Natural Cure of Diabetes Through Insulin Receptor Maximization (IRM)®

By

Charles Runels, MD

Copyright 2009 © by LifeStream Medical, Inc.

Contents

Week 1 Decide to Fight for Health—Connect with Team

Week 2 Review Metabolism and Start Metabolic Changes

Week 3 Start Walking Plan for IRM

Week 4 Start Phase 1 Diet and Cut Meds

Week 5 Continue Phase 1 Diet and Monitor Sugar

Week 6 Adjust Medicines and Continue to Increase Miles

Week 7 Start Phase 2 Diet and Watch Sugars

Week 8 Continue Phase 2 Diet and Re-Check Lab Testing

Week 9 Do Interval Diet to Keep IRM Proceeding

Week 10 Learn to Deal with the Sabotage

Week 11 More about Supplements and Water

Week 12 Start Phase 3 Diet

Week 13 Keeping Diabetes Dead and You Alive