

I have just finished two articles on reversing diabetes, the first looks at the scientific evidence that diabetes is reversible, the second looks at the practical step needed to reverse diabetes.

I have completely revised the index page of my web www.waterright.com.au so these articles should be easy to find. Hopefully you can give me some feedback on the new web system.

I have been asked why I focus so strongly on diabetes in the diet health saga. My wife Xiulan is diabetic so naturally I am keen to reverse here diabetes. But diabetes is a canary in the coal mine as using continuous blood sugar monitoring gives an immediate answer on how well a particular treatment works with minimal risk.

At worst the poor guinea pig suffers a short term sugar spike which will do little long term damage.

It is much more difficult to run experiments on say heart disease as there is a shortage of volunteers to try an experimental treatment with a zero/one outcome.

What works for diabetes is likely to give a good lead on how to manage the other chronic diseases.

My Gbiota beds have been working really well so I am confident that this is a good system for food production - I am still working to get the evidence that it leads to an improved gut biology. I have an appointment with an endocrinologist so hope to be able to organise some faecal analysis. Unfortunately I have to wait until September the wheels of medicine move slowly.

I have found the continuous blood sugar monitoring very informative. I did not realise just how effective exercise is in controlling blood sugar - we now go for a walk most nights and that has really flattened the curve out.

Also the effect on stress is really dramatic - I knew that cortisol (the stress hormone) raised blood sugar but has no idea how strong the effect was. It causes far bigger spikes than food spikes.

I know that magnesium is important for managing stress so I have bought Xiulan some pills even though I think they are unnecessary on her diet - but it is just for the experiment.

I have three teenage granddaughters who like their own way - I fear they could use the threat of a self-inflicted cortisol spike as a weapon in familiar rows. (Actually they are really good kids as long as I do what they tell me).

I would be interested in any feedback you have on how your Gbiota beds are going.

Colin