

## Letter

### Diabetes Wake-up Call

By Steve Sellin

November 4, 2011 was a bad day for me as I was told by my doctor that I had type 2 diabetes. Fortunately, I can get rid of it and I intend to do so. With the help of people I know and trust I have told myself that it will be easier with any help I can get. For that reason I have entrusted Geoff Bond, author of [Deadly Harvest](#), to assist me getting over diabetes. Geoff has sent me a chart of foods listed that help and has given me the do's and don'ts of the diet I have to follow. Yes there are plenty of foods Geoff has mentioned in his chart that I already like, which he calls The [Savanna Effect](#). All of the information within the [Savanna Effect](#) are all natural foods that are considered good to eat. Geoff does mention foods to stay away from or to regulate within his Savanna Effect. This has been a priceless piece of information where I would be lost without it.

One of the things Geoff told me to do is to reread his book [Deadly Harvest](#), which I did. While reading I realized how bad the quality of nutrition has become in today's society where there is so much sugar, fat, and cholesterol being sold in the grocery stores and fast food restaurants. With the so called energy drinks having so much sugar in them, it can create serious health issues if people are not careful, which can lead to diabetes or even worse.

I often see people eating untold amounts of candy, potato chips, and doughnuts, whereas these people are already overweight and at risk of some major health issue. I often ask myself if these people understand what they are getting themselves into. Most people do not unfortunately. But when you see a mother who weighs approximately 260 lbs and their children who are also severely overweight who have big bags of candy in their hands, you have to wonder about what the mother is teaching their children. Yes, it's bad habits. And those bad habits can be lethal if the mother does not start to eat right or begins to have health issues. Often times it takes the latter to make people change and to be serious of their conditions. Who wants to be told by their doctor they have diabetes or even worse because of their poor eating habits?

I'm guilty of drinking too much soda, eating too many doughnuts, and candy. I used to have 6-8 sodas per day. Sometimes I would have a big bag of candy at my side for hours. Now all of that has changed where I now drink 6-8 20 oz. bottles of water per day, and to snack on I have a fruit cup filled up with fruits that Geoff Bond has told me was good to eat.

My advice to everyone, stop eating the junk food, sodas, high sugar drinks, foods that are heavy in sugar, fat, and cholesterol. Start eating fruits, nuts, veggies, and seafood. The best drink is water, so your body can flush and clean itself out. You will be amazed within a short period of time how much your body changes from being on a poor diet to a healthy diet.

*Steve Sellin, Cathedral City, California*

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Information about combating Diabetes and much more at nutritional anthropologist Geoff Bond's website: [www.geoffbond.com](http://www.geoffbond.com). See too Geoff's article for Huffington Post: ['The REALLY Scary Thing About Halloween . . . SUGAR!'](#)