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Preface

STORIES THAT CAN CHANGE YOUR LIFE

Over many years I have been searching for natural alternatives that treat diabetes. I found that my quest was taking me on a roundabout journey over and over again. No matter what path I took, I always seemed to return to the beginning. I heard many different stories about a myriad of products claiming to be “the all-natural cure for diabetes.” But all my inquiries resulted in disillusionment and dead ends. Then I came across the following story about ELEOTIN®. I stopped dead in my tracks. And so will you. This amazing story is different from others because it is about a product that is different. The following story is from the international best-seller “Bitter-sweet Profits” written by Dr. Michael Sichel.

“In 1997, Roche Pharmaceuticals offered \$20 million up-front (plus ongoing royalties) for this scientific herbal combination. Dr. Youngsoo Kim, the developer, said ‘No.’ And this is why diabetics now have a genuine high probability of reversing their problems.

In 1998, a Connecticut Yankee was waiting for his Philadelphia plane flight at Tweed Airport, New Haven when a stranger sat down next to him. They looked at one another, smiled and began a fateful conversation.

The Yankee was Doug, an enterprising and dedicated entrepreneur in matters of health and well-being. The stranger was a professor of medicine from the University of Calgary, Julia McFarlane Diabetic Research Center, Canada. His name was Dr. Jiwon Yoon, the discoverer of the virus associated with Diabetes Type I.

As they talked it dawned upon them that they held something precious in common, a keen desire to help humanity.

Dr. Yoon told Doug about a project he had been working for years. It had to do with diabetes. It was an herbal combination of more than a dozen herbs. His Institute had performed the scientific work that validated and maximized its beneficial effects. The results included the cure of an advanced diabetic whose condition was so serious that it had threatened a single or even double leg amputation.

When they left, Doug’s mind turned to his father-in-law who was suffering an advancing diabetic crisis.

These two men kept up a correspondence and later Dr. Yoon introduced

Doug to the business brains behind the project, Dr. Youngsoo Kim of Eastwood Companies, in Vancouver. Dr. Kim, a MIT trained economist, and a professor at the University of Alberta, was the man who had set out to find and test the world's best known (and sometimes only locally known) herbs that had an anti-diabetic effect. He had spent seven years of this life doing this.

By 2000 this little team had finalized their commercial formula and tested it for safety. They had tested it on 100 people in a controlled trial, with remarkable results.

The next step was to introduce the treatment to the diabetic branch of medicine by large scale testing. To do this Dr. Yoon approached one of America's leading diabetologists, Professor Sherwin of Yale University, at New Haven, at that time the president of the American Diabetes Association.

From all these years of trial, testing, and communication, came the present successful commercial form of P700, the ELEOTIN® written about in this book.

Some have asked why ELEOTIN® hasn't already become a part of mainstream therapy? Why did Dr. Kim refuse the \$20 million? The simple answer is that he believed this therapy, as others, would have been shelved. Drugs that treat diabetes without curing the disease make more money.”

Dr. Sichel's story prompted me to dig further into the truth of the amazing product called ELEOTIN®. There, I found a very personal testimony from Dr. Youngsoo Kim himself.

“I recently travelled to Korea. During my trip, I met three people I had known for a very long time: a high school buddy, my aunt and her brother-in-law. They were all suffering from diabetes.

My high school friend, who was only 47 at that time, had already reached a terminal stage in his illness. He was blind in both eyes. Both of his kidneys had been taken out. He underwent dialysis almost on a daily basis. On top of that, he had constant diarrhea.

My aunt, who was in her early sixties at that time, was just hospitalized. She has lost all her teeth and her kidneys had just failed. Even worse, she was practically blind, and both she and her husband had declared bankruptcy due to their mounting medical bills. They were clinging to the

mercy of the hospital that would soon kick them out. Where would they go next? Probably to some filthy, dungeon-like, obscure facility where the smell and dirt was just inhumane.

Lastly, I met my aunt's brother-in-law who was a pastor. He was an even more serious diabetic than both my high school buddy and my aunt. But he took ELEOTIN®, while the other two didn't. In fact, I had told all three of them about ELEOTIN® a long time ago. My aunt and my high school buddy both said "I am fine. I am exercising and careful of what I am eating." I just didn't have the nerve to tell them more forcefully. I was afraid of sounding too much like I was 'selling something'. Only the third person, the pastor, took ELEOTIN®. I gave a unit to my aunt but I stopped giving it to her because I saw the first unit unused and sitting on the shelf with a thick layer of dust collecting on it.

The pastor is healthy and doing fine. He just retired and is enjoying his life while the other two are suffering terribly. So far, all the previous patients were just statistics to me, 40,000 users of ELEOTIN®. But no other case has hit me like this. Many people have wondered why Eastwood Bio-Medical Research Inc. itself is reticent about ELEOTIN® while the media and many experts give it praise. We kept reticent because we know that it is more powerful to be praised by other people rather than ourselves. But, these personal cases have changed my attitude. I decided to tell more people about ELEOTIN®, more often and more forcefully."

These two stories, and hundreds more, have spurred me on to research and investigate the truth behind the real all-natural treatment for diabetes: ELEOTIN®. After much exhaustive research and deliberation, I have been able to finally compile this book to share with you the facts and the truth behind diabetes and the accessible, natural cures for diabetes like ELEOTIN®.

A WORD FROM DR. YOUNGSOO KIM, CEO OF EASTWOOD COMPANIES

Before going into the details of ELEOTIN® and other natural treatments for diabetes, there is another story I would like to share with you: the miraculous story of how ELEOTIN® was discovered in the words of a man who was a part of discovery himself: Dr. Kim.

"I'm not the inventor of ELEOTIN®. But about 11 years ago I was a professor at the University of Alberta. I was a professor of finance. I started my own financing company which became successful, so the government of Alberta invited me to invest in the technology of ELEOTIN®. So that's how I became an investor in the technology, not the inventor.

Everything started about 20 years ago. There was a 70 year old Malaysian lady who was living in Calgary. She was seriously diabetic. She was very frail with all the complications of diabetes: kidney failure—her kidneys were not functioning at all. She also had a gangrene infection so serious that they needed to amputate her legs. So she was checked into the hospital for the surgery, but at the last minute she refused to have the operation. She decided to at least have some of her life with dignity rather than live a little longer without her legs.

So she checked herself out of the hospital! Then she went back to her own native country of Malaysia. There, she tried all kinds of traditional herbal treatments—anything because she had nothing to lose. After six months, she came back completely cured! Kidney problems gone, gangrene gone, diabetes gone!

Everyone was shocked! They just couldn't believe what they saw. So they began to study the treatments and the methods of everything that she had while she was in Malaysia. So then a few herbs surfaced as the most likely candidates. They came down with the one herbal combination they felt was the real cause of her amazing healing.

At that time, there was a nurse who was observing this whole process. She herself was a serious diabetic. She had to take 30 pain killers a day. After hearing about the Malaysian woman, she offered herself as a participant in a trial. So they tried the herbs on her. She got completely cured with the same results!

Then there were animal studies, there were pharmacological studies, toxicity tests, clinical tests. And then the provincial government of Alberta got involved. It caught their notice because obviously this was big. This was big news.

The institute that started this invention is a very prestigious diabetic research center in North America, the Julia McFarlane Diabetic Research Center at the University of Calgary. From then on the government of Alberta invited me to commercialize this invention. So in the beginning, all this development happened at the university. But after, I took over this invention.”

CAN I SHARE SOMETHING IMPORTANT WITH YOU?

This book is meant to provide people like you and me with detailed information in the form of Questions and Answers. But, I would like to tell you that this discussion

is highly sensitive. The reason is because in some countries, some portions of this discussion can be prone to attacks. As you may know, huge diabetes establishments do not like to hear some of the things I have to say. They use various methods to block this message, but I am simply presenting the facts and information I have discovered.

I have shared with you previously the story of how a pharmaceutical company offered in writing to buy out the information of the herbal combination for ELEOTIN® with \$20 million. When rejected, they resorted to rudeness, threats, and even attempted to steal the information. In fact, hearing these stories is how I became convinced that ELEOTIN® is worth learning about, and the technology is something fundamentally important. Why else would they bother?

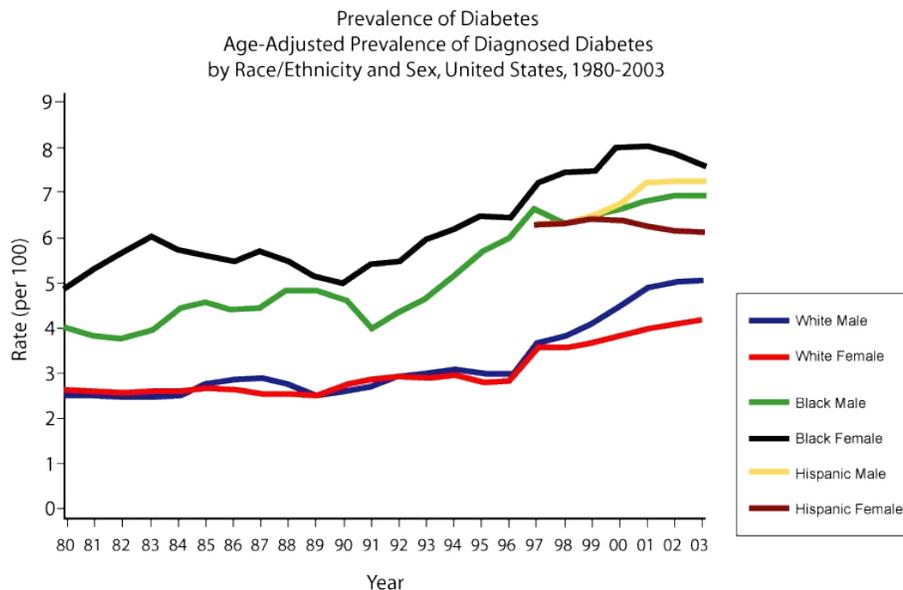
This book will be an excellent source of information on the truth and the facts involved in naturally treating diabetes. With this knowledge, you will be thoroughly and confidently equipped to understand the treatments, and make educated decisions for yourself and for others.

Introduction

WHY SHOULD WE CARE ABOUT DIABETES?

Once you know the facts, it is hard not to care about diabetes. In America alone, 17 million people have diabetes. Approximately 1 million Americans are diagnosed each year, and a third of all the people with diabetes are unaware they have it. In the U.S., diabetes is the 5th leading cause of death by disease and constitutes 20% of all deaths.

WHO (World Health Organization) has declared that there is an epidemic of diabetes. Worldwide, there are 200 million diabetes patients, not including those who still do not know that they have it. In the next decade, the projected number of known diabetics is expected to reach over 250 million.



Because of the small amount of attention that has been paid to the disease despite these alarming numbers, the rise in diabetes has often been called the “Silent Epidemic”. A possible cause for this epidemic has been attributed to changes in modern lifestyle:

1. The type of food consumed contains higher numbers of calories and purified sugars;
2. The typical meal size has increased;
3. People are not exercising adequately;
4. Higher stress levels, and;
5. An increase in the elderly population.

WHAT EXACTLY IS DIABETES?

There are several definitions of diabetes, but the most commonly agreed upon definition is that diabetes is a condition when a person's ability to metabolize carbohydrates (sugar) is impaired. Basically, blood sugar does not get burned inside the muscles and tissues, but rather stays in the blood. This results in high blood sugar levels. A person with a sugar level of above 150 ml/dl in the blood in the morning is diagnosed as 'diabetic'.

Insulin allows the body to convert sugar in the blood into energy. It is secreted by β (beta) cells in the pancreas. So, in a diabetic, either no insulin or inadequate levels of insulin are being produced. Furthermore, even if insulin is produced in a diabetic, it is highly unlikely that it will be properly utilized.

Diabetes is a condition when a person's ability to metabolize carbohydrates (sugar) is impaired.

WHAT TYPES OF DIABETES ARE THERE?

There are commonly two types of diabetes.

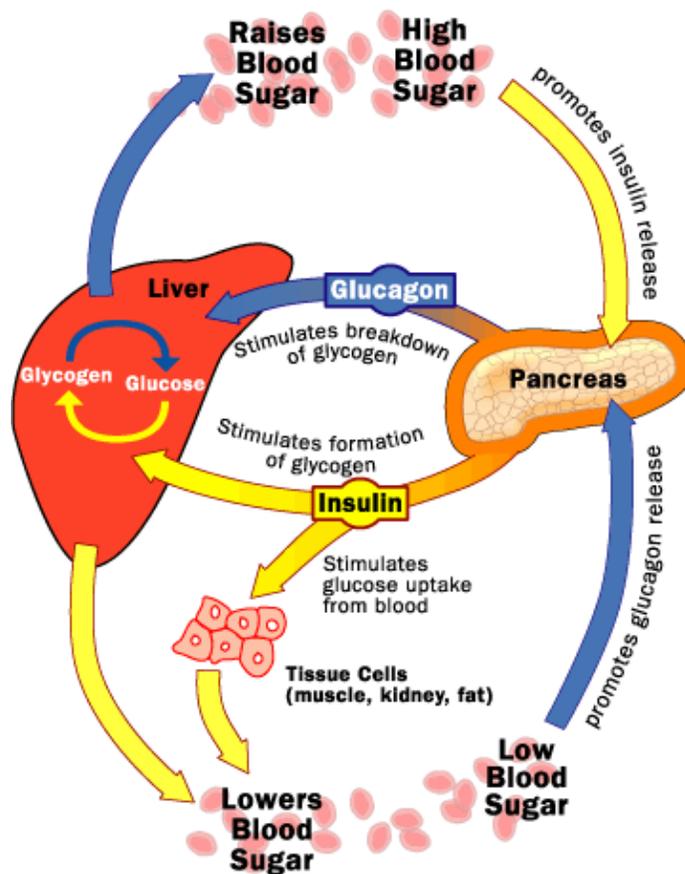
Type I diabetes is when the body cannot produce insulin. Type I diabetics must have daily insulin shots. A more rigorous definition can be that Type I diabetes is caused by an auto-immune process: the body regards the β beta cell as foreign objects and produces an antibody to kill its own β beta cells.

For Type II diabetics, the body produces insufficient amounts of insulin. Or, if the body produces enough insulin, the body is either unable to respond to the insulin or the insulin is used inefficiently (this is called insulin resistance). Type II diabetes, or also known as Adult Onset Diabetes, is more common than Type I.

HOW CAN HAVING HIGH BLOOD GLUCOSE AFFECT ME?

Diabetes is much more than just a relative lack of insulin. In one sense, it is a disease that affects the blood vessels, or capillaries. A high concentration of sugar in the blood from relative lack or sensitivity of insulin is still not completely understood. However, it has detrimental effects on the blood vessels and they gradually cease to function properly. Since every organ or tissue in the body depends upon capillary flow to transmit oxygen and glucose and remove waste products, this eventually leads to end-organ damage supplied by those capillaries.

As every cell is dependant to a large degree on glucose for its fuel, any impairment in its supply or being able to properly metabolize that glucose will lead to impairment in the function of those cells and organs. Consequently, the tissues that have the highest demand for proper blood flow and utilization are most susceptible to the damage of impaired flow or metabolism, e.g., the kidneys, heart, nerves, retina. A lack of blood flow and oxygen to the tissues can also result in many infections, and often the only treatment left is amputation. A high concentration of sugar can also cause increased fatigue and weight gain. It does not kill instantly, but causes long-term, permanent damage over many years with lethal complications. That is why we often take a lax attitude: slow and gradual—but certain and fatal.



WHAT RELATED COMPLICATIONS CAN RESULT FROM DIABETES?

Diabetes is not only the leading cause of kidney failure, but it is also the leading cause of blindness, particularly among Americans between the ages of 25 and 70. It also increases the chance of having and dying from cardiovascular disease and stroke. The probability of dying from stroke and cardiovascular disease is increased by 400% in people with diabetes, and 2 out of 3 people with diabetes die from heart disease and stroke.

Diabetes also damages the nervous system. Approximately 60%-70% of diabetics have some form of nervous system damage. This is especially a concern for diabetic males because they usually have trouble functioning sexually. Erections involve blood flow and nerves. Because diabetes causes nerve damage and affects blood flow, many males struggle with sexual dysfunction. The first question doctors ask when a patient complains of erectile dysfunction is, "Do you have diabetes?" According to statistics, more than half of sexual dysfunctions among males come from diabetes.

In addition, diabetes is a major risk factor for heart attacks and amputations. Sixty percent of amputations in the U.S. occur among people with diabetes. This means that each year, 82,000 amputations are performed on people with diabetes.

WHAT IS THE RELATIONSHIP BETWEEN DIABETES AND OBESITY?

Diabetes basically involves an inherent metabolism problem. Because of the inability to absorb and process blood sugar in the muscles, the muscles are constantly experiencing malnutrition. Insulin that has been produced may not be efficiently used. Coupled with lack of exercise, excess glucose eventually becomes fat. We also know that this abnormal blood sugar metabolism affects appetite. All of these lead to weight problems.

Between 70%-80% of people with obesity have diabetes. Likewise, 70%-80% of diabetics have difficulty controlling their weight.

INDIVIDUALS AT RISK

I DON'T HAVE DIABETES, WHY SHOULD I BE CONCERNED?

Diabetes is the "silent killer". Often people who have diabetes do not know it because they cannot feel it. People must take a direct measurement of their blood glucose levels to know if they have diabetes. Even more alarming, when a person is diagnosed with diabetes, the actual development of the disease actually started on the average of seven years prior. Once the active symptoms and complications are observed, diabetes has already entered the later stages. Early detection is good, but prevention is even better. A yearly blood test is essential, even if you feel healthy.

Often people who have diabetes do not know it because they cannot feel it.

WHAT IS PRE-DIABETES?

Pre-diabetes is when a person has higher than normal blood glucose levels (hyperglycemic) but the level is not high enough to be diagnosed as diabetic or they are unable to secrete enough extra insulin in response to a glucose challenge. This is a cause for concern, especially when 17 million people in the U.S have “Pre-diabetes”. At this point, long term damage to the body is already occurring and often leads to Type II diabetes. If blood glucose levels are controlled at an early stage, the development into Type II diabetes can be prevented.

Often, diabetes is referred to as the “Silent Killer” due to the unobvious symptoms of diabetes. People who have diabetes or are pre-diabetic initially do not feel pain or feel any symptoms. It is only when diabetes has reached a serious stage when all the complications, pain and symptoms surface.

As previously mentioned, according to statistics, once a person is diagnosed as diabetic, it is likely that the onset of the diabetes actually started seven years ago. On average, every 10 years afterward, there is a rise in blood sugar of 100 milligrams per decilitre. Diabetes is a progressive disease.

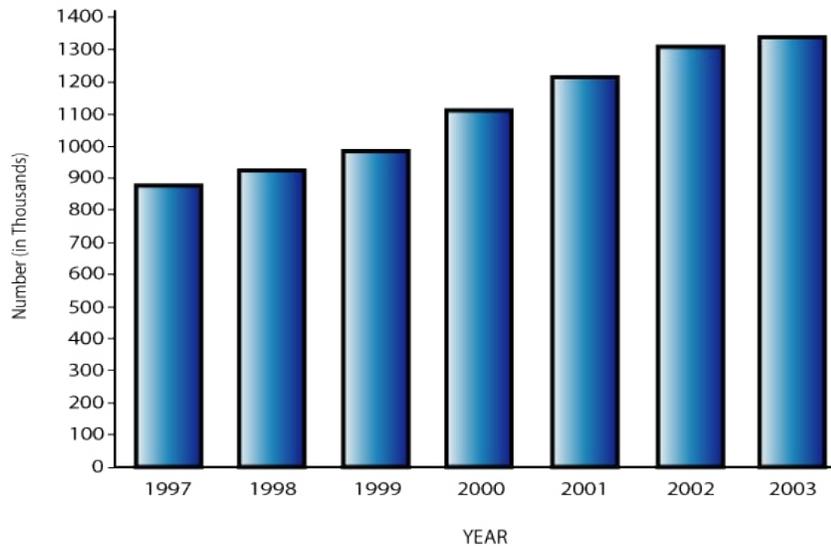
HOW DOES DIABETES AFFECT DIFFERENT AGE GROUPS?

Approximately half of all diabetes cases occur in people older than 55 years of age and 40% of individuals over the age of 60 have impaired glucose tolerance. This means that the elderly are at high risk because the prevalence of diabetes increases with age, especially the risk of Type II diabetes. One in four individuals over the age of 60 has Type II diabetes. A main contributing factor to developing Type II diabetes is declining physical and metabolic activity, which comes with age. Also, reduced mitochondrial activity in muscle cells, which progresses with age, is a serious concern for seniors because it is a major cause for insulin resistance.

Once diagnosed, there is an almost unavoidable potential for it to escalate.

There is also an increasing trend of diabetes in younger age groups. From 1990 to 1998, the incidence of diabetes in 30-39 year olds jumped by 76%. This increasing trend also includes children. Today, 30% of pediatric patients in the U.S are Type II diabetic. Because diabetes is not regularly screened in children, many children go undiagnosed. This is especially dangerous because diabetes is a progressive disease. Once diagnosed, there is an almost unavoidable potential for it to escalate. Therefore, it is important to control it early on, especially in children.

New Cases of Diagnosed Diabetes Among Adults Aged 18–79 Years, United States*



* Center for Disease Control and Prevention, National Center for Health Statistics, Division of Health Interview Statistics

As mentioned previously, Type II diabetes is also known as Adult Onset Diabetes. However, with recent statistics concerning the rise of Type II diabetes in children, Adult Onset Diabetes becomes a misnomer.

The rise in diabetic children is cause for alarm because diabetes progresses over time. As a person ages, their diabetes continues to worsen. Also, the use of pharmaceutical drugs just adds to the problem. Diabetic pharmaceutical drugs seem to lose their effectiveness over time, which forces the diabetic to increase the dosage for the same results. So we can predict that when a diabetic child becomes 20 or 30 years old, he will face an advanced stage of diabetes where oral drugs will not work and insulin will be required.

The alarming increase of diabetes in children is parallel to the rise of obesity in America's children. Sedentary lifestyle, unhealthy eating habits and various other factors have contributed to this threat to children's health. In fact, it has been estimated that 30% of 6-19 year olds are overweight. Furthermore, approximately 70% of obese adolescents are likely to become obese adults.

Often people say that children can outgrow their diabetes with diet and exercise. This may be possible in a small number, but in the vast majority it is wrong. Diabetes is a progressive disease and will only worsen over time.

WHAT ARE THE DANGERS OF DEPENDING ON PHARMACEUTICAL DRUGS?

Here is what many people do not know, what many doctors do not emphasize and what everyone should be aware of: all pharmaceutical drugs involve major risk.

Of course, these drugs are valuable for their ability to work effectively and efficiently. For example, for diabetics, pharmaceutical drugs are tremendously helpful in controlling blood glucose. However, they work over a relatively short period of time. So they are effective temporarily, but only temporarily. Over time, they lose their effectiveness. So in 10 years, diabetics are forced to increase their dosage of the same drug for the same result. In another few years, even increasing the dosage will no longer be effective.

Another danger of pharmaceutical drugs is the negative side effects that develop from using and depending on these drugs. Liver failure, kidney failure, damage to the brain and heart are just some of the related consequences of pharmaceutical drugs. For example, a significant portion of all kidney failures in diabetes are actually due to diabetic drugs—not the disease itself. Facing such dangers, it is impossible to tell which is worse: the disease or the drugs?

NOT A HOPELESS ENDING

So what can be done? In the face of all the dead ends, many diabetics have lost hope. But there is hope. There are several effective, safe, long term solutions to the problem of diabetes. Many natural treatments which have permanent effects are available, and in this book you will read about the best of them.

It has been stated by many people that there is no cure for diabetes, that diabetics should just “befriend” the disease. But after thorough research, I can say with confidence that there is hope for diabetics, and you should not befriend an enemy.



Chapter 1

NATURAL SOLUTIONS FOR DIABETES

There are several all natural alternatives that combat diabetes. There are over 2000 herbs and plant based medicines that have shown to have an ability to control blood glucose. However, not all herbal products are effective. Some are not safe. Others are toxic, even fatal. For example, many commercial “anti-diabetic” herb products are marketed as “safe, all-natural” alternatives. This may be true to a certain degree, but many of these herb products lower blood glucose by inducing artificial indigestion, thereby preventing the digestion of food. Although these herbs are successful in working to lower blood glucose levels, they do so at a very high price. These are definitely not healthy.

There are over 2000 herbs and plant based medicines that have shown to have an ability to control blood glucose. However, not all herbal products are effective.

The following are some guidelines you can use to determine whether an herbal treatment is truly all-natural, safe and effective.

1. The effects should be proven scientifically. Testimonials alone are not enough to prove comprehensively that an herbal product is legitimate. A few anecdotal stories here and there from a friend of a friend are insufficient. You should look for statistically reliable studies that have been compared with a control group to determine the possibility of a placebo effect.
2. It should be safe—there should be no negative side effects. If there are, then you might as well be taking the pharmaceutical drugs.
3. There should be no development of resistance. As mentioned before, pharmaceutical drugs become useless over time and the diabetic must increase the dosage for the same effectiveness. This happens with herbal products as well, so look for one that does not.
4. The mode of action should be identified. This means that you should be able to find out how the herbal product works. This is especially important if you are planning to take the herbal product along with traditional pharmaceutical drugs.
5. The treatment should be accessible. If the herbal product is so rare that you cannot even purchase it on a regular basis as needed, or it is so outrageously expensive—then what’s the point? It may work, but it won’t work for you because you can’t get your hands on it!

6. It should offer long term fundamental change. All herbal treatments, if they are correctly combined or correctly used, are supposed to bring about long term fundamental changes.
7. It should improve the health of the whole body. Pharmaceutical drugs are a single compound that focuses on symptomatic treatment, which is valuable. However, herbal treatments are comprised of many compounds that should address the general health of the whole body.

Use these guidelines to avoid the widespread myth that all herbal treatments are safe. In fact, many herbs are fatally dangerous. It is also incorrect to believe that herbal treatments are ineffective. All natural treatments may be very effective, but not all are safe.

Please remember that with most herbal remedies, the effects and benefits are not immediately noticed. We generally expect to see the effects of taking a drug in a few hours or a day at most. However, with plant-based compounds, it may take weeks to produce a noticeable effect. The improvement may be so gradual that it may be difficult to notice the changes happening in your body—until you think of how you were a few months ago.

If you use these guidelines when looking for an herbal treatment, you will be able to select the right and the best product for you. Below is one herbal treatment recommended for diabetics: Six Flavor Tea.

WHAT IS SIX FLAVOR TEA?

Six Flavor tea is a traditional Chinese formula. It is also called “Liu Wei Di Huang Hwan.” This tea has been used in Asia for thousands of years and is recognized by many Asian governments and organizations as an effective diabetic treatment. Six Flavor tea is recorded in many Asian pharmacopeias.

Looking for scientific evidence, however, may prove to be a bit of a goose chase. The irony is that because the formula has been used effectively and recommended by health practitioners for centuries, there has been no need to search for scientific proof. Also, because of the impossibility of patenting Six Flavor tea, no one is willing to invest in the research for this herb combination. In a sense, Six Flavor tea is so well known, so highly recommended, so effective, that its history speaks for itself. This is the case for many herbal products.

The six herbs in Six Flavor tea are very common herbs, making them very economical to purchase. You can obtain the names of these herbs on the internet at websites such as www.thetruthaboutdiabetes.info or by visiting a Chinese herb store. You can make Six Flavor tea easily at home. Below, there are detailed instructions on how to purchase and make this all-natural alternative for diabetes.

1. Get the names of the herbs for Six Flavor tea.

You can do this by printing out the herb list from the website www.thetruthaboutdiabetes.info. Just click on "Six Flavor Tea". Under the title heading "A Visual Reference for Six Flavor Tea" click on the link "click here" for the list of names and pictures of the herbs for Six Flavor Tea.

Find your local Chinese herbal store. You can find this information by looking in the phone book, the internet, or by word of mouth. You can call a Chinese herbal store ahead of time to see if they have the herbs in stock before you visit the store. Most Chinese herbal stores in most North American cities carry the herbs you need to make Six Flavor Tea.

Ingredients of Six Flavor Tea



Cooked Radix Rehmanniae
(Shu Di)



Fructus Corni Officinalis
(Shan Zhu Yu)



Radix Dioscoreae Oppositae
(Shan Yao)



Rhizoma Alismatis
(Ze Xie)



Sclerotium Poriae Cocos
(Fu Ling)



Cortex Radicis Moutan
(Dan Pi)

2. Go to the herbal store to purchase the herbs.

Once you are there, you can show them the list of herbs you need. You can also give them more information about what you want. For example, you can say “I would like to purchase the herbs for Six Flavor tea which helps people with diabetes. The tea is also called Liu Wei Di Huang Wan. Here is a list of herbs I need to make the tea” (show the list).

It is almost impossible that they will not know about the herbs for Six Flavor Tea. Be persistent if there is some initial confusion. Remember, this is not like purchasing western pharmaceutical drugs with flashy advertisements and store discounts. These herbs are traditional solutions that have been used for thousands of years.

Usually the herbs are sold by the pound. One pound is roughly the same size as one large book. So be prepared to carry a large package of herbs when you leave the store.

3. When you come home...

If you are not going to prepare Six Flavor Tea right away, and even after you prepare the herbs, please store the herbs in a dark, dry place. These herbs do not go stale. They stay fresh for years.

There are stories of herbal products that have been contaminated with pesticides, herbicides, heavy metals, and chemical fertilizers. Some even say that these herbs are not ‘all natural’ and can even be harmful. But Dr. Kim has personally tested thousands of herbs sold in North American Chinese herbal stores, and in his experience, there have been no such serious contaminations. As long as the herbs are sold in a sizable Chinese herbal store, the quality and safety can be relied upon.



4. Prepare the tea powder.

To make Six Flavor Tea, you need to process the herbs into a tea powder. Take the herbs and grind them in a blender or coffee grinder into a fine powder. Make sure you have the lid of your blender or grinder on properly, this part of the process can be messy!

You have a choice when grinding the herbs for Six Flavor Tea. You can mix all the herbs together, then grind them to make the powder. Or you can grind each herb, then mix the different powders together. It's your choice, as long as the herbs are thoroughly mixed.

Store the tea powder in an airtight container when not in use. As mentioned above, store in a dark, dry place.

5. Preparing the tea.

A single serving for Six Flavor Tea is about 10 grams, or 1 large heaping table spoon. But remember, this is not a pharmaceutical drug. If you happen to take 20 grams, even 40 to 50 grams, it is still safe and not harmful.

After making the tea powder, there are several ways to consume Six Flavor Tea:

The most recommended way is to brew the tea. You can do this by pouring 1 heaping table spoon, or 10 grams, into an herb-brewing pot. Brew the powder in 2.5 cups (or 360ml) of water and stir occasionally for 1 to 2 hours on low heat. Brewing is finished when the amount of water is reduced to half. If the mixture is boiled at too high of a temperature, the taste may be bitter. After brewing is finished, drink the liquid portion of the tea.

You will notice that there are some sediments at the bottom of your cup. You can collect and store the left over sediment in the refrigerator to make a second brew. It is a great waste to throw away the remaining sediments after just one brew. You can rebrew the sediments and drink the tea 2-3 more times! It's very economical.

You should drink Six Flavor Tea 3 times a day on an empty stomach. If you are a more serious diabetic, you should consider increasing the serving amount.

Other Preparation Methods

Microwave Method – Another way to prepare Six Flavor Tea is to use a microwave oven. Simply put the powder in a container with 1 to 2 cups of

water and heat for 10 to 20 minutes on low heat. Do not bring to a boil. Again, you can rebrew the sediments 2-3 times.

Thermos Method – You can also put the tea powder in a thermos with hot water, shake, and let it steep for 25 to 40 minutes. This is the simplest method and it produces very good results. Let the sediment settle to the bottom and rebrew for 2 or 3 more tea drinks.

Direct Consumption – You can even eat the powder too. Dr. Kim often sprinkles the tea powder over his food or puts it in his hot soup.

6. A matter of convenience.

Many people find that purchasing and preparing Six Flavor very inconvenient. If you find this is true, you can purchase pre-packaged tea pouches or a capsule form of Six Flavor Tea. You can find out more information by emailing medireportgroup@yahoo.com, or at www.thetruthaboutdiabetes.info.

Please be aware that the tea taste is very strong and may take some time to become accustomed to it.

The great benefit of this tea is that, like most herbal treatments, it is a long term treatment. Consuming this tea over a lengthy period of time gives great long standing results. Also, it is much safer than pharmaceutical drugs. It does not have any side effects and it does not develop a resistance so there is no need to ever increase the dosage.

OTHER BENEFICIAL HERBS FOR DIABETES

In addition to Six Flavor tea, there are many other herbal formulations. One such example is Aloe Vera. Few herbs have been studied as extensively or have as rich a history of use as *ALOE BARBADENSIS*, or aloe vera.

Historically it has been used as a laxative and also as a wound and burn dressing. Among aloe vera's primary active ingredients are long chains of polysaccharides or simple sugars. These are predominantly glucose and mannose linked together.



Depending upon the length of these chains there are numerous beneficial effects. The longer polysaccharide chains of aloe vera have significant effects on the immune system, including benefits in fighting cancer and viruses. A smaller size chain has been shown to lower and regulate cholesterol levels and help remove

atherosclerotic plaques in blood vessels.

A significant body of research in animals and humans has demonstrated that aloe vera also has significant anti-diabetic activity. In one study with 3,167 diabetic patients 94% of the patient's blood sugars returned to normal and had to stop their oral hypoglycemic medications. In this particular study of 5,000 patients with heart disease and diabetes, their cardiac medications also had to be reduced in half on average. The conclusion of the researchers was that aloe had a definite benefit in the prevention and management of atherosclerotic heart disease and controlling blood sugars in diabetics.

It is worth remembering that there is a very high proportion of diabetics with heart disease and it is a significant factor leading to heart attacks. A placebo-controlled single-blind trial evaluated the effect of oral aloe supplementation. It showed no adverse side effects and blood sugar and triglycerides had been reduced by 43%.

Research from the US National Institutes of Health show that high blood sugar leads to increased stress and damage from free radicals and oxidation and resultant damage to the liver and blood vessels and consequent development of cardiovascular disease. Patients with diabetes have decreased levels of antioxidants and reduced activity of certain antioxidant enzymes. Oral aloe has been shown to reduce this oxidative stress and damage and increase the levels of specific antioxidants, such as Vitamins C & E.

While it is unclear exactly how the polysaccharides in aloe vera lead to improvement in blood sugar, there is some evidence that it may be due to a different mechanism than directly stimulating insulin. Among other effects, these polysaccharides have been shown to slow glucose absorption from the intestine and decreased the usual increase in insulin release after a meal.

Oral supplementation with aloe vera has demonstrated being able to aid the body in normalizing blood sugars, and stimulate the availability of crucial antioxidants in the body's defense, particularly in the liver and the toxicity induced by diabetes.

Aloe vera has been studied primarily in non-insulin dependant diabetes and it can safely be taken with oral hypoglycemic medications and significantly reduce the dose of those medications. Of course, like any herbal supplement it should be taken under the care and monitoring of your physician.

Recommendations for aloe intake are usually one – two ounces daily of aloe juice, optimized for the highest aloe polysaccharide content available. Or 150 – 300 mg of gel powder twice daily. However, in some studies there does seem to be increased benefit from taking more and there are no apparent side effects from

higher doses. The best guarantee of quality aloe is to look for the certification seal from the International Aloe Science Council.

You can find out more about Six Flavor tea, aloe vera, or about other herbal treatments on the internet or in books. Not many years ago, it was very difficult to find information on all-natural herbal products and alternatives, but the tide has turned.

Please remember that although you may be using an herbal treatment, it is important to continue taking your prescribed medication and to consult your doctor when making any changes. Any reduction or suspension of your drugs should be done in consultation with your physician.

THE ALL-NATURAL CURE FOR DIABETES

As mentioned previously, there are hundreds of herbal treatments that are helpful for diabetics. But do you want to know what THE best alternative for diabetes? One word: ELEOTIN®. Also known as P700, it is remarkably different from not only pharmaceutical drugs, but also from other herbal treatments.

While pharmaceutical drugs and insulin injections are for temporary control, ELEOTIN® addresses the fundamental problem of diabetes. ELEOTIN® brings about permanent change rather than temporary control. All the ingredients of ELEOTIN® are classified as food products in Asian countries, so ELEOTIN® is a food product, not a drug.

We now know that there are very definite side effects resulting from pharmaceutical drugs, but ELEOTIN® is completely safe—there are no side effects. Lastly, ELEOTIN® develops no resistance. So as time passes, people decrease their dosage rather than increase, as is the case with pharmaceutical drugs. ELEOTIN® is a fundamental solution to diabetes because it brings about molecular level changes. It is not simply symptomatic relief.

SO WHAT IS BEING SAID ABOUT ELEOTIN®?

ELEOTIN® is completely safe—there are no side effects, and it develops no resistance.

All over the world, ELEOTIN® is making headline news and being covered in the media. The Chinese Diabetic Association calls it the “ideal cure”. The Korean Diabetic Association called it a “breakthrough cure.” Even without any advertisement, there are about 40,000 users worldwide.

Up until about 10 years ago, there was a general skepticism about herbal remedies in North America. This is understandable. Many believed that anything herbal was not really scientific—but not anymore. It has changed dramatically now. Herbal treatments are now an established science. Even though most physicians receive little training or exposure to herbal remedies, there are thousands of doctors who are very open-minded to herbal treatments like ELEOTIN®.

As for pharmaceutical companies, there have been offers of distributorship from the largest pharmaceutical company in China, the largest pharmaceutical company in Korea, and the second largest pharmaceutical company in Taiwan. You have also read about how one of the largest pharmaceutical companies in Europe once offered a buy out. They put a quite sizable amount of money on the table, but it was refused by Dr. Kim. His hesitation was based on his concern that they were trying to buy out this technology and shelve it because it was in direct competition with their own pharmaceutical drugs. This method of business is called predatory acquisition.

Have I raised your curiosity and interest? I invite you to read the following chapters which will explore the details behind THE amazing all-natural solution for diabetes: ELEOTIN®.

Chapter 2

THE BASICS OF ELEOTIN®

Now that we have revealed the need for an effective all-natural treatment for diabetes, let us now review the facts about ELEOTIN®, the solution that I believe to be the most effective and safe treatment for diabetes today.

WHAT IS ELEOTIN®?

ELEOTIN® is a safe health food that restores the body's own ability to control blood glucose levels.

ELEOTIN® is a safe health food that restores the body's own ability to control blood glucose levels. ELEOTIN® gently helps to control blood glucose levels not only temporarily, but also results in long term permanent or semi-permanent molecular level changes. ELEOTIN® helps to regenerate the insulin receptors of muscle or liver cells. It also helps to regenerate the insulin producing β (beta) cells in the pancreas. These two molecular level changes improve insulin production and binding, and therefore assist the body to control blood glucose levels independently. These changes, in turn, assist the body to recover glucose metabolism normalcy. ELEOTIN® usage may then be diminished or eliminated as the body restores its own ability to control blood glucose levels. Also, ELEOTIN® can lead to the reduction and possible total elimination for dependency on synthetic medication and insulin injections to control glucose levels. It is an all-natural, safe, and gentle herbal product with no harmful side effects.



WHO DEVELOPED ELEOTIN®?

As shared previously above in the story by Dr. Sichel and in the story by Dr. Kim, ELEOTIN® was initially developed by the scientists at the Julia McFarlane Diabetes Research Center (JMDRC) at the University of Calgary in Alberta, Canada. The JMDRC is a leader in research on the cause, cure, and prevention of Type I and Type II diabetes. After the initial development by the JMDRC, research and development continued on by Eastwood Bio-Medical Research Inc. (EMBR) and other researchers.



Is ELEOTIN® A FOOD OR DRUG?

ELEOTIN® is a food product that is more beneficial than existing hypoglycemic drugs.

For some people, this answer is difficult to believe. They find it difficult to believe that such a serious lethal disease can be treated more effectively with a “gentle and safe” food product when existing “super-strong” drug treatments are available. We have been conditioned to believe that synthetic pharmaceutical drugs must be better, especially if a doctor has prescribed it—since they “know best”. The correct use of a gentle food or herbal combination is much better than the use of strong, intrusive chemical drugs that can otherwise harmfully target organs. This principle is especially true for serious diseases that affect many parts of the body. It is understandable for people to believe that serious problems should be dealt with a stronger method. But, let me ask you this: when you are in an elevator, do you go to a higher floor by pushing the wrong button with more strength, or by gently pushing the right button? ELEOTIN® is like pushing the right button.

What our body needs in this case is not a strong stimulus, but proper balance.

What our body needs in this case is not a strong stimulus, but proper balance. Usually, drugs trigger a powerful stimulus that have a positive short term effect. But these drugs in the long run can cause drug resistance and lead to other numerous negative side effects. Proper treatment would be one that helps all the internal organs and inner mechanisms to function better. This is achieved by gently restoring balance to a body that has lost its rhythm and its own ability to heal itself. The body can heal itself of most diseases, and in many cases the only thing we have to do is trigger this self-healing ability. In order to do this, we do not need strong chemical signals.

The same principle is true for diabetes. Overall, curative actions in our body should occur simultaneously and in harmony for successful treatment of diabetes over a long period of time. The existing drug treatments for diabetes have their limits even though they have demonstrated certain short term strengths. Diabetic drugs have an effect on only one or two metabolic processes and are unlikely to help the complex metabolism associated with diabetes as a whole. Because of their concentrated focus, chemical drugs also put a serious strain on the body due to the drug's cumulative toxicity. They often contribute or cause permanent damage to these organs, which may be even worse than the damage caused by diabetes itself.

Oral Therapy for NIDDM

Drug	Mode of Action	Side Effects
Sulfonylureas Chlorpropamide (Diabinese) Tolbutamide (Orinase) Tolazamide (Tolinase) Glyburide (Diabeta) Glyburide (Micronase) Glyburide (Glynase Prestab) Glipizide (Glucotrol) Glipizide (Glucotrol XL) Glimepiride (Amaryl)	Lowers blood glucose by stimulating the release of insulin from the pancreas. Blood glucose lowering effect persists despite a gradual decline in the insulin secretory response to the drug. Extraprocreatic effects may be involved in the mechanism of action.	Renal and Hepatic disease Hypoglycemia Loss of Control of Blood Glucose Gastrointestinal disturbances Dermatologic reactions Hematological Metabolic Endocrine reactions Dizziness, drowsiness, and headache Increased cardiovascular mortality
Biguanides Metformin (Glucophage)	Manages hyperglycemia. Lowers blood glucose primarily by reducing intestinal glucose absorption and hepatic glucose. May also enhance insulin sensitivity at postreceptor levels. May stimulate insulin-mediated glucose disposal. Does not stimulate insulin secretion. May lower triglyceride and cholesterol levels, perhaps indirectly by improving glycemic control. Co-administration with sulfonylureas appears to be synergistic.	Lactic acidosis Increased cardiovascular mortality
Alpha-Glucosidase Inhibitors Acarbose (Prandase)	Inhibit intestinal brush-border alpha-glucosidases and consequently delay the digestion of the digestion of sucrose and complex carbohydrates.	Gastrointestinal side effects Hypoglycemia Combination therapy with metformin
Thiazolidinediones Troglitazone (Rezulin) Ciglitazone Pioglitazone	Improves insulin resistance directly, enhancing the effects of circulating insulin, without causing the body to increase production of insulin. Direct stimulation of peripheral glucose uptake and storage as well as inhibition of glucose	Infection, headache, and pain Only effective in the presence of insulin May cause red blood cell abnormalities May cause cardiac problems

Natural products are far more advantageous for diabetes than chemical drugs. Chemical drugs provide only temporary glucose control, and in the long run, cause severe damage to a person's liver and kidneys because of their concentrated and toxic chemical actions. It is strongly recommended that people use food products or herbal combinations that are gentle and safe as their first and best line of defence. ELEOTIN® offers this. The gentle, mild signalling herbs contained in ELEOTIN® often produce much more beneficial results. ELEOTIN® is the most scientifically superior herbal combination offered on the market.

WHAT IS ELEOTIN® MADE OF?

ELEOTIN® contains dried roots, stems, fruit and leaves, all from various plants. These herbal plants are all registered with pharmacopeias and food codes in several countries. In fact, all these ingredients are so safe that in many countries, these ingredients are classified as foods, not as drugs. In many countries, these are the herbs that appear on the dinner table, not unlike the way lettuce and tomatoes appear on our North American dinner tables. All these ingredients have been used for thousands of years in many countries. These herbs are 100% natural and there are no additional fillers, chemicals, or preservatives.

These herbs are 100% natural and there are no additional fillers, chemicals, or preservatives.

The ingredients for the various blends of ELEOTIN® are listed on each ELEOTIN® box or bottle. The most important ingredients are Platycodi Radix (Root), Schizandrae Fructus (Fruit), Capsella Bursa (Stem), Glycyrrhizae Radix (Root), Astragalus Membranaceus Bunge (Root), Lycium Chinese (Fruit), Dioscorea Japonica Thunberg (Root), and others. Depending on the countries where ELEOTIN® is sold, some different variations are introduced in response to the local regulatory requirements.

ELEOTIN® IS BETTER: LET'S COMPARE

WHY IS ELEOTIN® THE BEST HEALTH FOOD PRODUCT FOR MY BLOOD GLUCOSE CONTROL PROBLEM?

There are many reasons.

The components of ELEOTIN® make it an excellent health food for everyone, even for individuals who do not have high blood glucose levels. ELEOTIN® increases the body's own ability to purify or cleanse impurities through urination. This cleansing function also leads to the strengthening of a person's immune system. "Cleansing" is a normal and natural mode of treatment in Traditional Chinese Medicine (TCM).

ELEOTIN® is also an excellent source of high quality fiber and provides essential nutrients to a person's pancreas.

ELEOTIN® is good for everybody whether one has diabetes or not.

These reasons may already be sufficient to convince anyone that ELEOTIN® is a great health food and a "must" buy. ELEOTIN® is good for everybody whether one has diabetes or not. It is a good, safe, health promoting product. Since ELEOTIN® was designed for diabetics in mind by the world's leading diabetes experts, diabetic patients receive additional health benefits than people without diabetes (explained in detail later) because they are in most need of the support that ELEOTIN® provides.

HOW DOES ELEOTIN® COMPARE WITH OTHER HERBAL HEALTH FOOD PRODUCTS?

The idea that it is possible to manage diabetes with components extracted from natural medicinal herbs has been widely accepted by both Asian and Western countries. There are approximately 1,500 to 2,000 natural substances that clearly have an effect on controlling blood sugar levels and diabetes. There are hundreds and hundreds of research projects currently being conducted on these natural substances. The beneficial effects of medicinal herbs are now widely accepted by even a great number of western health professionals. Up to 10 years ago or so, traditional western medicine was impervious to the idea of 'just herbs helping diabetes.' Now, it is a question of which herbs, or which herbal combinations. ELEOTIN® is the answer to those questions.

ELEOTIN®'s herbal combination provides a long-term solution along with short-term benefits.

ELEOTIN® is a health food made of processed medicinal herbs that have a substantial benefit on restoring glucose normalcy. ELEOTIN® contains gentle restorative medicinal herbs. These medicinal herbs and their extracts are combined in such a way that they mutually strengthen the curative powers of each component while diminishing the potential toxicity by way of mutual cancellation. This kind of combination approach is based on Bülgi's Principle, which states that certain combinations of herbs exist whose total beneficial effects are synergistically larger than the sum of each herbal component's individual beneficial effect.

Also, this superior combination effect may also reduce adverse side effects while diminishing potential toxicity. This is achievable by way of mutual cancellation.

The question, according to this principle, is how to find such a combination. The same was true for ELEOTIN®'s development process. In order to find the right combination of the approximately 1,500 natural substances with known beneficial and toxic effects, there was endless testing. The current version of ELEOTIN® is the best natural food product for diabetics presently marketed. ELEOTIN® enables the body to naturally control blood glucose levels so that in the long run, the body can return to more normal blood glucose levels. In the meantime, ELEOTIN® also provides temporary relief and a gentle treatment to sufferers. Do you know that each year more than a hundred herbal diabetes products appear on the market, and most of them disappear in 6 months? ELEOTIN® was first produced in 1997 and by 2003, it has approximately 40,000 users.

WHY IS ELEOTIN® BETTER THAN OTHER HERBAL PRODUCTS?

Here is a list of reasons:

1. The Scientific Developers

ELEOTIN® was scientifically developed and tested vigorously at the world renowned Julia McFarlane Diabetes Research Center at the University of Calgary. There are other universities and research institutes around the world that have tested and studied ELEOTIN®. The list of such universities and research institutions constantly grows. Many herbal products do not have clearly identifiable developers/inventors. Most herbal products rely on anecdotal evidence.

2. Scientifically Tested

ELEOTIN® is verified as both safe and effective in animals and humans. These scientific tests made it possible for ELEOTIN® to be patented. Many herbal products have never been tested for their safety. ELEOTIN® was fortunate since it not only underwent thorough testing by the University of Calgary and JMDRC prior to its commercial release, but also many government institutions tested and approved the safety of ELEOTIN®. Also, renowned professional organizations such as the Nanjing Diabetes Association, the Korea Diabetes Association, the Korea Pharmacists Association, etc. concluded that ELEOTIN® was both effective and safe. Some even praise ELEOTIN® as an "ideal cure." Quite a strong statement, isn't it? Also, there are many medical doctors and diabetes experts who studied and wrote reports and analysis in journals and books regarding ELEOTIN®. You can read some of these reports and studies on the EBMR website at www.eastwoodcompanies.com. ELEOTIN® is an amazing solution because there are no known herbal products that have been scientifically studied and professionally praised the way ELEOTIN® has been.

Another huge advantage that ELEOTIN® has over other herbal products is that the modes of action are clearly identified and scientifically supported. In other words, the “why” and “how” of ELEOTIN® is clear, while the claims of most other herbal products are “they believe that there can be somebody that may say that this may work somehow.” Our body is too precious to be subjected to such inexplicable claims. Diabetes is too serious a disease to play with such a doubtful approach. Being an herbal product is not a license to be unscientific or irresponsible.

As far as it is known, there are no herbal diabetes products on the market that are more scientifically tested and its effects and safety are more rigorously proven than ELEOTIN®. As research and development continue to make ELEOTIN® even better, this claim can be maintained for quite a long time in the future.

3. Best Herbal Combination

There are more than 2,000 herbs and herbal products that have hypoglycemic effects. As much as it is possible, there are no known herbs or herbal products other than ELEOTIN® that show a clear ability to assist in the gentle restoration of β (beta) cells or insulin receptors. Most herbal products have “sugar lowering effects” by blocking sugar from being digested. That is, they slow down the digestion process. In other words, they simply artificially induce digestion. Artificially induced indigestion can be “temporarily” relied upon for blood glucose control. But we cannot rely on it for long. “Leaky gut” problems, lower immune systems, and so on, are just a few of potential problems when this is relied upon too long.

Other herbs stimulate secretion, often straining the already damaged pancreas. These herbs provide only temporary relief and not a long term solution. ELEOTIN®’s herbal combination provides a long term solution along with short term benefits.

As you continue to read, you will discover that there are numerous other reasons why ELEOTIN® is the best herbal treatment available. Hopefully, you are now a little closer towards seeing many other advantages of ELEOTIN® for yourself.

Why is ELEOTIN® better than other herbal products?

- 1. Scientific developers***
- 2. Scientifically tested***
- 3. Best herbal combination***

HOW DOES ELEOTIN® DIFFER FROM ASIAN HERBAL MEDICINE?

People often ask us whether ELEOTIN® is Kanpoyaku—an Asian Herbal Medicine, or Traditional Chinese Medicine (TCM). In fact, ELEOTIN® and Asian Herbal Medicines are based on a similar methodology and similar philosophy. They both try to restore the body's own capability to heal, rather than chemically overpower the symptoms. They both try to work on the root of the problems rather than the symptoms. They both selectively adopt the most appropriate signals that will promote general health and natural healing.

Most traditional Asian herbal restoratives have a profound association with diuresis. ELEOTIN® and Asian medicinal herbs are similar in this regard too. It is found that diuretic functions are strengthened both by ELEOTIN® and TCM.



In addition, when ELEOTIN® is in tea form, they are similar in terms of appearance and intake methods. As well, both emphasize the importance of giving a gentle and mild stimulus to the body, instead of delivering intrusive stimuli, which often creates permanent damage. So in many respects, ELEOTIN® and TCM are very similar. It is no wonder that ELEOTIN® was accepted in Asia first.

However, ELEOTIN® is different from Kanpoyaku, or TCM, in a number of ways. ELEOTIN® has been developed through Western style scientific analyses, such as animal and clinical tests, pharmacological studies, and toxicological studies. TCM relies on traditions and personal experiences. While ELEOTIN®'s modes of action are ascertained and proven, most Asian Herbal Medicines modes of action are still yet to be found. For ELEOTIN®, scientists have identified important modes of actions, making it possible to use ELEOTIN® safely in conjunction with conventional pharmaceutical drugs. It can sometimes be dangerous to use TCM that have unknown modes of action at the same time as conventional pharmaceutical drugs.

Also, Asian Herbal Medicines usually try to promote the body's health in general, but ELEOTIN® focuses more on the process relevant to diabetes. As a result, the effects of Kanpoyaku on diabetes is often evasive, while ELEOTIN®'s gentle effects on diabetes are clear and well defined. Furthermore, the ingredients for TCM are often contaminated with herbicides and other toxic chemicals, whereas ELEOTIN® is produced with natural ingredients that are rigorously screened for safety.

It is worth knowing that in a few countries, some governments treat and classify ELEOTIN® as TCM. Some governments classify ELEOTIN® as something similar to Lui Wei Di Huang Wan, or Six Flavor Tea. With tremendous respect towards Asian Herbal Medicines, so far as diabetes and metabolic disorder are concerned, ELEOTIN® provides more clearly defined benefits.

ELEOTIN® has been developed through Western style scientific analyses, such as animal and clinical tests, pharmacological studies, and toxicological studies. TCM relies on traditions and personal experiences.

Chapter 3

HOW ELEOTIN® WORKS

IS ELEOTIN® A CURE?



Well, this depends on how you define “cure.” According to the Doreland’s Medical Dictionary, a cure is defined as “the successful treatment of a disease or wound; a medicine effective in treating a disease.”

Given the above definition for cure (successful treatment), many individuals who have tried ELEOTIN® feel it is a cure. ELEOTIN® helps to lower and control blood glucose levels, as well as maintain these low levels for a long time, even after termination of ELEOTIN®. Some users have testified that the long term beneficial effects of ELEOTIN® have lasted over two years after they terminated usage.

If you define cure to mean “a completely successful treatment that restores the individual to a pre-illness state by removing the cause” then ELEOTIN® should not be considered a cure.

Once the body’s own ability to control blood glucose levels is restored to healthy levels with the help of ELEOTIN®, the body continues to work correctly by itself. Isn’t this beautiful? It is recommended that for long term maintenance of blood glucose levels, individuals will have to maintain a healthy lifestyle and take ELEOTIN® 3 to 5 days per month, or take one quarter of the regular dosage. Of course, some people may stop taking ELEOTIN® entirely. Once the body becomes normal, a healthy lifestyle is what you need.

However, if you define cure to mean “a completely successful treatment that restores the individual to a pre-illness state by removing the cause,” then ELEOTIN® should not be considered a cure. ELEOTIN® is not a cure for diabetes under this definition since it does not remove the causes of diabetes and its symptoms such as blindness, late stage neuropathy, kidney failure, etc. It is known, however, that vision is often improved substantially and that neuropathy, kidney failure and other related complications are sometimes greatly helped by ELEOTIN®.

It is far from the truth if one says that ELEOTIN® reverses all complications completely. A majority of complications are improved. Since scientists researching

diabetes do not know with certainty the exact causes of diabetes, it cannot be said that ELEOTIN® is a cure. I believe, as many do, that diabetes is a “civilization disease” in the sense that the real, ultimate cause of diabetes is related to the lifestyle prescribed by our modern civilization. So please do not get into this debate without first reflecting on your definition of “cure.”

Since scientists researching diabetes, like us, do not know with certainty the exact causes of diabetes, we therefore, cannot say that ELEOTIN® is the cure under this definition.

ELEOTIN® helps to regenerate the insulin receptors of muscle or liver cells. It also helps to regenerate the insulin producing β (beta) cells in the pancreas. These two molecular level changes improve insulin production and binding, and therefore assist the body to control blood glucose levels independently. Complications such as restless sleep, numbness in extremities, and frequent urination are greatly improved by ELEOTIN®.

So it all depends on what you mean by ‘cure’. Some people prefer the expression that ELEOTIN® is a “fundamental solution.” You decide what you wish to call ELEOTIN®. The main point is that individuals who were once suffering can now get practical help that works. But if you do use the word “cure,” please be careful and define what you mean.

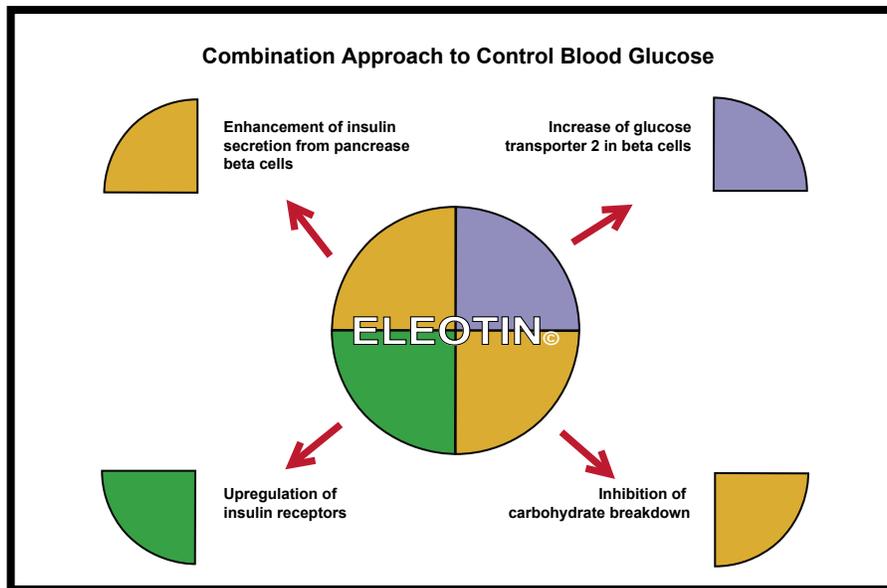
There are often funny observations regarding the word “cure.” Many books on the topic of diabetes start by declaring, “There is no cure for diabetes, so don’t be cheated!” But invariably, after a few pages there is a chapter entitled “Recommended Treatments and Cures.”

Also, there are many people, especially those in the diabetes establishment with perhaps billions of dollars, who say “ELEOTIN® is a food. Therefore it cannot make any medical claims.” But then, how can they explain the existence of thousands and thousands of books with titles such as “Recipes for Diabetes.” They are talking about food in the same way that ELEOTIN® is a food. They all say that some foods are good for diabetes, which is not unlike ELEOTIN®. The only difference is that ELEOTIN® is supported by studies, theories and data, whereas many diabetic cookbooks are not. So basically, what the diabetes establishment is against is not the existence of foods good for diabetes, but rather the food whose benefits can be proven. As long as the benefits remain unproven, diabetes establishments do not say a thing. As soon as the claims are proven, they mobilize a whole organization to protect “their science”! That is one of the sad reasons why ELEOTIN® is not sold in some countries.

WHAT ARE ELEOTIN® MODES OF ACTION?

The most important thing to remember is the ELEOTIN® works in several different ways, and each different mode of action strengthens the other.

You may need some medical knowledge or background to fully understand how ELEOTIN® works. But understanding how ELEOTIN® works is very important. The most important thing to remember is that ELEOTIN® works in several different ways, and each different mode of action strengthens the others. The synergy between the different modes of action is called “ELEOTIN®’s Combination Effect.” “Synergy” and “combination” are two key words. Without further delay, here is how ELEOTIN® works.



1. ELEOTIN® assists in the digestive process. It helps decompose carbohydrates into glucose at a healthier rate. This is beneficial because it helps avoid the harmful sudden rises in glucose levels after a meal.

ELEOTIN® assists in the digestive process by providing natural substances that restore the balance among digestive enzymes. Also, ELEOTIN® provides rich, natural fibers that help with the digestive process. Medical doctors would say ELEOTIN® assists to “inhibit the breakdown of carbohydrates through alpha glucohydrolase.” This means that ELEOTIN® controls the rate of digestion of carbohydrates so that a sudden rise of blood sugar is minimized.

Does Any Other Natural Herbal Product Do This?

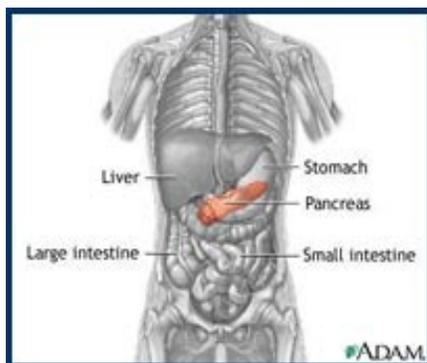
Dried silk worms, commonly used in China and Korea to treat diabetes, serve a similar function. Like ELEOTIN®, they lower the blood glucose level by preventing carbohydrates from being suddenly decomposed into glucose. However, dried silkworms cause side effects such as indigestion, diarrhea, flatulence, etc. In some cases, the immune system was weakened. ELEOTIN® does not have these side



effects. In contrast, most ELEOTIN® users report improved digestion. Out of 40,000 diabetics who used ELEOTIN® between 1998-2003, only 3 people complained of any adverse effects. They complained of either diarrhea or constipation. The reason for these cases was the high fiber content in ELEOTIN®. As soon as they stopped drinking the fiber sediments, meaning they took only the liquid after preparation, both complaints disappeared. The capsule form does not have this problem at all.

As mentioned earlier, most other herbal diabetic products are effective in controlling blood glucose by blocking the digestive decomposition of carbohydrates into sugar. ELEOTIN® does not block decomposition. It enables the body to gently slow down the decomposing process so that the body can get maximum benefits.

2. ELEOTIN® stimulates and restores the basic health of the pancreas. It increases the healthy regeneration of β (beta) cells in the pancreas and increases the secretion of insulin from the pancreas.



Sulfonylurea drugs, the primary class of diabetic drugs, also stimulates insulin secretion from the pancreas. However, these drugs are only effective when β (beta) cells maintain their basic function of insulin generation. In other words, there should be enough insulin released in order for secretion to be effective.

It is also reported that long term intake of Sulfonylurea drugs can cause serious side effects. They can cause a decreased amount of insulin production by putting too great a strain on the β (beta) cells. Since the body eventually becomes resistant to these drugs, these agents lose their effectiveness. Dosages then need to be continually increased, but the effectiveness diminishes anyways. On the average, after 7 years of usage, these drugs no longer work.

Most patients are then forced to rely on insulin injections to control their glucose levels.

Another serious side effect of Sulfonylurea drugs is that they often over-stimulate the pancreas and produce too much insulin. As insulin removes sugar or glucose from the blood system, it can result in hypoglycemia, or low blood sugar levels because there is too much insulin in the body. Isn't this ironic? For those who are suffering with diabetes, this is a very serious problem. They have to carry candy to counter this problem. Lack of insulin should have been countered within the framework of restoring the general balance of the body. When it is countered with a single symptomatic synthetic drug, it is unavoidable to have this side effect. This can be even more dangerous than high blood sugar levels. Seizures and heart attacks are possible. Other complications, such as renal disease, also exist for this class of drugs.



On the contrary, ELEOTIN® has no such side effects because it is derived from natural herbs. Also, ELEOTIN®'s herbal combination does not result in resistance. In addition, the natural insulin secretion gently stimulated by ELEOTIN® does not cause hypoglycemia. ELEOTIN® is shown to help the body secrete more insulin only when the body needs it. Therefore, the risk of hypoglycemia is greatly reduced.

NEW RESULTS

In testing, results have shown that the β (beta) cell levels of many patients have improved after only 3 months of ELEOTIN® usage. Also, a few severely diabetic customers whose β (beta) cells were almost completely destroyed experienced a restoration of their β (beta) cell function. This is a very encouraging sign because this may imply a possible solution to Type I diabetes. Consequently, ELEOTIN® was tested on a few Type I volunteers. So far, the volunteers have all reported substantial health improvements, and better blood glucose control. In many cases, they were able to reduce their insulin requirements by 60-70%.

But, here are some words of caution. Even though there were many people with Type II diabetes who became completely normal with ELEOTIN®, there is not one single case in which a Type I patient became completely normal. All of the Type I patients have had to continue relying on insulin injections, although on a reduced amount. Reports continue to come on the effects of ELEOTIN®'s effects on Type I diabetics. But it must be emphasized that so far ELEOTIN® has never completely cured a single case of Type I diabetes. It just helps greatly.

Volunteers have all reported substantial health improvements, and better blood glucose control.

3. ELEOTIN® improves the functioning of insulin receptors. It up-regulates or improves the activity levels of insulin receptors in muscle and liver cells. Thus, ELEOTIN® stimulates the binding between insulin and the insulin receptors. Simply put, ELEOTIN® improves the efficiency with which the body uses the insulin.

Insulin secreted from the β (beta) cells in the pancreas plays the role of a catalyst that turns sugar or glucose into the energy our cells need to survive and grow. In order for this to happen, insulin must bind with an insulin receptor on a muscle, liver or fat cell. Insulin becomes ineffective when insulin receptors in muscle cells are scarce or when they do not function properly. This is called a down-regulated insulin receptor. Due to down-regulated insulin receptors, the glucose remains in the blood and the blood glucose levels rise. This is called "insulin resistance." The body resists insulin and therefore, glucose is not properly utilized.

ELEOTIN® reduces insulin resistance by safely restoring the functionality of the insulin receptors. This is a striking feature which only ELEOTIN® possesses and which no other health food or drug has demonstrated without any side effects. Recently, there appeared a couple of drugs that claimed to reduce insulin resistance. But, after a startling number of patients who used these drugs died of liver failure, it was found that they had known these problems before they marketed this product. However, they went ahead anyway with full knowledge of such problems. Why? There are three answers: stock price, stock price, stock price. At the news of the FDA approval of this drug, their stock price shot up, generating more than \$10 billion.

Experts agree that this feature of ELEOTIN® is very unique and very valuable. This is why many people argue that ELEOTIN® is the ideal weight control product. They say that ELEOTIN® makes a frontal attack at the very problem of insulin resistance, while other diets, such as the Atkins' Diet, try to circumvent the problem.



It was also found that ELEOTIN® users lose visceral fat (fat around the belly). In addition, not only did they lose the weight, they maintained the weight loss instead of gaining the weight back right away. This is due to the enhancement of insulin usage induced by ELEOTIN®. A lot of exercise leads to the body's enhanced insulin efficiency. ELEOTIN®'s effects are similar to that. This is not to say that ELEOTIN® should be a substitute for exercise.

Another beauty in relation to the up-regulation of insulin receptors is that once it happens, it does not go away. The changes occur on a molecular level. This is why the effects of ELEOTIN® stay a long time after the termination of usage. And, this is why people call ELEOTIN® a cure, and why the Nanjing Diabetes Association in China calls it “an ideal cure.”

The Combination Approach of ELEOTIN® clearly distinguishes itself from other therapies. This Combination Approach also reduces any side effects while it increases ELEOTIN®'s therapeutic power. Please remember Bülgi's principle of synergistic combination where the gentleness of the treatment is enhanced and the curative effects are multiplied. If a treatment relies on a particular mode of action, then the burden of the therapy is placed too heavily on that particular mode of action. Diabetes is a disease where the whole body suffers silently for a long time. A gentle, synergistic, combination approach is the best way to combat this disease.

In summary, ELEOTIN® assists a diabetic's body in many ways concurrently and synergistically:

- ELEOTIN® controls the breakdown of carbohydrates into glucose***
- ELEOTIN® regenerates the function of β (beta) cells that produce insulin***
- ELEOTIN® enhances the function of the insulin receptors that bind with insulin***

Chapter 4

INSIDE THE PACKAGING: ELEOTIN® FORMULAS

WHAT ARE THE DIFFERENT FORMULAS OF ELEOTIN®?

ELEOTIN® comes in many different blends and formulas. Currently, ELEOTIN® is available in ELEOTIN® Gold, ELEOTIN® Silver, ELEOTIN® M and ELEOTIN® Mb. The most popular product is ELEOTIN® Gold. Each different formula consists of different blends with corresponding beneficial functions. All the formulas are available in a tradition herbal tea form, while a few formulas are available in a more convenient capsule form.

WHAT IS ELEOTIN® GOLD (TEA FORM)?



ELEOTIN® Gold is primarily recommended for advanced diabetics. Keep in mind that it can also be used safely for general health improvement because it is beneficial for everyone.

WHAT ARE THE DIFFERENT BLENDS IN ELEOTIN® GOLD AND WHAT DO THEY DO?

Having read about the gentle combination synergy approach of ELEOTIN®, you can see why there is more than one ELEOTIN® formula. ELEOTIN® Gold consists of three blends: A, B, and C.



Blend A (Orange/Morning Formula) should be taken before big meals as it helps to maintain healthy blood sugar levels after a meal. Usually, diabetic patients experience a sudden peak in the blood glucose levels after meals. This is called Post-Prandial Peak. It is known to be damaging to many parts of the patient's body. Blend A works by increasing insulin production from the pancreas and delaying the breakdown of carbohydrates into glucose. Therefore, this Post-Prandial Peak virtually disappears. While other blends of ELEOTIN® are for long term purposes, this blend is for short term defence with smaller long term effects.

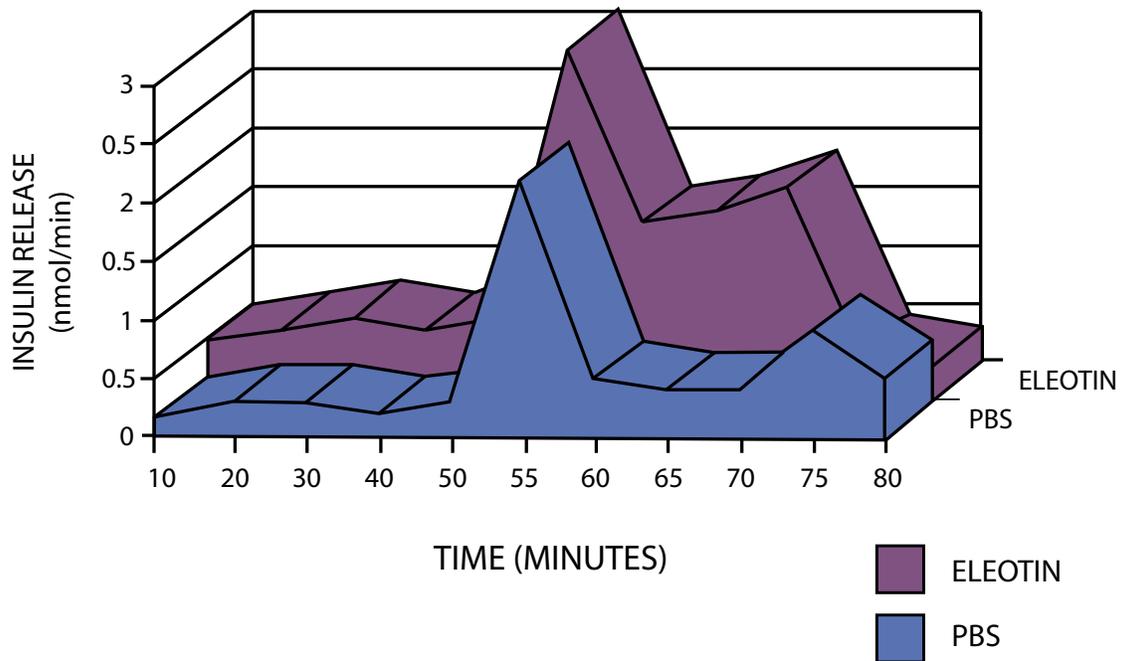
Blend A is also a good source of natural fiber. It also contains substances that help digestion. Remember, Blend A helps to gently control blood sugar in a healthy and natural way without any side effects. In contrast, most herbal products and most sulfonylurea drugs attempt to control blood glucose artificially.

When ELEOTIN® is used, insulin is secreted only when it is most needed. Other

blood glucose control products do not seem to have this self-regulating, self-timing mechanism. As a result, hypoglycemia, as we discussed earlier, occurs more often than not.

Well-timed insulin secretion happens when ELEOTIN® is used. Even though it is also called Morning Formula, many people use this blend at other times too. If they feel that they need more help to control their blood glucose, they can take this blend a few times during the day.

Insulin secretion in response to glucose from the perfused pancreas of PBBS-treated GK rats and GHP-700 (Eleotin) extracted-treated GK rats.



Blend A helps to gently control blood sugar in a healthy and natural way without any side effects.



Blend B (Green/Afternoon Formula) should be taken on an empty stomach. Blend B improves the health of insulin receptors so that glucose is more efficiently absorbed into muscle or liver cells. This reduces blood glucose levels and allows cells to properly burn this energy. In other words, Blend B creates a beneficial effect on the muscles of patients, like that of “pumping iron.” The muscles become more efficient burners of blood glucose.

Blend B cleanses the blood system through diuresis. This assists many areas of the body, especially the function of kidneys.

Many kidney disease patients reported improved kidney function after 3 to 6 months of using Blend B. The testimonies of less frequent dialysis are also reported. This is only logical since the kidneys are the body’s blood filtration system made of tiny capillaries. High blood glucose in the blood stream creates a burden on these tiny capillaries.

Imagine what would happen when you try to push honey through a tiny sipping straw. Once or twice is fine, but if you try this 24/7, it is only a matter of time before this sipping straw bursts. It is no wonder why so many diabetes patients have kidney and vascular problems. That is why ELEOTIN® is good for these people. So if the glucose levels in the blood system are reduced, the strain on the kidneys is decreased. Contrary to other diuretic agents, ELEOTIN® prevents the likelihood of inducing “too low” blood pressures. Diuresis induced by ELEOTIN® is known to be natural and safe even for those people with difficulties in maintaining healthy blood pressure, which happens so often to those people who have diabetes.

Blend B improves the health of insulin receptors so that glucose is more efficiently absorbed into muscle or liver cells.

There is also medical evidence of a few patients whose immune systems were boosted after the use of ELEOTIN®. These benefits can be mainly attributed to Blend B. That is why many people take this blend for general health purposes. A U.S. distributor of ELEOTIN® has indicated that there are a number of cancer patients who use ELEOTIN® products for an immune system boost.

As Blend B strengthens and leads to the healthy restoration of insulin receptors, these insulin receptors remain healthy for a long time. The long term beneficial effects of ELEOTIN® can last well after a person stops using ELEOTIN®.

Another aspect which deserves to be mentioned is that people usually have many unhealthy substances in their blood system (other than just too much sugar), which in turn causes many complications. Blend B cleanses the blood system of many

of these unhealthy substances such as fats and dead cells. As this cleansing process happens, people feel much stronger and full of energy. This blend is mainly attributable for remarkable improvements of those diabetic gangrene cases.

Blend B cleanses the blood system of many of these unhealthy substances such as fats and dead cells.



Blend C (Violet/Night Formula) should be taken before bedtime. Blend C provides essential nutrients that strengthen the pancreas. Also, this blend provides other nutrients that are often lacking due to the nutritional imbalances experienced by many diabetics. The jujube, a certain Tibetan species, used in this blend is known to contain a rich sugar. But this sugar bypasses the normal digestion/blood glucose raising process. Therefore, this sugar provides needed energy and nutrients to the cells without raising blood glucose levels. Even though this is a new finding in western medicine, this has been known in Traditional Chinese Medicine (TCM) for many thousands of years.

Blend C results in a long term benefit from these rich nutrients. The lack of these essential nutrients has been known to permanently damage various part of a person's body. Also, these nutrients help the individual to sleep better by providing analgesic (pain killing) help to those aching and tingling nerve senses all over the body. This is especially important to individuals who have serious neuropathy (nerve damage).

Blend C provides essential nutrients that strengthen the pancreas.

Now you can see why it is recommended that an individual take the different blends at different times. Blend A should be taken to provide the most help when blood sugar control is essential. So take Blend A before big meals. Blend B should be taken to facilitate the cleansing process, so take Blend B on an empty stomach. Blend C should be taken so that the fundamental cellular-level nourishment and improvement take place without being interrupted. A good time is before going to bed so that Blend C can stay in the body as long as possible.

Brief Summary: Blend A Controls, Blend B Cleanses, Blend C Nourishes.

WHAT WOULD HAPPEN IF YOU MIXED ALL THREE BLENDS, OR SIMPLY, IF YOU ARE MIXED UP?

There are definitely no safety concerns with mixing all three blends together in one drink or taken at the same time. The mixed blend will still have beneficial effects, but it will work at a slightly slower speed. If you find that taking all three blends at different times causes too much inconvenience, feel free to mix the three herbal blends. Please take this new blend the same number of times per day. Taking a mixed blend when you are pressed for time is better than skipping or temporarily stopping your ELEOTIN® consumption due to its inconvenience. But, with the capsule form, they are clearly marked with different colours, leaving the chance of being mixed up very small. Also, taking a capsule is far more convenient than making and then drinking an herbal tea.

The mixed blend will still have beneficial effects we have outlined, but the mixed blend will work at a slightly slower speed.

WHAT IS ELEOTIN® GOLD CAPSULE?



ELEOTIN® Gold Capsule was developed as a simple alternative and more convenient form of the ELEOTIN® Gold Tea form. It is the equivalent to the tea form. This product is not available in all countries due to the differences in regulations. One unit of the capsule form comes in three different bottles: Morning, Afternoon, and Night. One unit is intended to last for one month, with

one capsule from each bottle every day, or 3 capsules a day. This capsule form lasts for 30 days, whereas the tea form can last for about 60 days.

WHAT IS ELEOTIN® SILVER?



ELEOTIN® Silver is an herbal blend recommended for mild diabetics and for general health improvement. Currently it is only available in the traditional tea form.

WHAT IS ELEOTIN® M?



ELEOTIN® M is traditionally for general health improvement and for those who want mild control over their glucose levels. Currently it is only available in the traditional tea form. Many people use this formula for the prevention of diabetes. Also, many people who used ELEOTIN® Gold and became normal use ELEOTIN® M as a maintenance program. Even Dr. Kim, CEO of Eastwood Bio-Medical Research Inc. takes this blend regularly, even though he does not have diabetes. He says, "I know what is inside. It is good for your health anyhow. Just take it."

WHAT IS ELEOTIN® Mb?



ELEOTIN® Mb is a special herbal blend developed for general health improvement and weight control. The difference between ELEOTIN® Mb and other weight control products is a lengthy discussion. You can find information on the internet or go to the EBMR website at www.eastwoodcompanies.com.

Chapter 5

MAKING SURE...

From the start, ELEOTIN®'s main appeal to me had been two-fold: it was not only an undeniably effective treatment for Type II diabetes, but it also had a positive impact on the user's health. Most synthetic drugs that treat diabetes often have painful and serious side effects that make them more akin to dangerous poisons than medicinal cures. The following are some questions every consumer should ask about the treatment they are using. The answers should reaffirm confidence for people like you and me.

SAFETY AND SIDE EFFECTS

Is ELEOTIN® SAFE?

Yes, the safety of ELEOTIN® has been scientifically tested and demonstrated. For example, test rats were given huge dosages (50 times the human dosage) over an extended period of 7 months. There were no adverse side effects or damage to the organs. Furthermore, all the ingredients in ELEOTIN® have been used for several thousands of years in various countries. They are all recorded in pharmacopeias in these countries as safe to use as food. Also, 40,000 customers have used ELEOTIN® with no problems.

All the ingredients in ELEOTIN® have been used for several thousand years in various countries.

This kind of remarkable safety record could be one of the most important distinctions between ELEOTIN® and other diabetic products. ELEOTIN® is basically a food. It is so mild and gentle that one can use large quantities over a long period of time.

From the 40,000 users, only 3 users reported minor discomfort. One user experienced constipation and the other two users experienced diarrhea. An immediate investigation revealed that this was due to the high fiber content in ELEOTIN®. Their dosages were reduced and the problems disappeared.

ELEOTIN® is basically a food. So mild and gentle that one can use large quantities over a long period.

The safety of ELEOTIN® has been officially proven in various government agencies, such as South Korea, Taiwan, Japan, and China. Other countries issued seals of safety for ELEOTIN®. Also, independent safety testing labs confirmed the safety of ELEOTIN®. There are no herbicides, pesticides, or heavy metals. This is the question you need to ask all the producers of herbal products: how do you know that the herbs you are using are free of herbicides, pesticides and toxic heavy metals? Simply claiming that “it’s herbal so it’s safe” is not true. At Eastwood Bio-Medical Research Inc. (EBMR), the manufacturers of ELEOTIN®, each batch undergoes rigorous testing.

One may also ask whether ELEOTIN® will interact with other drugs. In general, ELEOTIN® is a gentle and mild herbal combination that does not interact with existing treatments. ELEOTIN® users have used a wide variety of hypoglycaemic drugs and other diabetic drugs. There has never been any interaction complaint. However, although ELEOTIN® does not interact with these diabetic drugs, there is no way to absolutely exclude the possibility of a negative drug reaction.



Imagine that a new drug appears in the future. How can it be guaranteed that ELEOTIN® will not have negative interactions with this new drug that has not yet appeared? What if someone designs a special drug for the sole purpose of having a negative interaction with ELEOTIN®? The most that can be said is that so far, there are no known or reported negative interactions between our present day drugs and ELEOTIN®.

Here is a rule of thumb you can follow: if a drug appears on the market and does not come with any specific warnings against some food, then you may feel relatively safe that there are no interactions between this drug and ELEOTIN®. Remember that ELEOTIN® is basically a food. When some drugs come with warning against some food, then consult a doctor regarding this issue. This is suggested as a hypothetical issue. So far there has not been a single case of adverse interactions between ELEOTIN® and other drugs.

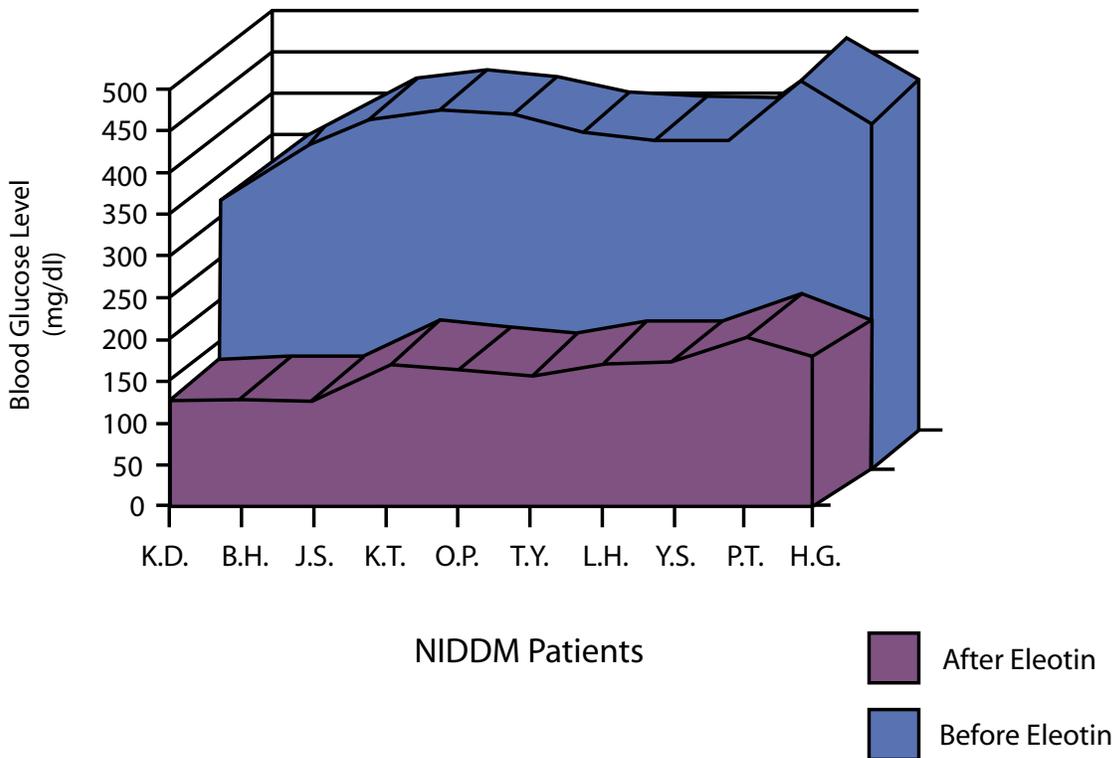
DOES ELEOTIN® HAVE ANY SIDE EFFECTS?

ELEOTIN® has shown no negative side effects other than mild and temporary constipation and diarrhea, which were reported by only 3 users. These situations were due to the user’s sensitivity to the high fiber content in ELEOTIN®. This was easily controlled by reducing the quantity consumed or by drinking the liquid only.

ELEOTIN® does provide many positive side benefits. In addition to controlling your blood glucose levels, users have reported many other positive benefits. For example, they have indicated the following: improved general health and energy, more peaceful and comfortable sleep, less frequent urination, improved sexual energy, better skin condition, improved vision...etc. Some of these benefits are discussed in more detail later.

According to an Asian medical insight, if one herb combination is beneficial for one health concern, it will also be beneficial to many other related health problems. ELEOTIN® definitely helps with glucose control. It also helps many other health concerns and complications. We know that diabetes is the source of many diseases and hundreds of other complications. If the very source is improved by a certain treatment like ELEOTIN®, it is only natural that ELEOTIN® would benefit its related concerns and bring about many positive side effects, as well as control blood glucose levels.

Effect of Eleotin on the Control of Blood Glucose in NIDDM patients



According to an Aisan medical insight: If one herb combination is beneficial for one health concern, it will also be beneficial to many other related health problems.

WHAT PRECAUTIONS SHOULD I TAKE?

If you are taking both ELEOTIN® and an oral hypoglycemic agent, please monitor your blood glucose closely. When you begin to experience the beneficial effects of ELEOTIN®, your blood glucose levels will naturally fall. However, the hypoglycemic drugs you are taking also make your glucose levels temporarily fall. These drugs, if taken along with ELEOTIN®, may cause too low blood sugar levels—more commonly known as hypoglycemia. Those individuals who are taking oral hypoglycemic agents should consult with their doctor to properly reduce the dosage of the drug when they begin to experience the effects of ELEOTIN®. But, do not discontinue the drugs without consulting your doctor. Premature reduction or discontinuing your drugs may lead to serious consequences.

CAN MY BLOOD GLUCOSE LEVELS GO UP?

A small number of users found that their blood glucose levels actually went up when they first started taking ELEOTIN®. The reason is simple to explain. These individuals discontinued or adjusted their current methods of glucose control before the full effects of ELEOTIN® started to appear. Remember, it is very important to continue with your current drugs and insulin treatments until the full effects of ELEOTIN® begins and when your doctor advises you to reduce your drug consumption. ELEOTIN®'s effects usually appear slowly, so please be patient.

One thing that should be mentioned is that many diabetics are anxious to experience the benefits of ELEOTIN®. So many people jump to the conclusion that “My diabetes is cured!” at the first sign of improvement. Nothing could be further from the truth. There are going to be many ups and downs. Only after a long period of careful and consistent treatment will you be safe to make such conclusions. You should check your numbers and levels such as Plasma Insulin, C-Peptide, and HbA1c to tell whether your diabetes is really being treated. A lower blood glucose level over a few days is just too unreliable to make the conclusion that you are cured.

There can also be a second reason why sugar levels rise. The increase in some people continued for a few weeks, and then subsided. Afterwards, ELEOTIN® began to work quite well. It is very likely that these people experienced a “homeopathic symptom,” or detoxification effect. The homeopathic symptom occurs when individuals are not accustomed to herbal treatments, which can cause

mild headaches and mild dizziness. This homeopathic symptom is a temporary problem as people quickly adjust to all herbal treatments, including ELEOTIN®. This is usually not a big concern. If this happens to you, reduce the dosage by half or even to a quarter of the recommended dosage. Go back to the recommended dosage when these discomforts disappear.

Rarely, it is also possible that people with serious liver problems and kidney problems may experience a sudden increase of blood glucose when they take ELEOTIN®. These people experience this increased level of blood glucose when they take any herbal product, not only ELEOTIN®. It seems that the liver of these people tend to release the glucose stored in their liver when stimulated by herbal products they take. It is recommended that these people stay away from any herbal products. But, if they still want to try ELEOTIN®, they can start with 1/8th of the recommended dosage and gradually increase the dosage as their liver and kidney conditions improve.

“Homeopathic symptom,” or detoxification effect occurs when individuals are not accustomed to herbal treatments and result with mild headaches and very mild dizziness. Homeopathic symptom is temporary problem.

INTERACTIONS WITH OTHER TREATMENTS

Is ELEOTIN® SAFE TO USE WITH MY PRESENT ORAL DRUGS OR INSULIN?

Yes, in general ELEOTIN® is safe to use in conjunction with oral hypoglycemic drugs. It is always recommended that your doctor be informed and that the customer should monitor his/her blood sugar level closely. With close monitoring, the person will be able to tell when they need to reduce their oral drug consumption. Otherwise, there may be a risk of hypoglycemia (low blood glucose levels) if the patient keeps using the same amount of hypoglycemic medication after ELEOTIN®’s long term benefits become established. Imagine what would happen when a healthy person uses hypoglycemic agents. He will have hypoglycemia. For exactly the same reason, if a person keeps on using the same amount of insulin and other oral hypoglycemic agents even after the body develops its own ability to control blood levels as a result of ELEOTIN®, then for sure, he will have hypoglycemia!



ELEOTIN®’s mild and gentle effects cannot possibly

endanger your current glucose management. By improving the health of your pancreas and insulin receptors, ELEOTIN® works in a natural and non-harmful way. Over time with ELEOTIN®, you will require less dependency on insulin and drugs; however, always consult your doctor first before you reduce and discontinue other treatments.

ELEOTIN®'s mild and gentle effects cannot possibly endanger your current glucose management.

DIET AND FOOD

DOES ELEOTIN® INTERACT WITH OTHER FOODS?

Since everyone reacts differently to food, it would be impossible to conclude that there are no negative interactions. What is known is that the consumption of alcohol diminishes the effectiveness of ELEOTIN® considerably. Please try to abstain or limit your daily alcohol consumption when you are taking ELEOTIN®.

In fact, this is true of any herbal treatment. Alcohol consumed in conjunction with herbs tends to reduce the effectiveness of herbal treatments. Intuitively, alcohol tends to wash out the effects of herbs. Medicinal ingredients of the herbs tend to wash out when a certain amount of alcohol enters the body.

ELEOTIN® is made from 100% all natural ingredients and it does not interact with other foods that we usually consume daily.

ELEOTIN® is made from 100% all-natural ingredients and it does not interact with other foods that we usually consume daily. ELEOTIN®'s all-natural ingredients are gentle and mild and usually do not affect other foods. With over 40,000 satisfied diabetics, there have been no complaints on ELEOTIN® interacting with other foods.

ARE THERE ANY RESTRICTIONS IN DIET WHEN A PERSON USES ELEOTIN®?

All customers usually understand the importance of a good healthy diet in their glucose management, so all users should use their common sense and maintain a balanced and healthy diet. However, there are no restrictions on any food item when a person is taking ELEOTIN®. The only restriction is that they minimize or refrain from consuming alcohol. The reason is simple—alcohol diminishes the

effectiveness of ELEOTIN®. Remember; do not abuse your body with unhealthy food or alcohol. Create the best environment for your body to heal while taking ELEOTIN®.

Please use your common sense and maintain a balanced and healthy diet.

Chapter 6

MAKING DOUBLE SURE...

HAVE ANY DOUBLE BLIND TESTS BEEN CONDUCTED?

Even though doctors seem to place a large emphasis on double blind testing, we do not necessarily agree it is crucial when it comes to ELEOTIN®.

A double blind test is a test where both the researcher and the test subject are unaware of who is taking the real treatment (e.g. a new medicine) or the placebo (the dummy treatment). Controlled tests have been carried out in which a group was treated with ELEOTIN® and others were treated with non-treatment. Even though doctors seem to place a large emphasis on double blind testing, it is not necessarily crucial when it comes to ELEOTIN®. Here's why:

Scientists believe that a placebo would not create a noticeable effect on a diabetic subject. The human subjects tested all had a history of severe diabetes. No placebo would be able to reduce and control their blood glucose levels in the manner that ELEOTIN® did. Insisting on using a placebo knowing that it could endanger the test subjects was a difficult thing to do.



There is a statistical reason why a test with a placebo is irrelevant so far as testing ELEOTIN® is concerned. Placebo controlled experiments are important when there is a statistical problem called “multi-collinearity between explanatory variables.” Multi-collinearity happens where there are 2 or more variables that explain or are

responsible for an event and those variables statistically cancel each other out. Since these variables work in the same way (they are co-linear), they statistically cancel each other out. In that case, if you run a statistical inference test, you will get an erroneous conclusion that none of those variables are important or contributing to the event, while those variables are important.

This means that statistically you must conduct placebo treatments until you discover the true contributing variables. But that is not the case with ELEOTIN®; the major variables that affect blood glucose levels are not really co-linear. For glucose control, the multi-colinearity is not prevalent among the major explanatory variables. In this case, double blind tests do not provide additional information and are quite redundant. In other words, present research results are statistically powerful enough to make concrete inferences on the safety and effectiveness of ELEOTIN®. What a double blind clinical test does is not much more. However, clinical trials with double blind tests are being considered by distributors of some countries.

You can find more information on the problems with a double blind test with respect to ELEOTIN® by searching the internet or going to the EBMR website at www.eastwoodcompanies.com.

FDA

HAS ELEOTIN® BEEN APPROVED BY THE FDA AS A DRUG PRODUCT?

ELEOTIN® is not a drug, so we do not have FDA approval for it as a drug.

ELEOTIN® is a food or dietary supplement product and has been cleared for sale as a food/dietary supplement in the U.S. by the FDA.

There are a few reasons why ELEOTIN® has not attempted to obtain drug status with the FDA. One reason is due to the excessive time and financial resources. Applying for drug status takes at least \$800 million and about 8 years to complete on average. And this still does not guarantee that there will be success. Also, this additional cost would be added to the cost of purchasing ELEOTIN® for the customer. It would force the price of ELEOTIN® to rise.

The most important reason is that for ELEOTIN®, FDA review is almost impossible under the current system. Here is a simplified version of why: to create a drug that would be approved by the FDA, a pharmaceutical company must first isolate 1 or 2 active ingredients. Since ELEOTIN® is made up of not just 1, but many herbs, isolating 1 active ingredient may be almost impossible.

There are an infinite number of combinations of chemical variations that happen

during the brewing and digestion process. There is a strong possibility that it may never be possible to isolate the single active ingredient in ELEOTIN®. Also, even if it were possible to single out the active ingredient, there is a high possibility that these active ingredients would be considered too toxic. Scientists feel almost certain that those few ingredients when isolated and singled out would be toxic when used in large quantities. Singling out active ingredients runs directly counter to the basic approach of ELEOTIN®, which emphasizes “gentleness and mildness.” Remember Bülgi’s principle that we discussed earlier. This is the complete and balanced approach.

This may not be a perfect analogy, but often the absurdity of trying to isolate the single active ingredient of ELEOTIN® is compared to that of trying to figure out the single active ingredient of spaghetti. Even if it were possible to single out the active ingredient of spaghetti, it is quite sure that the active ingredients are toxic, not like the healthy tasty spaghetti your mother cooks.

ELEOTIN® is a food or dietary supplement product and has been reviewed and cleared as a food/dietary supplement in the US by the FDA.

In fact, this point is well known by the people of the FDA. They suggested that the packages of ELEOTIN® be marked clearly as “dietary supplement.” The practical differences between dietary supplement and drug are:

1. You can buy dietary supplements without a doctor’s prescription, while you need a doctor’s prescription to buy pharmaceutical drugs.
2. Medical insurance covers drug cost, while dietary supplements are not normally covered.

HAS ELEOTIN® BEEN APPROVED BY REGULATORY BODIES IN OTHER COUNTRIES?

ELEOTIN® is sold in several other countries besides the U.S. and Canada so regulatory approvals have been received for a food/dietary supplement product in those countries. For example:

1. **Ingredient Approval** - ELEOTIN®’s ingredients or herbs have been reviewed and approved in Korea, Japan, China, Taiwan and a few other countries. All the ingredients are recorded in many countries’ pharmacopeias and food codes.
2. **Health Food Approval** - Approval related to the distribution of ELEOTIN® as a health food and the seal of safety have been acquired in Korea. In Taiwan, it

was possible to obtain health food approval through which medicinal claims could be made. In still a few more countries, it was possible to obtain health food status. Usually it is more difficult for a product to be cleared as a food than to be cleared as a drug. The safety standards are higher for food, as foods are supposed to be consumed on a regular basis and are expected to be taken by many different people without a doctor monitoring. Even though a product is highly toxic, as long as its medicinal benefits outweigh its toxicity, then it can be approved as a drug. Not so for foods. Having acquired the status of a food is a better sign for safety.

3. **Drug Approval** - There appears to be a few changes in regulatory environments in a few countries recently. Consequently, obtaining the Canadian and Chinese approval equivalent to the U.S. FDA drug approval is in the process.

Regulatory approvals have been received for a food/ dietary supplement product in some countries.

HOW COME MY DOCTOR HASN'T HEARD OF ELEOTIN®?

It usually takes a long time for doctors to know about a new product. Considering that ELEOTIN® was introduced in March of 1998, and that Eastwood Bio-Medical Research Inc. (EBMR) was a tiny company, ELEOTIN® is very well known for such a short period of time. Also, nothing can be further from the truth than saying "ELEOTIN® is not a well known product." According to a survey, almost 100% of Korean endocrinologists know about ELEOTIN® or have at least heard of it. About 70% of Korean diabetics know about or have at least heard of it. Diabetes associations in several countries have officially issued special review newsletters. You can read these newsletters and reviews at the EBMR website at www.eastwoodcompanies.com.

We never spent any money to 'push' or 'promote' ELEOTIN® to doctors.

Of course, when compared to a drug like, say, Viagra, it is a relatively unknown product. It is known that Viagra marketers spent billions of dollars to promote Viagra. ELEOTIN® obtained its reputation with virtually no marketing or PR budgets. No money was spent to "push" or "promote" ELEOTIN® to doctors. One statistic states that some medical doctors in the U.S. receive, in one form or another, the support of pharmaceutical companies of thousands of dollars a year. Doctors are human too. Their opinions can be influenced by their supporters and sponsors.



In my own investigation, I found that Eastwood Bio-Medical Research Inc. never did and never will give any financial support to medical doctors. Therefore, you can trust that when your doctor recommends ELEOTIN®, that it is purely due to their conviction in the benefits of ELEOTIN® for you, and not

for their personal financial reasons. Of course, a doctor can be a distributor of ELEOTIN®, but in that case, it is required that he should clearly tell the patient that he is a distributor.

Doctors usually find out about ELEOTIN® through one of their patients. The patient will usually approach his doctor either before he starts with ELEOTIN® or after the effects of ELEOTIN® have started and the patient wants to discuss lowering his drug dosage.

Also, there are many doctors and researchers who volunteered their opinions and reviews of ELEOTIN® in highly respected professional journals and books. If you search on the internet, you will find many professional opinions of medical doctors and world leading researchers. You can also find these reviews at the EMBR website.

ELEOTIN® has also received its fair share of the media. It has been reported on many TV shows and newspapers. With virtually no advertisement, except for a simple news release, almost 5,000 units were sold during the first 8 months of introduction. It will take time for everybody to know about ELEOTIN®, but in time they will. The average life span of an herbal diabetes product is 6 months. They usually make huge unsubstantiated claims and disappear. Some medical doctors were under the impression that ELEOTIN® was another one of those products. But after many years of ever growing sales and ever accumulating evidence, the attitudes of doctors has changed substantially.

Many doctors and researchers volunteered their opinions and reviews of ELEOTIN® in highly respected professional journals and books.

WHY SHOULD I RECOMMEND ANY HERBAL PRODUCT?

Most western doctors used to be quite skeptical about herbal products. But in general, this skeptical attitude of western doctors is rapidly changing. In Europe and Asia, many doctors with conventional western medical training are using these kinds of herbal remedies. There, herbal medicine is not “complimentary.” It is already a part of the mainstream. In North America, more and more doctors are also exploring herbal products with an open mind.



ELEOTIN® being developed and tested at a traditional western university in North America is positive proof that western educated scientists and doctors are willing to openly explore all possible treatments as long as they are safe and effective. If doctors review our product and the scientific research conducted with an open mind, then the worst reaction they may have is, “I will wait until more evidence is available.” That can be accepted. Now, there are over 40,000 users due to the studies after studies of experts highly respected in their fields who are providing the evidence that confirms the effectiveness of ELEOTIN®. There is more than enough to convince.

In Europe and Asia, many doctors with conventional Western medical training are using herbal remedies.

Chapter 7

USING ELEOTIN®

Now we have come to the practical portion of this book. In this section, we will discuss the practical matters of ELEOTIN® and how to use this amazing all-natural treatment.

WHAT MAKES ELEOTIN® MORE COSTLY THAN MOST OTHER HEALTH FOODS?

It is true that ELEOTIN® is more expensive than most herbal products if we compare monthly consumption costs. In fact, it was a lot more expensive in the past than it is now. It is also known that some doctors and other health care professionals give some incentives and further discounts when the consumers make multiple month orders. Therefore, the price of ELEOTIN® has reached quite competitive levels.

The following are some of the reasons why it used to be expensive:

1. **Scarce Supply:** At first, the maximum quantity of ELEOTIN® that could be produced was quite limited due to the difficulty of obtaining the various herbs that met quality standards. In September 1998, the maximum monthly production volume of ELEOTIN® was about 4,000 units. This is no longer the case. ELEOTIN® can now be produced in much larger quantities, and still maintain its high standards in quality.
2. **Research and Development:** Another reason for the “seemingly high” price of ELEOTIN® in the past is the cost of continued research and development efforts. ELEOTIN® has taken many years to develop and test, and it is ongoing. In addition, research activities are being supported at other academic institutes, such as Yale University, Cambridge University, and the University of Calgary. As of 2003, most of this research has been completed.
3. **Quality Control:** ELEOTIN®’s raw materials are tested to ensure they are not contaminated with unsafe levels of heavy metals, herbicides and pesticides. Contamination and pollution by these toxic materials should be a constant concern for every herbal producer, which sadly, is not necessarily the case. There is a conscious concern about safety because ELEOTIN® is for long term consumption. Also, uniformity is always a huge concern. Often, expensive herbs have to be discarded—not because of any defects but because they are different from those used in previous batches.
4. **Cost Benefit Comparison:** Lastly, but probably most important, we should compare the cost of ELEOTIN® with the benefits. In the U.S., the direct and

indirect cost for diabetic care is \$100 billion a year. This is about \$6,500 per patient. The benefits of ELEOTIN® far outweigh what you have to pay. In fact, ELEOTIN® is a lot cheaper than what some North Americans spend on their daily specialty coffee.

CONSUMPTION OF ELEOTIN®



HOW MANY DRINKS OF ELEOTIN® (TEA FORM) SHOULD I TAKE?

The average person should take between 3 to 5 drinks of ELEOTIN® each day. Drinks should use between 1/4th of a pouch (2 gram) to 1/2 of a pouch (4 grams). However, there are some points to consider when taking ELEOTIN®.

1. Beginners and Individuals with Weak Stomachs

All people new to this product should start off slowly, which is 3 drinks of 2 grams of ELEOTIN® or even less (3 drinks = 1 drink of Blend A, 1 drink of Blend B, and 1 drink of Blend C). Also, if your stomach is easily upset, it is important that you take a smaller amount at the beginning. Over time, you will become more accustomed to ELEOTIN® and can increase the amount gradually. You may also increase the number of drinks you take daily. Also, the fiber content may cause you to have an upset stomach. You may try making the tea and removing the sediments totally by straining it, or you may try the capsule form.

2. Impaired Livery or Kidney Function

For individuals with severely impaired kidney or liver function, they can start with a very small dosage, such as 1 gram or even less. They may also refrain from making an herbal tea and just take the powder directly in very small quantities. The reason behind this suggestion is not due to ELEOTIN®, but to the additional water intake from the tea. This additional water intake, when ELEOTIN® is taken in tea form, may be large a burden on their weak urination capability. However, after a long use of ELEOTIN®, these individuals saw significant improvement in kidney and liver function. Long term gradual increase of ELEOTIN® is recommended.

3. Caution for Pregnant Women

It is believed that ELEOTIN® is safe for pregnant women because it does not contain any toxic substances. However this has NOT been proven by clinical

tests and it is STRONGLY recommended that you consult your physician before taking ELEOTIN® while pregnant. In principle, pregnant women should not take any strong or intrusive substances whether it is natural or chemical. In South East Asia, pregnant women are advised not to eat fruits such as pineapples because of its high level of acidity. Thus, if you are pregnant, do not use ELEOTIN® prior to a discussion with your physician.

But in case a pregnant woman has to take diabetic drugs to control high blood glucose levels, then ELEOTIN® is a safer choice than pharmaceutical drugs.

The best answer to how much ELEOTIN® you should take, is that over time, you will be able to let your body decide how much you should take. People who are accustomed to the tradition of using herbs will know immediately what I am talking about. The main thought here is that people should be “in tune” with their body and be able to gauge how their body has reacted to ELEOTIN®.

If your body says that a certain portion or strength is too strong or too weak, you should consider adjusting the quantity accordingly. For example, some individuals who were accustomed to herbal remedies felt their bodies could take stronger drinks. They wanted to experience more immediate results so they increased the amount and frequency of consumption. This is still very safe but it may be difficult to drink. Again, there is no problem with this if the individual listens to his/her body. If they began to feel any discomfort, they should reduce the consumption quantity appropriately. After time, people will hopefully adjust their intake as they learn to let their body decide. It is best to start with smaller quantities and see what happens.

The best answer to how much ELEOTIN® you should take, is that over time, the individual will be able to “let his/her body decide how much they should take.

HOW DO I TAKE THE CAPSULE FORM OF ELEOTIN®?

Most of the discussion above is relevant only to the tea form. Here, let's discuss the capsule form.

A unit of the capsule form comes in a 1 month supply (30 capsules). Depending on the formula and the country, it comes in a different number of bottles. ELEOTIN® Gold Capsule comes in three bottles: Morning, Afternoon, and Night. You should take one capsule from each bottle every day. This is a total of 3 capsules a day: 1 in the morning, 1 in the afternoon, and 1 at night. Just follow the directions on the bottles. Each capsule is clearly distinguishable from the other capsules because each of them has different colors.

ELEOTIN® capsule form was created simply because it is a lot more convenient to take. However, it became a lot more inconvenient for each individual to make individual dosages that would really suit individual situations. For people who need to have flexibility in dosage amount, they may still want to use the traditional tea form.

ELEOTIN® capsule form was created simply because it is a lot more convenient to take.

WHAT IF I TAKE TOO MUCH OR TOO LITTLE OF ELEOTIN®?

Don't worry about consuming too much or too little of ELEOTIN®. During experiments, rats were given 50 times the human dosage for 7 months. No side effects were detected and no damage was done to any organs. As mentioned in the last question, if your body can take it, ELEOTIN® is quite safe to use in large amounts. However, please be aware that more quantity does not necessarily mean better or quicker results. This will depend on your body. Don't increase the amount unnecessarily because you could be wasting the product.

When someone eats too little of ELEOTIN®, the beneficial effects of ELEOTIN® simply do not start. There should be a minimum concentration in the blood in order to experience the benefits of ELEOTIN®. What should that minimum quantity be? On average, if you make 3 to 4 servings out of each pouch and take it a total of 3 times (1 Blend A, 1 Blend B, and 1 Blend C) a day, you will be above the minimum threshold. At that time, you should eat the sediments too. Many people do experience the benefits at even smaller quantities. However, it is recommended that patients start with small quantities and increase the consumption to the recommended dosage of 3-5 drinks per day (2 Blend A, 2 Blend B, and 1 Blend C). Even if you have taken too little of ELEOTIN® to experience the effects, there is nothing harmful that has happened to you. ELEOTIN® is a safe food. You just do not obtain the desired effect. Not unlike the case where you do not get the taste of ketchup if you use too little.

We recommend that patients start with small quantities, and increase the consumption to the recommended dosage of 3-5 drinks per day.

WHAT HAPPENS IF I STOP TAKING ELEOTIN® TOO SOON?

If the way ELEOTIN® works is explained from a slightly different perspective, you will see the answer to this question quite easily. Again, do not be worried, there is no damage to your health from discontinuing ELEOTIN® prematurely.

ELEOTIN® provides both temporary blood glucose control (Blend A) and long term glucose control (Blend B and C). When the usage of ELEOTIN® is stopped, the temporary blood sugar control effects will be lost immediately. However, the long term beneficial effects that have been established by ELEOTIN® will last. So the question will always be: “Have the long term beneficial effects of Blend B and C established themselves strongly enough before the person discontinues usage?” If they have, then these beneficial effects will continue to help the body maintain blood glucose normalcy. However, if an individual stops using ELEOTIN® prematurely, this means the person’s blood glucose control was due to the temporary control of Blend A. Since the body has not yet restored its own ability to control blood glucose levels with the help of Blends B and C, the person will experience a rise in blood glucose levels in one or two weeks.

ELEOTIN® provides both temporary glucose control (Blend A) and long term glucose control (Blends B & C).

You may wonder why people would prematurely stop using ELEOTIN®. It is believed that a number of people stop because they are too anxious. Since ELEOTIN® is providing long term beneficial effects; they will not notice any dramatic effects immediately. People who prematurely stop tell us that the effects of ELEOTIN® start too slowly. Please be patient. For example, an uncle of Dr. Kim had to use ELEOTIN® for 6 months before experiencing any effects. The uncle complained a lot! But after the sixth month, all the beneficial effects emerged suddenly! He could stop insulin injections and any other oral hypoglycemic agents.

We recommend that people continue to take ELEOTIN® for at least 4 to 6 months after they begin to experience the benefits.

The second reason for prematurely stopping is due to how people begin to feel when ELEOTIN® starts to kick in. Usually this is after 1 to 2 months. People begin to feel great and they often regard this feeling as a sign that they should stop taking ELEOTIN®. This is very wrong. This is only a sign that ELEOTIN® has started to work. It is recommended that people should continue to take ELEOTIN® for at least 4 to 6 months after they begin to experience the benefits. For example, if a patient begins to experience the effects after 2 months of usage, he should continue to take ELEOTIN® for another 4 months, for 6 months in total.

When you stop taking ELEOTIN®, the long term health benefits received up to that point are not lost. For example, the regenerated β (beta) cells or insulin receptors are not immediately lost at the termination of ELEOTIN®. You can stop safely at any time. ELEOTIN® is not like other drugs, which once stopped, they develop some resistance so that you have to take a lot more the second time around. ELEOTIN® is known to have no such development of resistance during and after usage.

PREPARATION AND STORAGE

HOW DO I PREPARE ELEOTIN®?

This section is not relevant for users of ELEOTIN® Capsule form.

The most recommended way to take ELEOTIN® is to pour 1 pouch of the powder into an herb-brewing pot. Brew the powder in water (2.5 cups or 360 ml) and stir occasionally for 1 to 2 hours on low heat. Brewing is finished when the amount of water is reduced to half. If the mixture is boiled at too high of a temperature, the taste may be bitter and the effect may be decreased. Drink 1 portion at a time and store the remainder of the tea in the refrigerator. Each pouch will make between 2 to 4 drinks. The amount consumed at one time can be gradually increased as you become more accustomed to the flavor of the tea.

You can collect and store the left over sediment in the refrigerator to make a second brew. It is a great waste to throw away the remaining sediments after just one brew. It is recommended that the sediments be taken together with the tea, or used to create a second drink. Don't throw away the sediments after 1 brew, they are still very beneficial.

OTHER PREPARATION METHODS

Microwave Method – Another way to prepare ELEOTIN® is to use a microwave oven. Simply put ELEOTIN® powder in a container with 1 to 2 cups of water and heat for 10 to 20 minutes on low heat. Do not bring to a boil.

Thermos Method – You can also put ELEOTIN® powder in a thermos with hot water, shake, and let it steep for 25 to 40 minutes. This is the simplest method and it produces very good results.

Direct Consumption – You can even eat ELEOTIN®, too. In that case, the absorption and effectiveness can be slightly slower. Some users have started to put the sediment directly into their food, soups especially. This seems to be a good way to counteract some of the inconvenience associated with taking ELEOTIN®.

People who grew up using herbal teas will find it easy to tell what an overcooked tea is and what an undercooked tea is. The rule of thumb is to let your own body decide. If it tastes too bitter, it is probably overcooked. If it tastes too grassy, it is probably undercooked. The best way to learn is to just taste it.

WHAT ABOUT THE SEDIMENTS AT THE BOTTOM OF THE GLASS?

It is recommended that you either: eat the sediments; reuse the sediments for another drink, or sprinkle them on food. This is very important since 75% of the ingredients of ELEOTIN® are still in the sediments after the first brew. Don't waste this fantastic product.

All of the beneficial ingredients of this product are locked in ELEOTIN®'s powder. Through the various preparation methods, these active ingredients are released. The best way to release the active ingredients is to brew over low heat. But the other convenient methods are still beneficial. There is always a certain amount of active ingredients left in the powder after it is brewed, so it is better to consume the powder or reuse them for another drink. Alternatively, you can sprinkle the sediments on your favorite dish while cooking.

CAN I PUT SWEETENERS OR SUGAR IN ELEOTIN®?

The person who asks this probably knows better already. They also know that sugar and sweeteners are not healthy. So the answer is "no." To experience the full benefits of ELEOTIN®, you should consume ELEOTIN® without sweeteners or sugar.

Please remember that ELEOTIN® is a natural herbal tea drink made from roots and leaves and is not supposed to taste like a soft drink.

If you do not like the taste of ELEOTIN®, you can reduce the consumption quantity until you can tolerate the tea's taste. Then you can increase the drink's strength after you have become accustomed to the taste. Most European and Asian customers have no problem with the taste of ELEOTIN®. However, if you are unaccustomed to herbal products, just start slow. Please remember that ELEOTIN® is a natural herbal tea drink made from roots and leaves. It is not supposed to taste like a soft drink. Don't worry, you'll get used to the taste.

IF I FREEZE ELEOTIN®, WILL IT HURT THE EFFECTIVENESS?

There is no need to freeze ELEOTIN®. ELEOTIN® in its dried powder form should be stored at room temperature in a dry place. It will remain fresh and effective for about 2 years under these conditions. Please store it just like any other tea product in your house. If you wish, you can put ELEOTIN® in the fridge, but there's no need to put it in the freezer.

It is not really disastrous if you freeze ELEOTIN®. However, freezing may destroy some of ELEOTIN®'s ingredients. Instead, once ELEOTIN® is prepared, it's better to drink it immediately or store it in a closed container in your refrigerator. If you want to make a large batch of ELEOTIN® to drink, try to make enough to last about a week and then store it in the refrigerator.

Of course, the best way to consume ELEOTIN® is fresh, but if you find that brewing it each time is too inconvenient, then simply brew a large amount and store it. The quickest way is the thermos method that was discussed earlier. The more often you make ELEOTIN®, the more you will find your favourite way to prepare and consume it.

ELEOTIN® will remain fresh and effective for approximately 2 years.

Chapter 8

BENEFITS

ELEOTIN® was made specifically to help patients overcome their diabetes. However, it is also quite beneficial to the user's general health. Over time, I was struck by the overwhelming list of the various benefits that arose from using ELEOTIN®. These reasons alone were enough to try ELEOTIN®.

CAN ELEOTIN® IMPROVE MY SLEEP?

Numerous customers reported that after about a day they noticed a dramatic improvement in the quality of their sleep. For example:

1. Less Nerve Pain – People have experienced reduced nerve damage and pain, so they are not bothered as much by this pain at night.
2. Less Frequent Urination – People with severe diabetes tend to wake up and urinate repeatedly at night. After using ELEOTIN®, users have indicated that the frequency of their urination has decreased while the quality of urine has increased.
3. Greater Energy Levels – Since people feel more energetic during the day, they begin to increase their daytime activities. This in turn makes them more tired and ready for bed at night and leads to a very natural and fulfilling sleep.



Customers feel uncomfortable if they have an impairment of their peripheral nerves. If this is the case, they rarely sleep soundly. In addition, diabetics can suffer from chronic fatigue that causes lack of exercise, which in turn prevents a good night's sleep. Poor quality and inadequate amounts of sleep leads to exhaustion the following day. This creates a vicious cycle. Many people who have taken ELEOTIN® said they finally slept soundly.

Is ELEOTIN® GOOD FOR WEIGHT MANAGEMENT?

Yes, ELEOTIN® is a very healthy form of weight management. ELEOTIN® is high in fiber and controls the breakdown of carbohydrates into glucose and fat. But more importantly, ELEOTIN® boosts a person's metabolism by strengthening the insulin receptors and activating the process where glucose is turned into energy in the muscles. This has a positive effect on obesity by stopping glucose from being turned into fat. This is why ELEOTIN® is good for weight management. It is also reported that ELEOTIN® has a very positive effect on muscle training because of how ELEOTIN® improves the function of insulin receptors in muscles.

But more importantly, ELEOTIN® boosts a person's metabolism by strengthening insulin receptors and activating the process where glucose is turned into energy in the muscles.

Compared with some existing weight management foods that may cause serious side effects, ELEOTIN® is a safe and effective food product that rejuvenates muscles and promotes the proper decomposition of glucose. In so many ways, diabetes and obesity are two sides of the same coin. Each causes and is caused by the other. Breaking this vicious cycle for diabetics is only possible with a weight management system that is also effective in controlling their diabetes.



DOES ELEOTIN® IMPROVE URINATION?

Yes, ELEOTIN® acts as a diuretic so it makes a person urinate larger quantities of fluid. This has a positive impact on a person because they urinate on a less frequent basis. Please be aware that it is specifically Blend B that contains strong diuretic ingredients so it is best to stay away from using Blend B immediately before

bedtime. Use Blend B during the day.

One may wonder how a diuretic can result in less frequent urination. The answer is that once the urination process becomes strong as a result of diuresis, each urination produces a lot more excretion. Thus, the required frequency of excretion diminishes even though the total quantity of excretion has increased.

ELEOTIN®'s diuretic properties are outstanding.

Urine plays an important function in our body. It filters out the wastes in our body (detoxification). This plays a crucial role in the body's natural healing process. This is why most restoratives are excellent diuretics. For example, pumpkin and cranberry juices are excellent health foods that act as diuretics. ELEOTIN®'s diuretic properties are outstanding. For example:

1. When ELEOTIN® enters into the body, scientists believe that old insulin receptors are cleansed and filtered out in urine. After this cleansing, new and fresh insulin receptors emerge and grow.
2. ELEOTIN® increases the body's ability of keeping its blood clean by filtering out more wastes circulating in the blood (detoxification). Consequently, it maximizes the body's self-healing capability by strengthening the body's self-purification ability.

There is a misconception with regard to the use of diuretic drugs—that they are dangerous to those who have low blood pressure. This may apply when chemical diuretics are used to artificially promote urination. When a natural diuretic such as ELEOTIN® is used to strengthen the body's self-regulating capacity, this substance is not dangerous even for those who have low blood pressure.

ELEOTIN® maximizes the body's self-healing capability by strengthening the body's self-purification ability.

CAN ELEOTIN® BE USED BY CHILDREN?

ELEOTIN® is also a very safe and preventative measure against developing diabetes. Other drugs may have harmful side effects, which can be especially dangerous to children. Therefore, ELEOTIN® is a gentle and safe alternative for children.

DOES ELEOTIN® HAVE ANY BENEFICIAL EFFECTS ON THOSE PEOPLE WHO NEED DIALYSIS?

Dialysis machines are needed to detoxify the body's fluids after a person has serious kidney problems (kidney failure). People who have reached this diabetic stage are usually quite old and frail. However, just like any other person, these individuals can also benefit from the assistance of ELEOTIN®. But you should take careful precautions. First, make sure they discuss with their doctor. Second, it is recommended that a much reduced powder quantity and water intake should be administered for people with very serious kidney problems. The reason is that they just cannot handle the excessive water used to make the tea. Remember, use your common sense. If someone is seriously ill, then it may not be the best time to start a new therapy.

Blend B is especially helpful to individuals with kidney problems because its ingredients help to cleanse the blood of waste and products. Blend B also has uretical functions that help improve urination. Blend B helps to cleanse the liver and kidneys.

WHO DOES ELEOTIN® HAVE A POSITIVE EFFECT ON?

ELEOTIN® is a natural health product that will have a positive effect on everyone.

ELEOTIN® was originally designed for Type II diabetics, but it can assist others as well. This includes Type I diabetics, overweight people, kidney dialysis patients, and any health conscious person.



Generally, ELEOTIN® has the greatest effects on diabetics. However, ELEOTIN® is not a health food only for diabetics. It is a health food, period. This is because diabetes itself is related to the body's basic metabolism and managing the disease enhances the health of the whole body.

ELEOTIN® has a substantial beneficial effect not only on the treatment of diabetes, but also on the prevention of other diseases because it stimulates carbohydrate metabolism, rejuvenates muscle cells and strengthens capillaries and peripheral nerves. It has been demonstrated that ELEOTIN® has an overall outstanding

effect on sexual dysfunction, insomnia and chronic fatigue. ELEOTIN® has also demonstrated outstanding effects in the general promotion of health when taken by non-diabetics.

ELEOTIN® has a substantial beneficial effect. Not only the treatment of diabetes but also on the prevention of other diseases.

WHEN? AND HOW LIKELY?

WHEN WILL A PERSON NOTICE THE BENEFICIAL EFFECTS OF ELEOTIN®?

A general rule for when a person will notice the beneficial effects of ELEOTIN® is that it depends primarily on the person’s age and present health. The older an individual is and the more severe the diabetic complications are—the longer ELEOTIN® will take. This is no miracle. Your body needs time to heal. You are not able to reverse in a week a disease that has been established for over countless of years. Based on past experience, here is what a person can expect:

GUIDELINE

Type of Person	Expected Benefits - When
Mild Diabetic (less than 3 years)	1 to 3 months to feel effects; after 6 months you can gradually reduce ELEOTIN®
Moderate Diabetic (Less Than 6 Years)	3 to 6 months to feel effects; after 1 to 2 years you can gradually reduce ELEOTIN®
Severe Diabetic (Over 6 Years)	6 months to 1 year to feel effects; continue to take ELEOTIN® for several years

Remember that this is not a miracle fix and so please have a realistic set of expectations.

GRAPH SUMMARY

The length of time prior to feeling ELEOTIN®’s beneficial effects depends on the individual’s condition or symptoms. For individuals who have relatively mild

symptoms, beneficial effects begin to surface within 3 months and it takes about 6 months for the treatment to be completed. For patients who have severe cases of diabetes, beneficial effects begin to surface after 6 months and it takes 1 to 2 years for the treatment to be completed. For those who have impaired β (beta) cell function, the beneficial effects begin to show in 6 months and it takes several years for the treatment to be completed. Please be reminded that Type II diabetes is a disease that takes many years before it begins to seriously inhibit you. Likewise, a natural solution like ELEOTIN® will not be able to immediately solve this condition. The natural solution will come if the body is given ELEOTIN® and sufficient time and nourishment.

HOW LIKELY WOULD I EXPERIENCE THE BENEFICIAL EFFECTS OF ELEOTIN®?

There is no treatment that can claim it is successful for every individual. There are also many health foods and drugs whose benefits are difficult to experience. Some work for only 10-20% of their users. If the disease or condition they treat is very serious, this may still be seen as a big success. ELEOTIN® has a great probability of success if used for a sufficient period of time and when it is treating a very serious condition—such as high blood glucose levels. Here is a rough guideline for an individual’s likelihood of obtaining ELEOTIN® beneficial effects:

Hypotheses that people do NOT experience the benefits after 7 months	Rejected at 90%
Hypotheses that people do NOT experience the benefits after 4 months	Rejected at 80%
Hypotheses that people do NOT experience the benefits after 2 months	Rejected at 60%

In ordinary language, the above statements can be read as follows:

It is very unlikely, or 10 out of 100, that a person will not experience the benefits of ELEOTIN® when they use ELEOTIN® according to instructions for 7 months. Or, it is very unlikely, 20 out of 100, that a person will not experience the benefits for 4 months. And so on. So as you can see, if someone sticks with ELEOTIN®, they are almost assured of the positive effects.

If someone sticks with ELEOTIN®, they are almost assured of the positive effects.

How Soon Should I Reduce My Oral Hypoglycemic Drugs?

The general rule here is to always consult with your physician prior to adjusting your prescribed medication levels. Please refer to the general guidelines above that show when you will likely feel the beneficial long term effects of ELEOTIN®. By monitoring your glucose levels closely, you will also know when ELEOTIN® begins to lower and control your blood glucose levels.

Chapter 9

TYPE I DIABETES AND OTHER USES OF ELEOTIN®

DOES ELEOTIN® WORK ON TYPE I DIABETES?

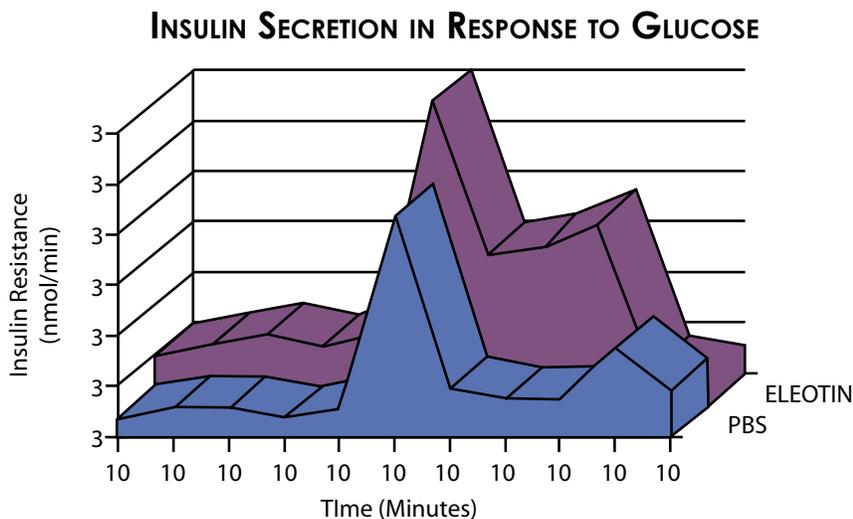
No conclusive evidence has been accumulated on Type I diabetics. As ELEOTIN® was developed for Type II diabetes, we have not actively pursued Type I customers. However, some Type I diabetics have recently tried ELEOTIN® and experienced improvements in the blood glucose levels.

In theory, the indication of β (beta) cell improvement should help Type I diabetics. Initially, selling ELEOTIN® to Type I diabetics was severely restricted because research was based mostly on Type II diabetes. However, some Type I diabetics strongly demanded ELEOTIN® and eventually they were provided with some units. They later responded and indicated that their blood glucose levels improved using ELEOTIN®.

Some Type I diabetics have recently tried ELEOTIN® and experienced improved blood glucose levels.

DOES ELEOTIN® INCREASE INSULIN SECRETION?

Yes, ELEOTIN®'s Blend A formula assists the pancreas to increase insulin secretion. The insulin secretion caused by ELEOTIN® only occurs when more insulin is needed. In this way, ELEOTIN® does not lead to hypoglycemia.



Note: Glucose from the pancreas of PBS-treated GK rats and Eleotin GK rates.

By rejuvenating the health of the pancreas and in particular, the β (beta) cells, more insulin is produced. The pancreas is not strained to produce more insulin using only a few β (beta) cells, which is characteristic of chemical drugs. Instead, ELEOTIN® restores the health of the pancreas and increases the number of healthy β (beta) cells, thus increasing insulin secretion naturally. This is a long term increase, not a short term manipulation.

CAN ELEOTIN® PREVENT HYPERGLYCEMIA?

ELEOTIN® was shown to prevent hyperglycemia in animal experiments at the Julia McFarlane Diabetes Research Center at the University of Calgary. This is how the tests were conducted.

Two rat groups were used. The rat type used had a strong predisposition to becoming hyperglycemic over time. That is, if the rats were left untreated, they all would develop high blood glucose levels. The results indicated that after 10 weeks only 10% of the ELEOTIN® rat group was considered hyperglycemic whereas 70% of the control group that was given a placebo saline drink were hyperglycemic. The average blood glucose levels after 10 weeks was 168mg/dl (9.3 mmol/L) for the ELEOTIN® group compared with 354 mg/dl (19.7 mmol/L). Based on this test and other similar animal tests, it can be said that ELEOTIN® provides a very high degree of preventative assistance.

ELEOTIN® is not only effective in treating diabetes, but also helps to prevent hyperglycemia.

HOW DOES ELEOTIN® HELP PREVENT HYPERGLYCEMIA?

Insulin receptor up-regulation increases insulin binding and the absorption of glucose into cells. β (beta) cell regeneration in the pancreas creates increased insulin secretion.

Once you understand the previously described mechanism of action of ELEOTIN®, you will notice that it has an effect not only on the treatment for diabetes, but also on its prevention. There is no reason for you to develop diabetes if the number of β (beta) cells secreting insulin in your body increases and are strong. With an adequate amount of insulin secreted, muscle and liver cells are rejuvenated and insulin is effectively utilized. Many people who do not have symptoms of hyperglycemia are taking ELEOTIN®, and they have noticed an outstanding effect on the general promotion of their health.

It is known that people with family members who have diabetes have a higher probability of developing diabetes. Many of these people use ELEOTIN® as a preventative measure as well as for general health promotion.

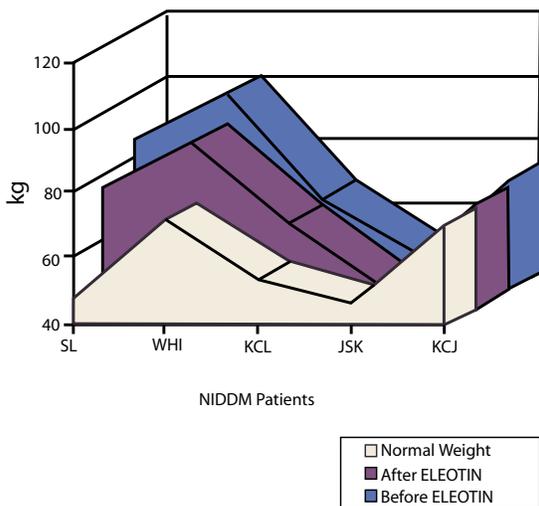
DOES ELEOTIN® PREVENT HYPOGLYCEMIA (LOW SUGAR LEVELS)?

In general, ELEOTIN® does not prevent hypoglycemia or low blood glucose levels. But it does help the body in a few ways to naturally decrease its occurrence. ELEOTIN® up-regulates insulin receptors, which also helps insulin bind to the insulin receptor. Therefore, in cases when there is too much insulin being secreted into the blood (e.g. some hypoglycemic drugs stimulate insulin secretion like sulfonylurea); the up-regulated insulin receptors help to remove the excessive insulin in the blood. This will reduce the person’s risk of becoming hypoglycemic. In addition, the insulin secretion caused by ELEOTIN®’s Blend A occurs in a very natural way. That is, insulin is secreted only when the body needs additional insulin. Therefore, the insulin secretion caused by ELEOTIN® does not create hypoglycemia.

ALTERNATIVE USES OF ELEOTIN®

ELEOTIN® was mainly developed for helping the general health of adult onset diabetes. But, many people use ELEOTIN® for many purposes other than its main purpose.

Weight Loss
after ELEOTIN
(Obese)



WEIGHT CONTROL

Frequently, people use ELEOTIN® for weight control. It is quite understandable, considering that both diabetes and weight problems are two sides of the same coin. Both are metabolism problems. In fact, many endocrinologists recommend ELEOTIN® for weight control. Numerous people are starting to develop safe weight control products for children based on the technology contained in ELEOTIN®.

CANCER

Some cancer patients use ELEOTIN®. They say that control of blood glucose levels halts the growth of tumors. They

say that the tumors are highly diabetic and that safe control of blood glucose levels leads to tumor control. Very little is known about this use. However, researchers have come up with significant scientific support. ELEOTIN® is good for general health, whether you are a diabetic or not. There must be at least something that helps patients fight their cancer better.

CHILDREN'S DISORDERS

Some are interested in using ELEOTIN® for their children's ADHD and other neurological problems such as Autism. They know from recent scientific studies that controlling blood glucose levels can greatly help.

SEXUAL FUNCTION

Interestingly, some are known to use ELEOTIN® to boost male sexual energy. We discussed this earlier.

ADDITION TO FOOD

Admittedly a bit strange, Dr. Youngsoo Kim himself sprinkles ELEOTIN® tea on his salad. Many people laugh, but it tastes quite okay. He does this quite often. He also puts ELEOTIN® in his miso soup. He also put ELETOIN® extract in beer.

Chapter 10

WHAT ABOUT RIGHT NOW?

Many people have told me how much their health has improved after trying ELEOTIN®. Most of them started to feel better after only a few days. However, despite the marked improvement, many of them remained quite uncomfortable until the long-term effects of ELEOTIN® began to take place.

Eastwood Bio-Medical Research Inc. (EBMR), the company that manufactures ELEOTIN®, noted this and began to design another product that could greatly benefit a diabetic's life.

I'm a serious diabetic and I know ELEOTIN® will help me fight diabetes, but I know it will take at least several months until I can start to live a 'normal' life. Is there anything else being offered to help me right now?

Yes. EBMR has just begun to offer a new product called PEDO-PROTECTION Socks. They were especially designed for diabetic feet using both new technology and the ancient knowledge of reflexology.

WHY ARE FEET SO IMPORTANT?



It can be argued that feet are actually one of the most important organs of our body. One fourth of all the bones in the human body are in your feet. Each foot alone contains 107 ligaments and 19 muscles. Despite the complexity of the feet, they are the most harshly treated part of the body. They cover only 2% of the body's surface area, but support 98% of the entire body weight. If you take into consideration the force of gravity, this means that the feet of a person weighing 60kg is actually carrying 72kg of weight! Walking rapidly, running, or jumping can add double the body weight.

A person will on average take anywhere from 8,000 to 10,000 steps a day. This adds up to about 184,000 kilometers or 115,000 miles over a lifetime—enough to travel the world's circumference 4 times! If you were to travel this distance in a car, you would need to change all of the tires at least 5 to 6 times. But you can never change your feet for newer ones.

The only reason why your feet do not get destroyed from wear is because of the

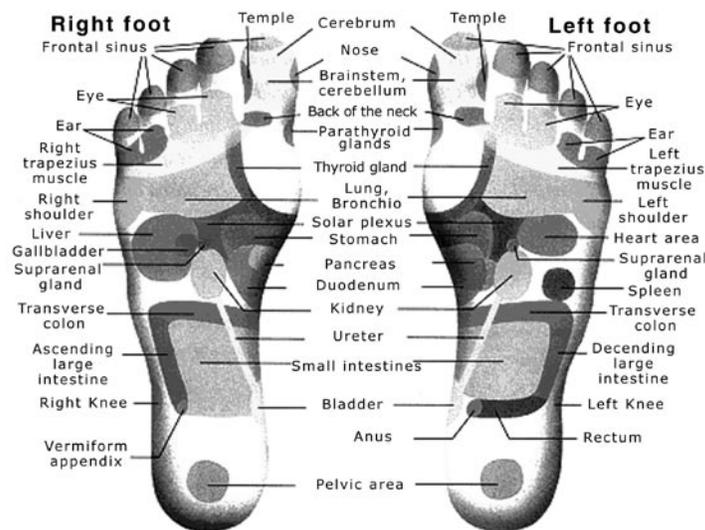
brisk circulation of blood that takes place in the feet. Circulation moves the heat generated from hard work away from focal points—similar to the way a radiator of a car works. The self-healing and self-monitoring capabilities of the feet are just amazing. They heal so well that they can stand the incredible amount of pounding labor they need to endure.

Feet are also important because they act as a mirror to a person’s general health. For example, when the bones in the feet are out of alignment, so are the rest of the bones in the body. This situation causes neck pain, headaches, and lower back pain. No wonder Socrates once declared, “When your feet hurt, you hurt all over.” In Eastern medicine, it is said that the whole body can be found in the foot and for this reason; the foot is often referred to as the ‘second heart’.

WHAT IS REFLEXOLOGY?

Reflexology examines how massaging or applying pressure to specific points on the body can affect and even benefit other parts of the body. It promotes blood circulation and prevents the accumulation of toxins within the body. According to reflexology, the foot region corresponds to other vital organs of the body. The foot itself is divided into zones or reflex areas, and each of these zones correspond to a different part of the body. The big toe, for instance, is associated with the head. Thus pain or tenderness in one area of the foot may reveal a problem elsewhere in the body.

In general, the following foot parts are connected with these body parts:



- Big toe – head
- Outer region – shoulders and knees
- Second toe – eye
- Ball of the foot – heart and chest
- Third toe – nose
- Inner region – spine
- Fourth and pinkie toe – ears
- Heel – reproductive systems
- Arch – internal organs

The connection between our feet and our well-being is intimate and direct. Therefore, it is not hard to imagine how bad it would be if something were to go wrong with our feet. Even people with generally normal feet undergoing normal activities can develop problems or diseases that are feet-related. Seventy-five percent of Americans will experience foot problems at one time or another in their lives. About 19% of the U.S. population has an average of 1.4 foot problems each year, but only a very small percentage of the population is born with foot problems. It is actually neglect, a lack of awareness of proper foot care, ill-fitting shoes, and a lifetime of wear and tear that cause the pain and problems. In the case of diabetics, it is very common to have very serious foot troubles. ELEOTIN® PEDO-PROTECTION Socks were developed with precisely this direct connection in mind.

HOW ARE DIABETES AND FOOT PROBLEMS RELATED?

Complications from diabetes can affect various areas of the body, especially the feet, which are more susceptible to impaired circulation. Proper foot care is critical for diabetics because they are prone to foot problems: Loss of feeling in their feet, changes in their foot shape, and foot ulcers or sores that do not heal. ELEOTIN® PEDO-PROTECTION socks were developed to combat these inevitable foot complications.

Proper foot care is critical for diabetics because they are prone to foot problems. For diabetics, foot problems are one of the leading causes of hospitalization.

Even ordinary problems can get worse and quickly lead to serious complications. Twenty-five percent of all diabetics have some kind of foot-related problem due to the disease. For diabetics, foot problems are the leading cause of hospitalization. The most common problems are infection, ulceration, or gangrene (death of the tissue), which in turn can lead, in the most severe cases, to the amputation of a toe, foot, or even a leg. In the U.S. alone, 50,000 people have their feet amputated because of diabetes. However, 80% of all diabetic foot problems and diseases can be prevented by careful and regular inspections of the foot. Unfortunately, 75% of diabetics never have their feet examined.

There are several reasons why diabetics are at higher risks for foot problems. First, diabetics have poor blood circulation. Arteries in diabetics tend to narrow and this frequently leads to significantly decreased circulation in the lower parts of the legs and feet. Poor circulation can be damaging for the skin because it reduces the amount of oxygen and nutrition needed for normal maintenance and repair. Remember that it is only with brisk circulation and the self-healing ability that the feet can sustain their heavy loads. As many diabetic patients battle with

problems in circulation, their feet are exposed to a myriad of problems.

For example, the root of circulation problems in diabetics is the high sugar levels found in the blood. These high sugar levels impair the flow of blood, causing injuries to heal very slowly. 'Sticky' blood makes it difficult for the blood to flow through the capillaries and causes them to burst and swell in the feet. These wounds become prone to infection because of bacteria and can even lead to the ulceration of the feet.

Secondly, diabetics suffer from neuropathy, which causes insensitivity or a loss of the ability to feel pain, heat, and cold. Nerves work like electrical wires. They run from the spinal cord to the muscles, and from the sensory organs in the skin and joints back to the spinal cord. Nerves work by conducting electrical impulses that either signal a muscle to contract or carry a signal when your skin has been exposed to a stimulus like touch, warmth, or cold. You could say that the nerves are like the body's communication system. They carry information back and forth between the brain and the other parts of the body.

Neuropathy can be generally defined as the loss of this communication between the brain and nerves. It can result in a diminished or absent ability to detect painful sensations such as a pin prick or the heat of hot water. As a result, the ability to detect foot injuries is affected. In this way, neuropathy can prevent its victim from recognizing foot wounds, causing them to remain untreated for lengthy periods of time. This leads to possible infection and the prevention of healthy healing.

The feet are engineered for self-regulating functions. If the feet are too hot, it will sweat to moderate the temperature. Diabetics, however, have poor self-regulating control in their feet and this can lead to the feet both over-sweating and under-sweating. Too little sweat can lead to dry skin which cracks and breaks, leaving it vulnerable to bacteria and infection. Too much sweat can lead to swelling and increased fungal and bacterial growth.

WHAT ARE THE CONSEQUENCES OF POOR FOOT CARE?

Anyone, diabetic or not, can suffer from the foot problems. But if you do suffer from diabetes and your blood glucose levels remain high, these problems can lead to problematic infections with serious complications. One dreadful result from foot complications is amputation. More than half of all lower limb amputations in the U.S. occur among diabetics—roughly 86,000 amputations a year! Doctors estimate that nearly half of all amputations caused by neuropathy and poor circulation could have been prevented by proper foot care. The following are some serious foot complications that could arise.

Corns and calluses are thick layers of skin caused by too much friction or pressure

on the same spot. About 5% of Americans suffer from corns or calluses each year. Calluses tend to occur more often and build up faster on the feet of diabetics. They can easily become infected, and if they are not treated, can get very thick, break down, and turn into ulcers (open sores).

Blisters form on the foot when the shoe always rubs in the same spot. Wearing ill-fitting shoes can cause blisters. Blisters can also become easily infected and should be treated immediately.

Ingrown toenails happen when an edge of the nail grows into the skin, possibly reddening and infecting the skin. They can occur if you cut into the corners of your nails when you trim them or if you wear shoes that are too tight. About 5% of the U.S. population suffers from ingrown toenails or other toenail problems each year.

Dry and cracked skin can form when the nerves in your legs and feet do not get the message from the brain to keep the skin soft and moist. Dry skin can become cracked and this can allow germs to enter. High blood glucose levels allow germs to feed and worsen the infection. Dry skin can also lead to cracks that bleed and cause infection that way. Dry skin around the edge of your heels is especially prone to cracking.

How Does ELEOTIN® PEDO-PROTECTION SOCKS SUPPORT DIABETIC FEET?



One of the most crucial steps in protecting and caring for your feet is wearing the correct type of sock. Finding the right sock is simple. It is important to look for the appropriate elasticity. Socks that are too tight may cause poor blood circulation, and socks that are too loose can lead to swollen feet. Also, socks should be frictionless, meaning they should either be seamless or have the seams on the outside of the sock. This is a small but crucial detail because seams on the inside of the sock often agitate the skin and cause wounds and blisters. In addition, great socks should be made with anti-fungal and anti-bacterial material that wick away moisture.

Here is a list of unique features of the ELEOTIN® PEDO-PROTECTION socks that make them well-suited for people in need of special foot care:

1. 100% Cotton Composition

ELEOTIN® PEDO-PROTECTION socks are composed of 100% pure cotton material. Cotton is the best material for absorbing and wicking away sweat. Bulky, synthetic materials cause the feet to sweat more, creating an ideal environment for fungi and bacteria to thrive because they prevent the sweat from evaporating. Cotton is a superior material for socks because it absorbs and releases perspiration quickly and also allows the foot to “breathe”.

2. Anti-Fungal and Anti-Bacterial

ELEOTIN® PEDO-PROTECTION socks are composed of anti-fungal and anti-bacterial material. During the manufacturing phase, the sock fabric is infused with anionic anti-microbial agents whose special properties are recommended for use with cotton materials used for socks. This kind of anti-bacterial and anti-fungal cotton is a truly innovative material that promotes good hygiene for the feet. Other socks on the market may claim that they have the same ability. However, such abilities in other socks disappear over time and with use, especially after washing. Also, other socks tend to target the incorrect kind of bacteria and fungi from which the feet should be protected.

3. TSAP (Thin Shock Absorbing Padding) Technology

It is often assumed that only thick socks offer protection and shock absorption. Thick socks, however, are uncomfortable and cause unnecessary and profuse sweating. They also block ventilation which creates an optimal environment for fungal and bacterial growth. ELEOTIN® PEDO-PROTECTION socks utilize TSAP to provide maximum ventilation, protection, and shock absorption without being too thick. The socks can also reduce the threat of sudden impact through dissipation. The unique TSAP technology is both ergonomical and functional.

4. Auto-Regulating Mesh Top

A special mesh fabric is woven into ELEOTIN® PEDO-PROTECTION socks to provide further ventilation. In healthy feet, when the temperature rises, the self-regulating ability causes the feet to sweat and naturally cool down. When the temperature drops, this same ability prevents sweat glands from producing moisture so that the feet can maintain heat.

Due to the damaged self-regulating ability in diabetics, their feet may not sweat enough or do so at inappropriate times. The Auto-Regulating Mesh Top aids the self-regulating mechanism. Tiny mesh holes grow larger when the feet sweat and swell to allow for maximum ventilation. This stops the

sweat glands from over-producing. The absence of sweat and heat causes the mesh holes to shrink and allow the feet to maintain a healthy temperature and moisture level.

5. Round Treated Inner Toe Seam

Socks must have the smallest amount of friction possible in order to prevent blisters, cuts and wounds. The seam is a major culprit in most socks because it is found on the inside and rubs against the toes and skin. The inner toe seam of ELEOTIN® PEDO-PROTECTION socks have been treated so that friction or agitation is minimized.

6. Far Infrared Anti-Slip Grip

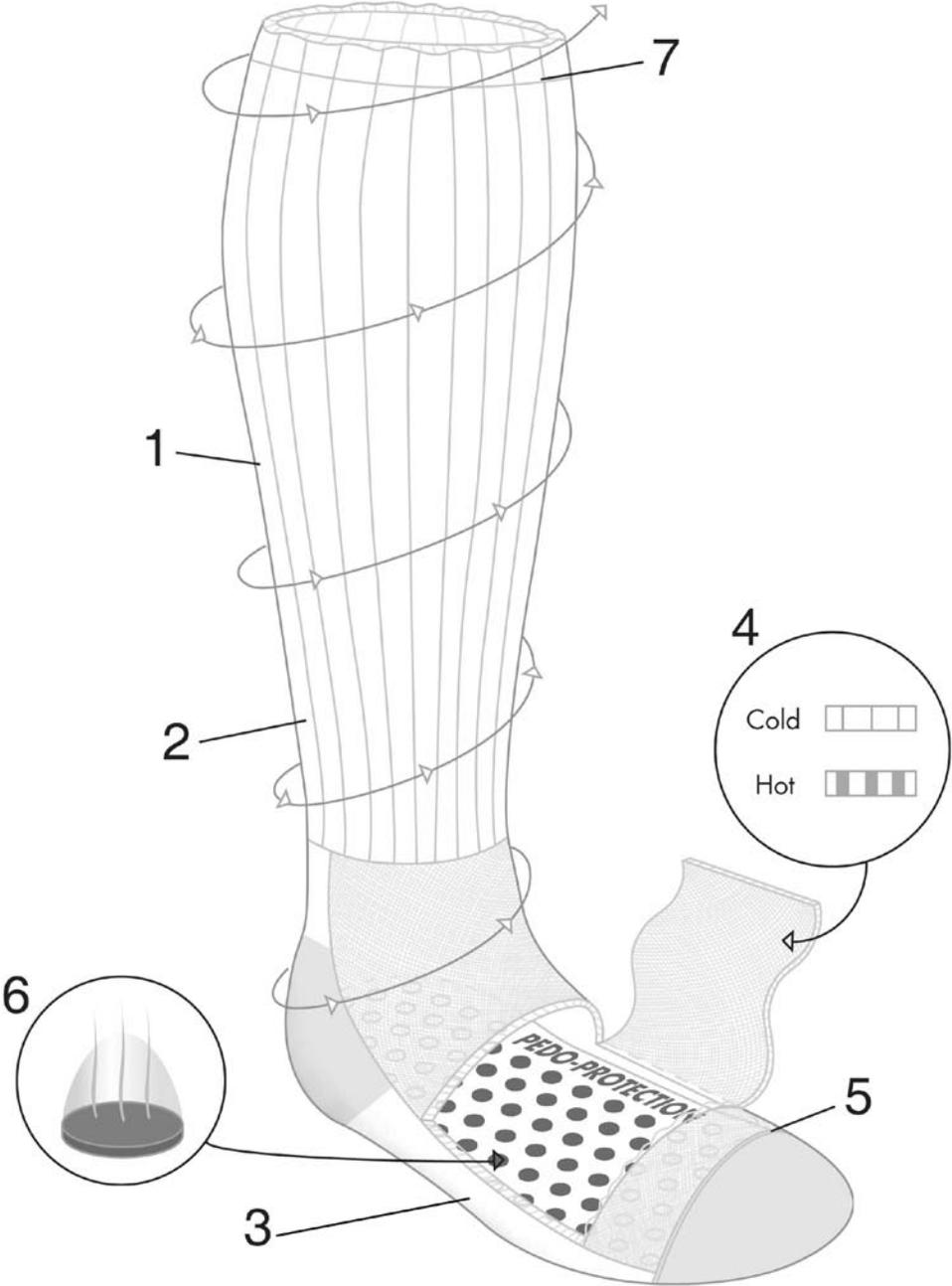
People who suffer from neuropathy, especially diabetics, have often lost sensitivity in their feet. As a result, diabetics are unaware that their feet are sliding inside their shoes. This excess movement can cause cuts, blisters and wounds on the feet. The Anti-Slip design of the ELEOTIN® PEDO-PROTECTION socks decrease the movement of the feet within the shoe and enhances the security of the feet. Also, research has shown that Far Infrared technology (FIR) increases blood flow by promoting dilation (or expansion) of the micro-circulatory system of capillaries. In addition, FIR technology reduces muscles spasms by heating muscle fibers and removing toxins. What makes this technology particularly beneficial for the feet is its ability to reduce swelling and inflammation by improving lymph flow, as well as minimize soreness through direct action on both free nerve endings in the tissue and on peripheral nerves.

7. Holistic and Gentle Neck Pressure

ELEOTIN® PEDO-PROTECTION socks are structured in a special way so that the neck portion of the sock provides holistic and gentle pressure on the ankle and calves. The socks have been woven to maintain the perfect balance of snug fitting and elasticity. The sock neck of ELEOTIN® PEDO-PROTECTION applies just enough pressure to prevent the foot from swelling, but does not squeeze the foot so tightly that it cuts off circulation. The result is a comfortable 'massaging' effect.

ELEOTIN® PEDO-PROTECTION Socks are the only socks on the market that not only pays special attention to essential diabetic foot care, but also addresses the foot need of everyone, diabetic or not.

ELEOTIN® PEDO PROTECTION SOCKS



CONCLUSION

If you have managed to come this far in the book, I would like to congratulate you! Hopefully after reading this book, your eyes have been opened to the complexities of all that is related to diabetes: the disease itself, the drugs, the pharmaceutical companies, and the natural alternatives such as ELEOTIN®.

Mainstream ways of treating diabetes today simply do not work.

Besides having increased your knowledge, I hope you have noticed a certain theme that has been running throughout this book. This theme is that the mainstream ways of treating diabetes today simply do not work. Diabetes is one of the deadliest medical emergencies in the world today, and when it does not kill, it will cripple and blind its victims. Synthetic drugs from large pharmaceutical companies temporarily focus on a specific body part, and not to the well-being of the body as a whole. In fact, many of these synthetic drugs that lower blood glucose levels often have disastrous effects on crucial organs.

The most critical problem, however, is not that these methods don't work, but that they are extremely profitable for the companies that sell them. It shouldn't be the case that generating something so harmful actually rewards the makers with surreal amounts of wealth. But this fact sheds light on the desperation of the millions and millions of diabetics around the world who are trying to salvage their lives. What is needed is a product that truly helps people and relieves their pain, not only on a short-term basis, but also on a worthwhile long-term basis. No company that gains so much from selling their virtually ineffective drugs could be trusted to properly manufacture and distribute such a product. I imagine that if such an opportunity revealed itself, the company would keep the treatment locked away for years until the demand for it became appropriately immense and profitable. Then they would release it in a synthetic and less effective form.

A small company needs to address this issue of diabetes from outside the mainstream market to make a truly effective and beneficial product. After having studied ELEOTIN® for years, I have come to firmly believe that its maker, EBMR, is exactly the small company needed. Having started as a tiny, fledgling company, EBMR grew solely on the basis of ELEOTIN®'s merit and moved on to serve over 40,000 customers around the world. Whatever products they release, be it ELEOTIN® or ELEOTIN® PEDO-PROTECTION socks, it will be in the spirit of giving the help their customers need.

My hope is that this book has helped you make informed decisions of the alternatives when facing the many choices regarding your health. I would like to ask you to remember one thing from reading this book: remember the importance

of questioning the intent of those who receive your hard earned money. Only those who honestly supply worthy answers and solutions deserve your trust and money.

Before concluding this book, I will leave you with testimonials from people who have used ELEOTIN® themselves. They say more about the treatment than any explanation, statistic, or study ever can.

Make informed decisions when facing the many choices regarding your health.

TESTIMONIES

Ms. L - Dawson Creek (45 years old)

“All of my family is diabetic. I have suffered from diabetes for a long time. About a month ago, a Korean friend living in my neighbourhood suggested to me that I take ELEOTIN®. At first, I was reluctant because I managed my diabetes only with exercise and diet, and I did not even follow my doctor’s instructions.

I have been taking ELEOTIN® for about 20 days now. After 10 days of taking ELEOTIN® there was no difference in my blood glucose levels. My expectations seemed to be too high. However, to my surprise, after 2 weeks I began to feel its effects. My distributor tells me that I’m lucky to experience the positive effects so quickly, because it usually takes 2 months.

My complexion is brighter and smoother than before. I felt as if I was walking on air. My entire family was so happy to see this. I went to my doctor immediately and had my blood glucose levels monitored. It dropped down to 4.6 which used to be around 20mmol/L. I am quite excited now and I feel confident in ELEOTIN®.

Li Wai Wai - Diabetic living in Richmond, BC (60 years old)

“I have had diabetes for 13 years now. I am always tired and I am having trouble with itchy and dry skin. I have tried many drugs but they were not much help. However, after using ELEOTIN® for 3 weeks my appetite grew and my skin problems are getting better as well. Most of all, I am happy that my blood glucose level has fallen from 12 to 8.

Mr. P - Korean diabetic patient (35 years old)

"I am quite obese and my height is 168.5 cm (5'6") and weight is 80.5 kgs (178 lbs). I was dumbfounded when I was diagnosed with diabetes. I tried to maintain the diet therapy and exercise that my doctor advised but it was not effective in stopping my high sugar levels. I needed insulin injections to keep my sugar levels down.

I began to take ELEOTIN® at the request of my doctor who works at the university hospital. I took it for 3 months. During this time, my doctor was impressed with the results of ELEOTIN®. He said my blood glucose level dropped to 115 mg/dl (6.4 mmol/L) from 398 mg/dl (22.1 mmol/L) before. Also the number of β (beta) cells that produce insulin increased by 20%. My doctor told me I had greatly benefited from ELEOTIN®. I agree."

Derek - Australia

"I had some sort of food poisoning that refluxed and attacked the trachea and because of that I was drinking soft drinks by the gallon, ice lollie, ice cream, anything because I couldn't bear solid food. Consequently, I lost a lot of weight and finally, this became so bad that I went to my local doctor and she said, 'We'll do a routine blood count anyway.' Results came back. I had a glucose level of 23, which shocked me.

Well, when I started taking this ELEOTIN®, I found that my eyesight was improving. It has improved so much, I know that I can honestly say this, I have now been able to put aside my glasses, I just don't need them. My eyesight is better than what it was 40 years ago.

All of the symptoms are gone now. My blood sugar is down. And I have been on ELEOTIN® for about 6 weeks and this is what I'm sure has brought about these changes."

Mr. B - President of a company in New York (44 years)

"I have been suffering from diabetes for 10 years. I did not have any treatment because I wanted to overcome the disease with my spiritual beliefs. However, I was so worried about the fluctuations of my blood glucose level. It would drop down to 150 mg/dl and rise up to 400 mg/dl.

After I took ELEOTIN®, I began to have a good night's sleep and decreased thirst. I think this may be an answer to my prayers. I recommended ELEOTIN® to others and their responses were also good. I'm even thinking about doing business distribute this product."

Dr. Singh - Vancouver, Canada

"I'm an Ayurvedic doctor from India. This means that I have a Bachelor of Ayurvedic medicine and surgery and a doctor of medicine in Ayurveda and herbal sciences. I have been practicing in Vancouver for the last 3 years and I have been using this ELEOTIN® for around 1 year. I'm giving it to the clients suffering from diabetes Type II and it is helping them enough, in terms of their immunity, their immunity system, their energy level, and also controlling their sugar level. I want to recommend it to many people who are suffering from diabetes, especially the diabetes Type II. They should take it to control their sugar level with ELEOTIN® because its long lasting and it helps also in the immunities system too. I have like 2-3 people in one family who are taking it and all are very much satisfied. So its my personal recommendation, everyone who ever takes it will be helped quite a lot with ELEOTIN®, for Type II especially."

Ms. D - Former nurse in Calgary, Canada (70 years old)

"I've developed diabetes in my late sixties as many other diabetics. There was a time I could not sleep because of my diabetes and had to take 30 tablets of painkillers a day. My limbs decayed even though I was taking insulin shots. The diabetes research center institute where I was working recommended I take ELEOTIN®. I took it for 4 months. All my severe diabetic symptoms disappeared. I have not taken ELEOTIN® since that time and I still feel better even after 2 years time. I never experienced that this could happen to me."