diabetes.

When you stay in our village you will be looked after by qualified doctors, nutritionist and health trainers.

You will eat scheduled meals free of artificial toxins and be coached in intermittent fasting and exercise so your gut biome is given every opportunity to recover and the fats causing insulin resistance dispersed.



You will experience an educational program to learn how to grow plants in a Wicking Bed - which is a practical way of enjoying fresh and toxic-free fruit and vegetables even for those living in an apartment.

You will learn about a range of health-giving plants which are particularly beneficial for diabetes and learn how to prepare them for maximum health - you will also learn exercise routines which will keep you healthy.

This is not a theoretical process - you will actually work in the gardens and kitchens to develop the practical skills necessary to continue after you leave our village. The recommended stay is four weeks and the minimum two weeks. This is not long enough for a complete reversal but the skills you acquire while with us will enable you to continue your reversal process after we wave good-bye for now.