“Calcium Ion Treatment for Diabetes”

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While every attempt has been made to provide information that is both accurate and proven effective, the author and, by extension, the guide, makes no guarantees that the remedies presented herein will help everyone in every situation. As the symptoms and conditions for each person are unique to individual histories, physical conditioning and body type and the specifics of the actual gout presentation, successes will vary.
Introduction to Calcium Ion
(Coral Calcium)

If you still remember something about the Periodic Table in your high school chemistry class, Calcium is located in the group known as “Alkaline Mineral”. When a tiny piece of pure Calcium metal is thrown into the water, you can see the piece of Calcium metal bubble vigorously and eventually dissolves into the water and turn the neutral water to high alkaline water.

For diabetes patients especially for insulin resistance, the most effective way to neutralize the excess acid in the body is by drinking plenty of alkaline water. There are 2 ways to produce alkaline water at home. The commonly known one is through the Alkaline Water Ionizer (as mentioned in my other book) and another method is by adding Alkaline Minerals (especially Calcium) into any normal water.

If the cost of owning a unit of Alkaline Water Ionizer is high for you, then you should go for the second option first and then invest in a unit of Alkaline Water Ionizer later in the future.

Attention! Please note that not all Calcium Supplement are the same. You must NOT try to swallow a dozen of the usual Calcium Supplement and hope that it can neutralize the acidic toxins in your body. Just DON'T do that! It is not in the scope of this book to discuss the technical details of the chemical differences between natural calcium and synthetic calcium. Those synthetic calcium supplements available in the pharmacies or health
stores contain high percentage of chemical “fillers” to make it a pill tablet, the actual content of naturally absorbable or useable calcium is... Pathetic! I have spent a great amount of time trying to find out if there is anyone in the Western countries import and market the type of Calcium Ion (Oyster Calcium) that I am offering to my gouty clients here in Malaysia. Unfortunately, I could not find any online retailer that sells Ionized Oyster Calcium outside Asia.

For the time being, I do not offer my Ionized Oyster Calcium Ion to the world market over the Internet because the cost of shipment can cost more than the product itself. And there are a lot of customs red tapes that the buyers might have to deal with in order to receive a box of Calcium Ion from my country.

What adds up to the complications is that the Ionized Oyster Calcium Ion is an encapsulated pure white powder-like substances, chances are very high that it will be blocked by the X-ray scanner at the customs departments and the buyer will be called for a cup of coffee and some Q&A sessions. You won’t like that kind of trouble, do you? Imagine what
will happen if the customs officer calls you when you are not feeling well due to the diabetes complications.

Anyway, we are still working on this issue, we will inform you as soon as this product is available to the world market.

**Attention!** Do not try to eat a bunch of Oysters just because my Calcium Ion is known as Oyster Calcium. You must understand that it is the oyster shell that we used as a raw material to produce Ionized Oyster Calcium. Just like our bones, shells of sea products are very rich in calcium and some other trace minerals (this is because billions of years of rain has sent a huge concentration of minerals in the soils to the sea through the rivers) it is those minerals that gives the sea its beautiful blue and green colors. Do not even try to crush and grind some oyster shell and drink that powder for you might suffer from heavy metal poisoning if the oyster shell you use is contaminated by industry wastes. And the production of Ionized Calcium Ion has to go through a series of patented processes in order to produce the pure activated Ionized Calcium Ion.

**Coral Calcium**

It was during my search in eBay and Amazon for the term “Calcium Ion” that I came across a product known as Coral Calcium. Since both oyster and coral are the products from the sea, I supposed coral calcium should deliver the similar benefits of Oyster Calcium. Thus, I started my quest for more information about Coral Calcium. To my surprise, there is so much
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information about Coral Calcium and there are many online stores selling it too.

Then I went for my Ionized Oyster Calcium supplier and other health experts, and I was surprised to know that they have Coral Calcium available with them and they told me it is another great health supplement I should look into, I bought some samples of the Coral Calcium and run a few test on the Coral Calcium Water solution and... Waala! Coral Calcium turns the water pH to high alkaline!

Now here I am, introducing this product to you as an alternative to my Ionized Oyster Calcium. Try to search for some online retailers in your country that is selling this wonderful product and order a bottle or two to try it out. Do order a small bottle of pH Test liquid to test the pH of the water that mixed with the Coral Calcium you have bought. As long as it can turn the normal distilled water from acidic (yellow) to high alkaline (purple), then you have the right candidate in hand to help kick (neutralize) away the acids in your body.

DO NOT waste your time trying to google around what is Coral Calcium, because you will end up terrified by what you are going to read online. The most common one is... “Coral Calcium Is A Scam!” and all sorts of accusations saying that Coral Calcium is not medically tested and it is not approved by FDA.

Look, you have tried all those so-called tested and FDA approved diabetes drugs. Definitely they are not scam because all those drugs are chemically
produced according to the FDA’s standard, of course it will be approved. But the millions dollars question is… Does any of those drugs cure your diabetes problem? Well, if they do, you won’t be reading this now.

Look, Coral Calcium is so unfortunately be called as a scam now is because of the once over-exaggerated way it was marketed in the States. Too much attention within a short period of time will often attract some envy eyes. Perhaps that is just a normal human reaction towards something that sound too good to be true, we tend to doubt about it instead of believing it.

**Bob Barefoot – The Godfather of Coral Calcium**

On the Internet or in United States, the name Bob Barefoot is almost synonym to Coral Calcium. He is the pioneer who introduced the benefits of Coral Calcium to fellow Americans through TV Infomercials. Since the launch of the Coral Calcium Infomercials, the sales of Coral Calcium in United States increased 100 folds within 2 years time!

And this rapid growth of popularity had caught the attention of the US Federal Trade Commission (FTC) and in June 10, 2003, FTC filed a preliminarily injunction against Bob Barefoot and his business partners. And from that day onwards, Coral Calcium’s popularity changed from positive to negative. All sorts negative news saying that Coral Calcium is a scam has flooded the Internet as what we see now...
Here are some of the articles written by Bob Barefoot regarding the FTC lawsuits and Coral Calcium Wars.

*The following articles are adapted from Bob Barefoot official website at www.barefootscureamerica.com.
The FTC vs Robert Barefoot

The successful results and popularity of Robert Barefoot and Coral Calcium Supreme has, expectedly, bred controversy. The FTC is waging war against the proven results of Barefoot Coral Calcium. Unfortunately, their only ammunition is misunderstanding and Governmental Power.

My name is Robert Barefoot. You have seen me on television, heard me on the radio or on my audio tapes, or you may have read my books on the subject of coral calcium and its health benefits. I have been studying biological calcium for about 40 years now, long before it became a popular subject. And for that reason many seek out my council on this important subject. I also have sold and endorsed my own brands of coral calcium, i.e., BAREFOOT'S CORAL CALCIUM COMPLETE™, CORAL CALCIUM SUPREME™, CORAL CALCIUM SUPREME PLUS™, and as well as other brands that I believe to constitute high quality marine coral calcium.

I am a very proud graduate of the Northern Alberta Institute of Technology, NAIT, 1967. Since graduation I have, with fellow PhD co authors, 7 scientific publications and have written 6 books, "The Calcium Factor", "Death By Diet," "If It Glitters", "Barefoot on Coral Calcium," "Let's Cure Humanity," and "The Disease Conspiracy"...the first two of which are best sellers. I also have numerous international patents.

My recent infomercial, with Kevin Trudeau, was the most watched infomercial in television history. As such it has become extremely controversial because of my references to the claim that calcium supplements can reverse a host of diseases, which are supported by thousands of scientific publications, some of which you have read in the previous page. The FTC incorrectly deemed that the claims were being attached to the calcium product, coral calcium, being sold, even though I did not actually claim that the product itself cured anything, as can be verified by an examination of the verbal text of the show, and as has been verified by third party experts. My goal was to suggest that there was a definite possibility that Calcium could be the key to certain deseases.

Every American will never forget 9-11. That day changed all of our lives. However, for Bob Barefoot, his day of infamy was 6-10. On June 10, 2003, the Federal Trade Commission, FTC, filed a preliminarily injunction against Bob Barefoot, Kevin Trudeau and others. That action against Bob Barefoot virtually
destroyed him economically and did serious damage to his reputation.

Although the complaint contained only accusations with the accused is supposedly being innocent until the courts rule otherwise, but in reality any FTC target is deemed guilty until he can prove himself innocent, a feat that usually requires millions of dollars. The claims made against Barefoot by the FTC were unfounded. Outside of a court of law they would be considered defamatory. However, employees of the FTC are protected by the government despite their guilt. In other words the FTC is allowed to bypass the American system of justice. This of course was never the intent of Congress which gave the FTC these sweeping powers, as it is totally un-American.

The FTC alleged that Barefoot had made "unsubstantiated" medical claims concerning coral calcium in the infomercial in which Kevin Trudeau and I appeared. In an attempt to fully cooperate with the FTC, and even though we disagree with positions the FTC is taking in the case, we voluntarily agreed to a temporary injunction or agreement in which Barefoot agreed not to make certain claims unless and until I have obtained appropriate substantiation. This was considered an easy feat as Robert Barefoot never made these claims in the first place. The temporary agreement in no way prohibited Barefoot from continuing to publish and speak on the subject of coral calcium, nor does it prohibit Barefoot or his authorized distributors from selling CORAL CALCIUM SUPREME™ or any other coral calcium products.

We have cooperated with the FTC, and have reached a settlement, whereby, even though Barefoot is innocent, he pleads guilty and thereby avoids a very expensive trial, which even if he won, would not compensate him for his losses. Under the settlement Barefoot is not precluded from publishing or speaking on the subject of coral calcium, or from selling coral calcium products. Barefoot is precluded from making health claims about coral calcium, which once again is an easy feat as Barefoot does not make the claims but rather encourages the thousands who wish so to do so.

In Barefoot's books tapes and shows, he refers to hundreds of scientific documents that demonstrate that Calcium is an essential nutrient in our daily diet and is a key factor in a wide range of biological systems within the body. Its role in disease prevention and treatment has been studied, and continues to be studied, by numerous scientists around the world. A search on the US National Library of Medicine's PubMed system reveals more than 17,000 scientific articles on calcium and its relationship to cancer.

Unfortunately the AMA, the FDSA and the FTC are unaware of their existence, or
refuse to read. In particular, clinical trials have examined the link between calcium consumption and its positive effects on colorectal cancer, one of the most common cancers in America. While the study of calcium continues, its importance is becoming widely recognized even among the more conservative members of the scientific and medical Communities. The 2001 "Physicians Desk Reference for Nutritional Supplements" chapter on calcium states that calcium has anti-osteoporotic activity and may also have anti-carcinogenic, antihypertensive and hypocholesterolemic activity.

The Kevin Trudeau/Robert Barefoot infomercial reflected these scientific views. Incorrectly, the FTC's position is that the show claimed precisely the following:

1. Coral Calcium is an effective cure for any form of cancer
2. Coral calcium is an effective treatment or cure for multiple sclerosis, lupus, or other autoimmune diseases.
3. Coral calcium is an effective treatment or cure for heart disease and/or chronic high blood pressure.
4. A daily serving size of coral calcium provides the same bio-available calcium as two gallons of milk.
5. The body absorbs significantly more, and in some cases as much as 100 times more, of the calcium contained in coral calcium, and at a rate significantly faster, than the calcium contained in other commonly available calcium supplements.
6. Scientific research published in the Journal of the America Medical Association, (JAMA), the New England Journal of Medicine, and other reputable medical journals prove that calcium supplements are able reverse and/or cure all forms of cancer in the human body.

However, an actual examination of the verbal text of the show will demonstrate that all of the above FTC accusations are totally incorrect. Their actions to get a preliminary injunction combined with the generated publicity have forced Barefoot to the brink of bankruptcy. Unfortunately, in America when the FTC takes any action, American citizens are considered guilty until they can prove their innocence, a process requiring millions of dollars. And even if they slander American citizens, FTC agents are protected by the courts. This activity is totally
un-American, and I therefore seek redress from Congress. Using the text of the contentious show, the FTC should be made to prove to Congress their charges against me.

As this will be impossible for them to do, they should be forced to issue a public apology and provide financial compensation. Furthermore, the FTC has demonstrated the height of pettiness by demanding Barefoot's home, a mobile home which was purchased for less than $15,000 three years ago. They also want to muzzle Barefoot and to destroy the rest of his business and confiscate all of his assets. Their temporary injunction froze his assets and by doing so, the FTC made it impossible to raise money to pay lawyers. Thus the FTC is thereby allowed to deny legal council to its victims and wins by default.

When Barefoot explained what had happened to Congressman Howard Pollock (Alaska), he declared that what the FTC did was un-American. My good friend Congressman Pollock, Alaska, advises that innocent men should never plead guilty. He said that he had seen the infomercial and in his opinion (Congressman Pollock is a lawyer) Barefoot is innocent of all charges. This was re-iterated by another congressman, Congressman Dan Burton, Indiana who said that his lawyers had concluded that Barefoot "did not cross the line" and he is therefore innocent. Trudeau, on the other hand has money to fight back, and of course Barefoot thoroughly supports his efforts. He began by arranging for three expert consulting reports. The first report was by Kenneth E. Mulligan III, Ph.D. Pharmacy (Medical Chemistry) from Oregon State University. The conclusions of his report were as follows:

1. Compelling evidence exists which link dietary calcium and/or calcium supplementation to good health.

2. Compelling evidence exists which link dietary calcium and/or calcium supplementation to positive cardiovascular benefits.

3. Compelling evidence exists which link dietary calcium and/or calcium supplementation to the potential; risk reduction of contracting certain types of cancer, especially colorectal cancer.

Dr. Mulligan provides dozens of "government documents" to support his conclusions and also refers to the Sloan TrenSense Report of 2002 that stated that calcium had 80,000 medical counts and 4,000 consumer counts in media forums. The nutrition industry uses this data as a barometer for consumer awareness/exposure, popularization, and the ability to commercialize a product or ingredient. An ingredient is considered to be commercially successful at 500
medical and 200 consumer counts. Therefore calcium has 160 times the medical and 20 times the consumer counts required for success. Thus calcium has been introduced to the market at an astounding rate with more than 200 new products introduced per year for the last three years. Thus "Dr. Mulligan concurs with the medical views on calcium's health potential that was expressed in the Trudeau infomercial."

The second expert report was by James T. Berger, Ph.D., Northwestern University. He begins by criticizing the FTC for not having the necessary consumer survey that probed how potential viewers would perceive the information that is communicated in the infomercial. He further states that "In my opinion, based on my teaching and professional experience as well as my analysis of the infomercial as a whole, I do not believe false and/or misleading allegations have been made." He then proceeds "to refute all six claims made by the FTC" by comparing their claims to the text of the infomercial. He concludes with "It is my opinion that in the absence of a consumer survey, there is no evidence of false or deceptive advertising." Also, court precedence requires a public survey before the FTC can make the declaration that Barefoot"implied" any claims.

Mr. Johnson concludes that Barefoot and Mr. Trudeau simply establish a relationship between calcium and various diseases. Mr. Barefoot does not contend that his product will cure or reverse any of these ailments, and as was clearly stated in the infomercial transcript, Mr. Barefoot says, "We're not curing anybody, you're curing yourself."

The third report was by Philip Johnson, M.B.A. University of Chicago, Chief executive Officer of Leo J. Shapiro and Associates, a market research and consulting firm that conducts surveys. Mr. Johnson conducted a survey to determine whether or not purchasers of Robert Barefoot Coral Calcium products were satisfied or dissatisfied with their purchase, as well as the reasons underlying their beliefs. On the survey of about "10,000 households", 70% report being very satisfied, with 58% reporting being extremely satisfied and with most respondents saying that "the product works for them, and really has changed their lives" and 75% saying that they would purchase the product again in the future. Johnson concludes that "the purchasers have not been mislead by advertising claims and that Robert Barefoot's coral calcium products are rated at the highest level of satisfaction."

Kevin Trudeau will use these reports to try to persuade the courts to permit the re-airing of the coral calcium infomercial. Bob Barefoot endorses Trudeau's position and will continue to fight the FTC's action in the press, the internet and in Congress. JUST WATCH !!!!
Bob Barefoot does admit guilt to the following:

1. Never charging the sick
2. Never charging for talks
3. Saving thousands of lives with the disputed infomercial
4. Never being paid for services rendered.
5. Picking bad business partners.
6. Trying to end pain, suffering and death in America.

In conclusion, despite the negative publicity that has been waged against Barefoot by the FTC and his competitors, most notably Stephen Holt, very little has changed. Unfortunately an innocent man was asked by his lawyers to plead guilty to eliminate an unwinnable and expensive court action. Many consider this un-American. Barefoot continues to endorse coral calcium as an important dietary supplement, and continues to publish his beliefs in this area, and sales of his authentic, high quality coral calcium products, including Robert Barefoot CORAL CALCIUM SUPREME™ are continuing well. Barefoot Coral calcium is a natural product made by God and has 600 years of track record with hundreds of millions of people participating. Since history cannot be erased, the FTC, FDA and AMA will all loose in the end. Despite this, Barefoot does not expect the negative publicity to suddenly end, at least not until he has a legal judgment against Holt and maybe not even then.

So Robert Barefoot asks each of you to carefully consider the source of this negative publicity, and weigh it accordingly. Can hundreds of millions of people taking God's nutrients all be wrong ??? Or, is the FTC wrong ??? Your opinion counts. Leave it for Barefoot at bobbarefoot@barefootandhealthy.com.
Barefoot, Coral Calcium & Coral Wars

The story of Barefoot Coral Calcium, its popularity, and the ethics resulting from success

Marine grade coral calcium is harvested in environmentally safe processes and Bob Barefoot's coral calcium research, experience and travels have verified this. Marine grade coral calcium deserves its popularity.

Coral calcium, a nutritional supplement from Okinawa, has suddenly become the hottest topic on the Internet. Almost anytime, anywhere on US television, coral calcium infomercials can be seen. Sales have increased ten folds in the past year and appear to be heading for another ten folds increase this year. That's a 100 fold increase within 2 years. As a result, both sellers and suppliers are jockeying for position. The stakes are high and ethics in business have gone out the window. The result is that the public is totally confused, and with no end in site. And to add to the confusion, there are almost no "real" experts on the subject.

For example, an inexperienced amateur travels to Okinawa and gathers information to support his sales, and is then hailed as a hero by another self-proclaimed expert as his findings support his own sales of coral. I personally have been exposed to coral since 1982 and have written extensively on the subject. Many consider me to be the ruling expert. However, the more you know, the more you realize that there is more to know. As a result, I have recently completed a trip to Okinawa where I toured the reef and coral operations, including several coral calcium production facilities, and had several meetings with the recognized academic experts on the subject of the Okinawan coral reefs. Myths have been dispelled and the facts have emerged. I will now share them with you.

First, there are two types of coral calcium, marine harvested and land based. The marine has two types, low magnesium (CCP) and high magnesium (SMP), and is referred to as "marine coral". The land based is a very low magnesium content and is referred to as "rock coral". The original magnesium and other nutrients have been washed out by weathering.

This makes it an obviously lower grade coral. Also, because it can be inexpensively surfaced mined and produced for less than one quarter the price of the marine coral, most American nutrient companies prefer it as it dramatically increases their profits. To combat the fact that rock coral is obviously a lower grade, they have created a propaganda campaign suggesting that the mining of marine coral is killing the reefs, referring to fossilized as ecologically safe.

If this were true, I would eagerly join their ranks. As evidence they provide reports from "experts" who have never been to Okinawa and some of whom have yet to receive their degrees, and who only provide "speculation without supporting facts". They even show
pictures of ships supposedly harvesting the coral and making a mess of the sea. It is graphic, horrific and inaccurate. The ship is a "bucket dredge" used to clean harbors while marine coral is harvested with "suction dredges" surrounded by fences to prevent any losses to the sea and with all water being filtered clean before being pumped back to the sea. Also, the marine coral is not harvested from the reefs themselves, but rather from deep trenches 4 miles from the nearest reef. This demonstrates the lengths to which the rock coral producers, who claim to be "ecologically safe", will go to deceive the American public and maintain their extorted profits.

Another part of the propaganda campaign is the suggestion of the rock coral producers that there is no such thing as natural coral with the perfect 2:1 calcium:magnesium ratio. Even medical doctor self-proclaimed coral specialists write that they have read no scientific evidence. This should not be a surprise as most doctors do not have time to read, but they do agree that there is substantial scientific evidence that this ratio is the most beneficial to human health.

This would make marine coral much superior to fossilized coral. To combat this fact, they suggest that magnesium is being added to the marine coral. However, the facts speak different. Of the 12,000 tons per year that Marine Bio produces, only 200 tons meet the strict calcium:magnesium ratio requirement. There are numerous government assays as well as scientific publications verifying this.

For example, Dr Kunihiko Ishitano, in his publication "Calcium Absorption from the Ingestion of Coral-Derived Calcium By Humans" shows that the 2:1 calcium:magnesium coral is responsible for a dramatic increase in the absorption of calcium by the human body. Also, Dr Taishido Setagaya, of the University of Tokyo, in his publication "The Problem on the Lack on Ingestion of Calcium and Magnesium in Japan and Coral Calcium" write that the required 2:1 calcium:magnesium ratio can be found in "special" marine coral. Bob Barefoot, who has no doubt that the "special" coral calcium exists, has gathered his own samples, for the doubting Thomas's in America, that are currently being assayed in America.

**Coral Mining Facts:**

1. Mining coral has been done for hundreds of years as it is an excellent construction product for roads and buildings. This initially was done only on land.

2. The coral reefs disintegrate over time and the broken off pieces, known as coral sand (coral calcium) is washed out to sea by ocean currents. The coral sand harvested by gentle suction dredges, is usually 2 to 3 miles downstream from the reefs.

3. If any turbidity were to be produced, the currents would wash it out to sea away
from the reefs.

4. The amount of coral sands harvested for human consumption is less than 1% of the total construction coral sands produced.

5. Every year 2.4 million tons of coral sands are naturally produced by the Okinawan reefs, while only a few hundred tons are being mined (over 10,000:1).

6. Authorization to gather the marine coral is given to only 3 Work Cooperatives under the strict regulation of the Okinawan government and only allowed in specific areas. Marine Coral Ltd. was the first company to use the harvested coral sands for human consumption and they currently have a patent in the US for its use as a nutrient supplement.

7. Okinawa gets 5 typhoons each year that produce the turbidity in the reefs equivalent to thousands of bucket dredging operations on top of the reefs, and yet the reefs are not harmed.

8. Professor Makato Tsuchiya, a marine biologist at the University of Ryukyus in Okinawa, who specializes in the respiration and feeding of the reefs believes that the turbidity is a mechanism that feeds the reefs, and laughs at the concept that mining the sands 3 miles away downstream could damage the reefs. Dr. Tsuchiya is also Chairman of the 10th International Coral reef Symposium to be held in Okinawa in 2004, and also Chairman of the International Exchange Committee.

9. Professor Tomotsu Oomari, environmental chemist at the University of Ryukyus in Okinawa, is currently writing a certificate for Marine Bio Ltd. allowing the acceptance of coral sand mining with the approval of the Okinawan government. He scoffs at the idea that the reef are being damaged.

10. Marine Bio Ltd. Is an active member of the World Wildlife Federation, who would never have allowed their participation had they been harming the reefs.

11. The Okinawan reefs look absolutely spectacular, I am in love.

The moral of the story is that marine grade calcium, which some actually refer to as Barefoot Coral Calcium, is harvested safely and provides the perfect calcium to magnesium ratio.
How Calcium Ion Reverses Insulin Resistance?

What Are the Benefits of Calcium Ion

There are 4 uniqueness of Calcium Ion activated water has that normal water cannot provide. It is these 4 pillars of alkaline water (result of mixing the calcium ion with the water) help to reverse the insulin resistance of many diabetes patients. Here is a brief explanation of the 4 pillars of alkaline water:

High Alkalinity: I believe you have already read enough about the impact of accumulation of acidic compounds in our body. And basic science can tell us that drinking water with high alkalinity can neutralize the acidity in your body. You can definitely see the obvious positive effect of drinking alkaline water on people who are suffering from acid related illnesses such as gout and diabetes.

High Negative ORP: ORP stands for Oxidation Reduction Potential. All chemical reactions including those happen inside every cell of our body involve Oxidation and Reduction. Free radicals inside your body have positive ORP and they are very active oxidation agents, they attack your cells everyday and this causes your body to age. Not only that, oxidation inside your body is already proven to be a cause of various illnesses such as hypertension, diabetes, cancer, etc. Alkaline water has high concentration of hydroxide (OH⁻) which has high negative ORP. Hyroxide is
a good reduction agent that can react with the free radicals in our body to “tame” them down. In short, Calcium Ion Activated Water has the same (actually more) anti-oxidative function of Vitamin C. Thus, Calcium Ion Activated Water has anti-oxidation function or someone called it... Anti-Aging effect.

**Smallest Molecule Cluster:** The ionized minerals of the Calcium Ion ionized the water and break down the water molecule cluster to the smallest possible. Thus, this make Calcium Ion Activated Water can be easily absorbed and expelled from our body cell. Calcium Ion Activated Water can help those people with water retention, and constipation problems.

**The Ability to Emulsify Oil or Fat:** Because of the fine molecule cluster and the ionized properties of alkaline Calcium Ion Activated Water, this make it has the ability to penetrate the oil or fat chemical structure. Thus, long term drinking of alkaline water can lower the fat or cholesterol level in the body and help the recovery of hypertension, heart diseases and other fat related health problem.

**How Calcium Ion Helps To Reverse Insulin Resistance?**

Do NOT expect taking Calcium Ion for one or two months can instantly take away your diabetes related health complications. If your blood sugar level is above the safety range, take your prescribed diabetes medicines to control the glucose level. Do not stop your medications instantly! You should keep monitoring your
glucose level and gradually reduce the dosage of your meds as you feel better.

Let’s recall the pathway of the acidic wastes in your body...

It took years for those acidic wastes to seep all the way deep into the intracellular (inside the cell) fluids of the cells in your body. Calcium Ion Activated Water has to follow the same path way to track down those acidic compounds and neutralize them.
The good news is that it is going to take a shorter time for the Calcium Ion Activated Water to reverse the process, thanks to the small molecule clusters and actively charged properties of this water. These properties make this water much more permeable in the body to carry in alkalizing minerals and transport out those neutralized wastes.

In my personal experience with hundreds of diabetic patients, most of them experienced an obvious and healthy reduction of blood glucose level after starting to drink Calcium Ion Activated Water for just **ONE Month**!

Wait! Don’t get over excited so fast. As you have learned from the chapters in Part One of this book, the damage that those harmful acidic oxidative wastes have done on your body could have reached deep into the bones. Getting rid of the symptom (hyperglycemia) can be very fast, but to actually remove the root of the problem is going to take some time.
Look, maybe your blood glucose level will return to a normal healthy level in just a few months with the help of Ionized Alkaline Water. But don’t take things for granted and start eating and drinking like nobody’s business. You still have to continue your Calcium Ion consumption for as long as you can to actually clear your body from those toxic wastes and maintain an optimum state of health so that you can continue to enjoy every day of your life.

It takes time!!! It takes 10 years (or more) for those acids to accumulate to the level they are today. So you should give yourself at least 1 or 2 years to clear them all with the help of Calcium IOn.

**Healing Crisis**

When you start taking Calcium Ion for the first time, chances are that you will go through some minor Healing Crisis. Different people can show different signs of healing crisis. Here is the explanation for the two common healing crisis that you might experience:

**Upset Stomach**

Our digestive tract is filled with hundreds types of bacteria, some are good symbiotic bacteria that help our digestion while some are bad parasites that steal nutrients from our daily diet.
Good bacteria in the small intestine prosper under an alkaline environment while parasitic bacteria love acidic surroundings. One simple way (not the expensive colonoscopy) to know which type of bacteria is more prevalent in your gastrointestinal tract is through... The gas (flatulence) that passes out.

If it occurs frequently and has unbearable stench, then you have an acidic intestinal environment which promotes the growth of unhealthy parasites.

At the beginning of your Calcium Ion Treatment, your digestive tract is the very first contact point with the alkalized water. The sudden change of pH will disturb the ‘lifestyle’ of those filthy bacteria or fungus and there will be a ‘mini war’ between the good and bad bacteria which sometimes results in stomachache or possible diarrhea.

You should not worry about it, the discomfort will go away in a day or two, the longest I have heard of is about 1 week’s time. Eventually, the number of bad bacteria will decrease to the minimum and you will notice there is less or no more unpleasant odor in the ‘wind’ that broke out.

**Rise of Body Heat or Fever**

There are cases where some people feel their body temperature is high during the first few days of consuming the Calcium Ion. This is another common symptom I have often heard of, especially among those with very acidic bodies.
Most of the bio-chemical reactions inside our body are **exothermic** (chemical reaction that releases energy in the form of heat), this is what keeps our body temperature at 37.0 °C (98.6 °F).

For the first few days of your Calcium Ion Treatment, you might feel like you are experiencing fever and you sweat easily and frequently, even when you are sleeping. Don’t panic and run to the kitchen and swallow your usual fever pills.

This is because the neutralization process between alkaline and acid minerals is very exothermic which release a lot of heat. You will feel much better after, as your body readjusts its metabolic state to accommodate the neutralization process. Drink water frequently to replenish the water that is lost through your breath and sweat.
Let’s Get Started!

If you do not have the time and mood to read through all the scientific explanations on how this method reverses insulin resistance by neutralizing the acidic toxins in the body. Just follow the step by step methods below and observe the improvement within the next 90 days.

This is a proven effective method in reducing the acidic and oxidative wastes in your body. The success rate is as high as 90 percents! You must give your commitment and follow through the program with full discipline.

Step 1: Get A Bottle of Coral Calcium Supply.

Order a bottle of coral calcium supplement from any of the retailers online or offline. If you like you can order a bottle of Coral Calcium from 2 or 3 different vendors and order a small bottle of liquid pH Tester (NOT litmus paper) from your local aquarium shops or eBay.Com or Amazom.Com. Then you can conduct the following simple experiment to find out which brand of Coral Calcium gives the highest alkalinity.

1. Prepare 3 clean empty transparent glasses.
2. Pour the same amount of distilled (or R.O.) water into the 3 glasses.
3. Drop 3 - 5 drops of pH Test liquid into the glasses. The color (compare to the color chart of the pH Tester drop) should show slightly acidic. (Pure distilled water is slightly acidic)
4. Then open up the Coral Calcium capsules of 3 different brands and use separate toothpicks to ‘scoop’ out a bit of the Cora Calcium powder and scatter into the 3 glasses respectively. Try your best to make sure the same amount of Coral Calcium is scooped into the glasses.

5. Repeat the “Scoop & Pour” with the toothpicks and see which one reaches the maximum alkalinity first (usually Purple color). The brand that delivers the highest alkalinity with the least scoops wins the challenge and you should go for that brand in your future orders.
Step 2: Follow Through The Course of Treatment

Depending on the stage of your diabetes condition, you have to follow the specific recommended number of capsules to take as shown below. Coral Calcium is not like most drugs or medicine which you can take only after your stomach is full. Coral Calcium works best when taken with an empty stomach, so the best time to take it is in the morning right after you wake up and at night before you go to bed.

Years of Suffering from Diabetes: 1 - 5 years

<table>
<thead>
<tr>
<th></th>
<th>Daily Consumption</th>
<th>Daily Water to Drink</th>
</tr>
</thead>
</table>
| Day 1 - Day 10 | 1 Capsule right after wake up  
1 Capsule before sleep | 2.0 Liters  
~ 70 Ounces |
| Day 11 - Day 30| 1 Capsule right after wake up  
2 Capsules before sleep | 3.0 Liters  
~ 100 Ounces |
| Day 30 Onwards | 1 Capsule right after wake up  
1 Capsule before sleep | 2.0 Liters  
~ 70 Ounces or More |

Years of Suffering from Diabetes: 5 years and above

<table>
<thead>
<tr>
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<th>Daily Consumption</th>
<th>Daily Water to Drink</th>
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</table>
| Day 1 - Day 10 | 1 Capsule right after wake up | 1.5 Liters  
~ 50 Ounces |
| Day 11 - Day 30| 1 Capsule right after wake up  
1 Capsules before sleep | 2.0 Liters  
~ 70 Ounces |
| Day 31 - Day 60| 1 Capsule right after wake up  
2 Capsules before sleep | 3.0 Liters  
~ 100 Ounces |
| Day 60 Onwards | 1 Capsule right after wake up  
1 Capsule before sleep | 2.0 Liters  
~ 70 Ounces or More |

Warning! DO NOT be greedy!

I have seen cases where some diabetes patients did not follow the recommended way of taking the supplement. They wanted the result fast!
So they popped 3 or more capsules per day hoping to get rid of the insulin resistance fast and furiously! They ended up suffering from serious recovery crisis which makes them feel very uncomfortable.

You have to understand that sudden influx of alkaline mineral can create a wave of ‘Neutralizing War’ which your acidic body is not ready to cope with. This initial shockwave of neutralization in your body produces huge amount of waste substances that is pull out into the bloodstream to be transported to the liver, kidneys, skin and other related organs for disposal.

Phenomena like this is commonly known as “Healing Crisis”. Healing is good, but you won’t like the healing crisis that comes too sudden. And that is the reason why the treatment program is schedule in such a way. It is to minimize the ‘impact’ that causes by the neutralization process. That is to create a ‘soft-landing’ instead of a ‘hard-landing’ in your body. Follow the schedule and you are safe from the discomforts of healing crisis.

Other common ‘healing crisis’ are the rise of body temperature or sometimes fever, tingling sensation at your hands or feet, headache, muscle pains, and stomach discomforts. Don’t worry too much about it. These mild healing crisis will subside after a few days.

But there is always exception because different people have different rate of metabolism and the bio-chemicals in the body react differently. Should you experience some other weird symptoms, kindly write to me at hemen@alkalinewaterdiabetes.com and I will find out the answer for you.
Step 3: Track Your Progress

Since no one is going to be there to monitor your progress, you are on your own. I strongly suggest you prepare a systematic schedule to record some of the vital figures that reflect the health condition of your internal environment. Kindly refer to the simple table chart on the next page and you can print it out or create your own Excel spreadsheet file in your computer.

You don’t need to prick your finger every day to find out the glucose levels in your blood. Depending on your condition, you can schedule to collect the data (glucose level, and weight) every 2 or 3 weeks, or on a monthly basis.

For Type 2 Diabetes patients, glucose levels and weight are the vital figures that closely related to your diabetic conditions. Where, as for other data such as the uric acid, cholesterol, blood pressure, you only need to extract them from your next blood test report for comparison purpose.

Once all those figures fall back to the healthy range, you can show those reports to your doctor and tell him that you don’t need his consultation and drugs anymore!
## Calcium Ion - Diabetes Progress Record

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<tr>
<th>Day</th>
<th>Date</th>
<th>Weight</th>
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Final Words

I would like to congratulate you for taking the time to read this book to the end. I hope what I have shared does help you in gaining a better understanding of Diabetes and some fundamental understanding of Calcium Ion/Coral Calcium.

Calcium Ion/Coral Calcium may be something very new to you and it is completely OK and normal to feel skeptical about using it as a treatment for a disease that has occurred for years without any cure.

No one can convince you better than yourself. The only way to find out how effective this Ionized Alkaline Water is by trying it out for at least 3 months or so. Anyway, it is just natural mineral that is clean and safe for consumption. It is many times safer than those ‘high-tech’ drugs.

Conventional medicine is like trying to assemble a jigsaw puzzle without seeing the actual picture. It is full of trial and errors and it is going to be a never ending process.

Now you have gained better understanding of Diabetes and presented with a logical and proven solution to the problem of Insulin Resistance. All you need to do is give yourself a chance to follow through the program.
Do Not Take It For Granted!

The purpose of going through the Calcium Ion Treatment is to neutralize the toxic wastes that have accumulated for years. It should not be taken as an antidote or protective shield towards any high carbohydrate/sugar or high protein food.

Calcium Ion is not a replacement for vegetables. You still need to eat plenty of greens and maintain a well-balanced diet. The perfect ratio is 12.5% meaty protein food and 87.5% of plant based food. Why so? Look at your teeth. God gives us 32 teeth, 28 are flat (herbivorous) and only 4 are sharp canines (carnivorous).

\[
\frac{28}{32} \times 100\% = 87.5\%
\]

Not only our teeth. Even our digestive tract is at least 80% herbivorous. We are born to feed more on plant based food. Our body just cannot digest those excess high protein foods.

Millions of years of evolution or natural selection have created the physical characteristics that humans have now. But over the past 200 years, our environment has changed many times faster than what our natural process of evolution can do to keep pace. It’s your choice to be in harmony with the nature of your body or not.
Remember to Check Your E-mail Inbox

More Diabetes and Calcium Ion related topics will be discussed in my upcoming newsletter. If you haven’t subscribed to my private newsletter yet, kindly do so at:

⇒ http://www.alkalinewaterdiabetes.com/subscribe.htm

Of if you have any questions about Ionized Alkaline Water, kindly write to me at hemen@alkalinewaterdiabetes.com. I will be more than happy to hear your good news or testimony after you have successfully gotten rid of your Diabetes problem.

Last but not least, I would like to wish you and your family great health and to live happily at all times!

Say Good Bye to your Diabetes!

Yours sincerely,

Hemen Ee
AlkalineWaterDiabetes.Com