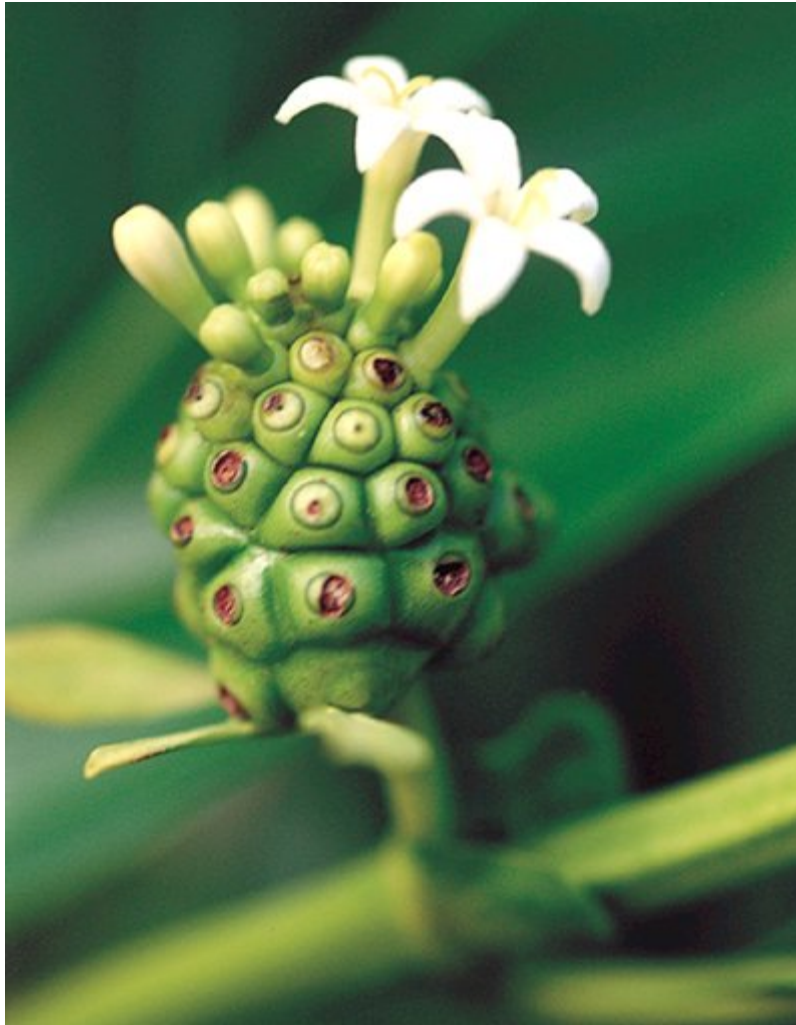


Take Control of Your Health



Diabetes

A Special Report by Dr. Richard Williams

Presented by
www.AskDrRichardWilliams.com

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DISCLAIMER

For questions or comments concerning Noni use directed to the author, please send an email to DrWilliams@AskDrRichardWilliams.com

These documents are for educational purposes only. They are not intended to diagnose or treat. TNJ is not a medication and is in no way therapeutic or directly affects a disease or condition. The fundamental nutrients in TNJ support many of the systems of the body and, thus, improve the outcome of standard care. Improved system function is the true basis for Prevention and Optimal Health.

Taking personal responsibility for your health and the health of your family is vital. Educate yourself and seek information on all of the aspects of a healthy lifestyle. Learn how to manage the inherited or acquired health challenges you face. Understand the benefits of proper diet, adequate and special nutritional supplementation, and exercise, and stress management, emotional and family support. Become a team member with your doctors. Ask questions and make informed choices.

The information and guidelines in this booklet are intended to encourage personal responsibility and to supplement proper medical care. Have your doctor review and approve or modify these techniques based on your personal requirements.

TAHITIAN NONI[®] Juice (TNJ) is a trademark of Tahitian Noni International.

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Meet Dr. Richard Williams



Dr. Richard Williams

Dr. Williams earned an M.D. from the University of Miami, a Masters degree in Tropical Medicine from Mahidol, Thailand's premier medical university, and has been licensed to practice medicine in both the U.S. and Thailand. He is board qualified in Family Practice and had served as a U.S. Navy surgeon for 8 years. He has worked as a physician for circa 30 years, 19 of which were in Thailand. Dr. Williams was a regular volunteer to a number of Thailand's charitable foundations.

Tahitian Noni® Juice information by Dr. Williams includes:

- "Tahitian Noni® Juice & Modern Medicine" at www.NoniTools.com
- "Take Control of Your Health" DVD Sets available at www.AskDrRichardWilliams.com
- "Take Control of Your Health" Trifolds available at www.AskDrRichardWilliams.com

My experiences with Tahitian Noni® Juice (TNJ), a product of Tahitian Noni International, have been a revelation for me. An unexpected nutritional requirement plus the safety and efficacy of nutrients has changed my views on health and disease. The insights gained delving into the pathways of Noni's many benefits have helped to pull together very diverse elements of my own past as student, researcher, physician, athlete and coach. Time and available patients have not allowed us to cover the full spectrum of health problems and potential Noni benefits. Our work is continuing and we invite everyone who is interested in health, from a personal to a professional level, to join us in this exploration.

We are beginning to identify the specific connections between vigorous physical activity, diet and good health, as well as the hazards of a sedentary lifestyle. The earliest empiric lessons about a well-balanced diet and a well-balanced life are proven more valid the deeper we probe into stress and the metabolic syndrome. Clinical observations combined with advances in genetic and physiologic research have led to projections of the potential impact of this amazing product on the lives and futures of people around the world.

I am deeply grateful for the opportunities and support afforded me by so many.

Yours sincerely,

Richard A. Williams, M.D.

Tahitian Noni® Juice and Diabetes

Welcome to this Special Report on Tahitian Noni® Juice and diabetes, where we'll talk about Tahitian Noni® Juice and how all of the responses from Tahitian Noni® Juice fall into a pattern that is very clearly nutrient.

We're talking about nutrients, not nutraceuticals, not herbal chemicals, but nutrients that support our systems; nutrients that, in fact, are encoded in and under the control of our DNA by all of the patterns of responses that we have. You can't open up the DNA and find an inscription that says "TNJ," but the pattern of responses says that it's under the control of our DNA.

We're going to talk primarily about diabetes type II. It's an epidemic around the world, not just in the United States, but very much in the United States. The fastest growing group of type II diabetics are those between ages 10 and 22. This used to be called "old-age diabetes" and it is no longer.

The Difference Between Type I Diabetes and Type II Diabetes

Type I diabetes is 100% inherited. It is a deficiency in the ability to produce insulin and, therefore, the entire period of time you've got initially normal levels of insulin that then become less and less and less. The way it's treated is primarily by injecting insulin. There's a limited ability to stimulate the pancreas to produce increasing amounts of insulin.

Type II diabetes is a very different story. It's important that we understand the difference between the two and understand the physiology and understand how the nutrients in Tahitian Noni® Juice can impact that physiology.

The condition called the "*prediabetic syndrome*," metabolic syndrome, can be totally caused by lifestyle factors. There are many people that have totally normal genetics, and yet, are diabetic because of their lifestyle. The important thing about this is that we can reverse lifestyle induced diabetes.

My favorite way of saying that is I can take a 16-year-old diabetic young man and reverse him by basically putting him in boot camp, where we enforce proper diet, weight loss, sleep, exercise, and even the pattern of thinking, so that we get to dispel a lot of the hostile, isolating thoughts that many of these people have, and get them into a group type therapy where they've got a support group. And in six months by utilizing their physiology with no medications whatsoever, they are no longer diabetic. And if you give them another six months, I'll turn them into an athlete.

The difficulty with this is it's very difficult to get people to cooperate with a program like this, so I call it boot camp. There are just not enough baseball bats around to enforce boot camp like this. Noni, because it optimizes and activates your physiology, your metabolic systems, will actually make the process easier, if you want to go through the process, and reverse the environmental and lifestyle changes that have led to the prediabetic condition.

For people that have a genetic component to their type II diabetes, there are about 200 genes that can be abnormal and involved in type II diabetes. If you have 25 abnormal genes and you live a very rigorous lifestyle of having a normal, healthy, active lifestyle, the chances are very high that perhaps even without Noni, but certainly with Noni, that you would have absolutely no clinical appearance of having diabetes at all. It's what we would call *phenotypically* normal. *Genotypically*, your genetics are still a little bit abnormal, but in everything that we can measure, we can't find the diabetes.

If you've got 100 out of the 200 that are abnormal, the chances of being 100% completely normal in clinical appearance become significantly less, regardless of how vigorous your lifestyle. Here, then, what we're seeing is that Tahitian Noni® Juice can optimize and help you to normalize your metabolic condition to the greatest possible extent that your lifestyle and your genetics will permit.

That is so very, very different than the medications that we use to try to squeeze more insulin out of the pancreas, to try to make the insulin a bit more sensitive, or even the medications that try to limit the amount of food that's absorbed into the body.

There is a very major difference in the activity of type II diabetes compared to type I diabetes. As an indication of how ineffective our approach to diabetes is, many of the people that are type I diabetes end up with lifestyle complications that make them type I plus type II. Many of the people that are type II diabetes end up being type II plus type I.

Here, we're talking about a combination of conditions that shorten your lifespan by 25% - 30%, or even 50% in some cases. This is not just a little inconvenience in blood sugar. This is a tremendous impact on your ability to have a normal, happy lifestyle and how long you're going to live; longevity.

Again, in type I diabetes we're dealing with insulin pretty much as a single hormone that's involved in this, and it just drops off less and less. There is an immune component to it, and there are elements, then, that go on with vascular damage that's related to blood sugar spikes and damage from the excess of blood sugar. Those are called *advanced glycosylation end product* damage. That's *AGE* product damage. That's what causes a very large amount of the blood vessel damage that we see in diabetes.

The other difference with type II diabetes is it starts off with elevated levels of insulin. The insulin was progressively less and less effective. The resistance was occurring in a number of different places in the body, and the pancreas was putting out more and more and more insulin to try to compensate for insulin that was not working well and was not being effective.

When you elevate the insulin like that, you then create changes throughout a chain of regulating hormones, 16 or more hormones, that are directly tied, directly linked to the insulin, so that when you change the insulin like that, you change leptin, ghrelin, growth hormone, glucagon. I could go through an entire list of the things that are with it.

The metabolic syndrome that we see as the prediabetic condition includes people that are hypertensive. They have elevated cholesterol. They've got central obesity. They have activation of their reactive inflammatory system that resides in the liver with elevation of cytokines, interleukin-6 tumor necrosis factor, and the clotting parameters, as these people are *hypercoagulable* and more susceptible to blood clots. That means both blood clots in the legs going to the lungs and blood clots in the arteries of the heart causing heart attacks, and blood clots in the brain causing dementia. So they are hypercoagulable.

The surges in blood sugar create surges in all of the regulatory hormones that even include hormones, and these people have surges of testosterone. They are angry, hostile people. They alienate people and it just compounds their risk of heart attack.

When we're talking about the support of all of these systems with Tahitian Noni® Juice, the nutrients that can help them to moderate these changes across that entire regulatory chain, none of our modern medicine begin to address that. Very typically, you've seen the blood sugar curve that happens if you have diabetes and drink a can of Coke, and it also happens with a lot of people that are quite normal.

You get a very significant spike in blood sugar in a very short period of time, 5 - 7 minutes. It goes up so rapidly that your insulin system just goes into maximum production and it says, "I've got to try to catch up with this

rocket of glucose that's taking off," while the glucose stops at a point and the insulin goes up, so you end up with too much insulin.

You then very quickly drop down well below normal, and now you are *hypoglycemic* and the body has to respond and correct that. You go back up again for another bounce, down below again for another one. You have three ups and downs, and then it tapers off to where you've finally settled back into the normal range, or into whatever diabetic range you've got.

You can take a look at that very much as the wave that would happen when you crack a long bullwhip. You create that big upstroke with your arm, and then down. What you're doing is you're sending a tsunami wave down that entire regulatory chain, affecting all of those regulatory hormones. It creates disaster in the body.

The Benefits of Tahitian Noni® Juice

The nutrients help to turn on your physiology the way it was designed to function. Now, we have to help our physiology. It's much clearer to see this when we talk about someone who wants to be a professional athlete. Noni will help in a number of different ways, but it doesn't help if you stay sitting on the couch watching television and not out doing the exercises you're supposed to be doing.

The sane thing is, if you want the benefits of the nutrients in Tahitian Noni® Juice to moderate and correct the deficiencies and the abnormalities in type II diabetes, you have to use that physiology in the best possible way. The first step to that is diet.

Diet

We're talking about a *Low Glycemic Index Diet*, total number of calories in the range of 1600 or 2000, depending on how active you are, but half of that divided into four increments of 200 calories of slow digesting carbohydrate.

The Glycemic Index ranks foods on how they affect our blood glucose levels. Foods with a low Glycemic Index means they are slow digesting. We eat a plate of rice and it's digested and turned into sugar in 15 or 20 minutes. If I were to take the same calorie equivalent of Thai sticky rice, it will take three hours to digest that rice! So instead of getting a spike, you've got a nice, long, smooth curve that gradually comes up.

When you've got the equivalent of that in heavy whole grain breads and fruits, in steamed vegetables, in nuts, beans, and the things that constitute low glycemic index foods, then you have this smooth curve that's going on four times a day. You've got long-term, continuous activity of your insulin system, and the curves, the surges up and down, up and down, up and down are smoothed out. And all of the responses from the brain to the liver, to the pancreas, to the gut, the intestines, to the muscles where you use this, all of this now, instead of being in turmoil, is in a smooth, harmonious pattern.

If you were to drink a Coke right in the middle of that, instead of getting a spike, you get a little bump and you go on into the normal mode. You get no surge upward. You get no hypoglycemic downward. You don't get the three bounces and that is called a *Somogyi effect*.

This Low Glycemic Index Diet, then, will help to moderate the function of your pancreas at whatever level that it's got, and it's the first and most important step that we do in talking about what we do with diabetes.

Exercise

The second step is to exercise. Exercise an hour a day for 4 or 5 days a week at a level that is compatible with the rest of whatever else is going on with you physically. Some people can run. Some people can walk. Some people can stand in a pool and wave their arms and legs and waist with arthritis in their knees, or hips, or back; they can't do much more than that. Some people have to lay on their back and bicycle and use their arms by lying on their back in the middle of the living room floor.

You can exercise anywhere in the world and do it effectively. We also would want to use not just endurance type exercises. We want to use progressive resistance exercise, light weights for 20 - 30 minutes, 3 or 4 times a week as well.

This helps the insulin that we have work better. It's still not fully understood what it does. It certainly changes the food storage areas, their ability to

accept digestive foods as glycogen instead of as fats. But this is the second very, very important aspect of how you work using your physiology at optimum to control diabetes.

Sleep

The next has to do with sleep, a reasonably early bedtime and a reasonably early period of time getting up in the morning, so you've got a consistent sleep period and you sleep adequately. Tahitian Noni® Juice will help you do that. If you take all the problems that are interfering with your sleep and put them on paper so that you can put the paper on duty at night, you can peacefully, then, accept going to sleep. So sleep is very important.

Stress

Control of stress is vitally important. If you owe the bank a million dollars and they're going to take away everything you've got, how much Noni juice do you have to take before your stress is under control? I don't know that they've made that much juice yet. If you sit down with a bank and work out an agreement where they're going to let you work and pay this thing off in a reasonable period of time and you've gotten in control in that, you've controlled that stress element and it's no longer affecting your diabetes, or not as much. The other activities about support, about social groups, about thoughts and behavior that relate to stress, meditation, and the stress management techniques are vitally important for this.

Tahitian Noni® Juice and Physiology

What does Tahitian Noni® Juice do when we're talking about this physiology? We can tell from exercise related studies with athletes that Tahitian Noni® Juice allows your insulin to work more effectively, just like exercise does. But more than that, because we can deplete your energy store to the point where you shouldn't be able to lift your head the next morning, and yet with Tahitian Noni® Juice you've got energy that's been restored in far less than the 36 hours that it normally takes. You're talking about in 12 hours, 14 hours, 16 hours you've got enough energy restored that you can assume normal activity.

Tahitian Noni® Juice opens up blood vessels, increases the effectiveness of the heart and the kidneys, decreases blood pressure for many, many people. There are some problems with blood pressure that need to be addressed in different ways. Tahitian Noni® Juice is not magic. If you've got a blocked artery going into the kidney, it will not open that blocked artery, though over a long period of time, you may change blood flow for some things. But in the short-term, if you've got a blocked artery creating high blood pressure, the Noni will have a short-term effect on that and it will go back up again.

It decreases stress hormones out of the adrenal system into the normal range. It doesn't paralyze the adrenal output, but it reduces and controls the stress hormones, and particularly the cortisol. This is very important, then, for settling down blood sugar and the surges that occur with stress.

The changes in cholesterol are related to brain function and liver function and are patterns of absorption, and then whether we can actively use this food and how we store it. But Noni, we know, does that. It brings down total cholesterol, in particular a number of the different dangerous cholesterols that are a part of the cholesterol pattern.

These are the things that happen with this. You sleep better with Noni. But again, you have to control the problems that can keep you awake, and you can't put yourself on guard duty every night. You've got to put them down on paper and let the paper be on duty at night, so that you can let yourself go to sleep.

Basic Protocol of Type II Diabetes and Tahitian Noni® Juice

This is how we use Tahitian Noni® Juice to normalize and optimize your potential to function. In a practical term, how do we start someone with type II diabetes on Tahitian Noni® Juice?

We give them 2 ounces in the morning, after they have measured their blood sugar. They should be on a good diet, a good activity regimen, all of the things that we just talked about.

Then the next morning, you measure their blood sugar again. If that blood sugar is the same or less than it was the day before, you continue on 2

ounces a day for a week, and then the next week add another 2 ounces; so 2 ounces twice a day.

They can continue with that and they will get the vascular protection and healing and repair mechanisms. That will do that. They may have other situations and conditions that would require more Noni, but at least they can then function on 4 ounces a day, or whatever else they need; they're on their way to doing that.

The reason this is important is because somewhere between 20% and 30% of people with type II diabetes, when you give them that 2 ounces, the next morning when you measure the blood sugar, it's significantly higher than it was the day before.

You say, "Now, wait a minute. I don't understand how Noni could make something that was better for 70% and then worse for 20% - 30%."

We have to go back to understanding the relationship between insulin and another 16 or more regulatory hormones that are linked in a chain, so that when you move one element, you move the elements.

The 70% of people get their initial greatest impact on the insulin end of the chain. Over the period of the time as they continue, all of the elements in that 16 hormone regulatory chain will normalize to the greatest possible degree that your genetics and that your lifestyle will permit. But they don't

get just the benefit and the insulin function. They get benefit across that entire hormone chain.

For the people that are in that 20% - 30% group, the greatest initial impact is on another part of that chain. And these people can expect to have blood sugars that may go up and down anywhere from 3 to 6 months.

What they need to do is to stop Noni for a couple of days, let the blood sugar come back down into what their range was before they started taking Noni, and then take 1/2 ounce a day for two weeks. During this period of time, 1/2 ounce a day very rarely causes the blood sugar to go back again significantly.

After two weeks, try to add an additional 1/2 ounce. So you take 1 ounce once in the morning and see what your blood sugar is the next morning. If it's gone up again, then you come back to 1/2 ounce for another two weeks, and then you try to add another 1/2 ounce again.

Eventually, you'll be able to go up in 1/2 ounce increments: from 1/2 ounce to 1 ounce, to 1-1/2 ounces, to 2 ounces, 3 ounces, 4 ounces or more, depending on what you need to do. But it may take 3 to 6 months.

The effect of this is that all of those regulatory hormones will be optimized in their function to the greatest degree of your genetics, whether you've got 10 abnormal genes, 50 abnormal genes, 100 or all 200 abnormal genes, and

your lifestyle. Whatever that combination is, Noni will optimize your potential for normalization of that function.

Does that mean that everyone can stop their medicine? Absolutely not!

There will be quite a number of people that as they see the benefits of the nutrient support to their systems, and as these systems are functioning better and better and their lifestyle is functioning better and better, think that they will be able to reduce their medicines, and many of them will be able to stop them. But there are still going to be people that, because of a combination of their genetics and their lifestyle, will need to be taking medicines, though they will take less than they did without Noni.

Physiologic Pathways to Health

The goal isn't just to reduce the medicines. Tahitian Noni® Juice opens the healing and repair mechanisms in all the systems of the body. You're talking about reversing the vascular damage. Diabetes gives us the opportunity to see some very clear, objective evidence of that. You can have an ophthalmologist examine the retina and detail the abnormalities that he sees. If we're doing really true research, we can inject *fluorescein* and take beautiful pictures.

At 3 months and 6 months, you can come back and look at that, and you can see the changes, the improvements in the retinal pictures. You can see the healing and repair in the blood vessels. It doesn't get any clearer than that.

You talk about the eyes being the window to the soul. Here, you're talking about the eyes being your window into your physiology, and you can see the healing and repair in the retina.

There's another avenue where we can look at what's going on physiologically with that. Many people with various degrees of diabetes and advanced damage in blood vessels leak albumin protein into their urine, so they have *microalbuminuria*.

As they get the benefits of Tahitian Noni® Juice in the healing and repair mechanisms, and you get the other things where you're controlling your surges of blood sugar and you're reducing the damage, that *albuminuria* and *proteinuria* will decrease. And for many of the people it will go away and they will no longer be spilling protein in the urine.

Doctors like to see that, and that's one that you can see just on a very simple urine test. So, when you can see that in the eyes, you can see it in the kidneys, you can then believe that it's happening in your heart, in your brain, and in the nerves and blood vessels all over the body. That's something that no other form of nutritional support that we know of, that we have yet documented, can do.

This is the important thing about Tahitian Noni® Juice. The goal isn't to stop medicine. The goal is to achieve the greatest degree of health, the greatest degree of normalization of the function across all of those regulatory hormones, and to heal the damage that's been done and to prevent that damage from occurring, so that you don't have the early strokes, the heart attacks, and the risk of cancer that you would otherwise have with diabetes.

In a nutshell, that is very much why Tahitian Noni® Juice is so vitally important to people with type I and type II diabetes, because there are benefits for type I. It doesn't increase the ability of the pancreas to put out insulin, though it will reduce the immune interference with insulin, but it will stabilize a lot of the things that cause ups and downs in insulin requirement and surges in blood sugar that do the damage to our blood vessels.

Questions and Answers

It is my hope that the following real-life questions and answers about diabetes and the effects of Tahitian Noni® Juice shed light on concerns you may also have, and that you are encouraged toward better health for yourself or for a loved one. The questions are specific to diabetes in a rather general manner and also include other topics as well.

These questions and answers are for educational purposes only.

They are not intended to diagnose or treat.

Q: I have a sister who has diabetes type II. She also has a tumor, breast cancer. She was due for an operation but didn't have it because they discovered she had diabetes at the age of 44. How should she drink this?

A: The limiting factor is going to be her diabetes, and it will depend on whether she's in the 70% group or the 30% group, so you need to do the test. If she's in the 70% group, you can advance the amount of juice that she's taking, following the blood sugar, and get her up to where she is doing 8 ounces a day up to surgery, and then 1/2 bottle a day the two days immediately prior to surgery; following the surgery 8 ounces a day for the next two weeks. And then, she'll be in a treatment protocol with radiation and chemotherapy and she can stay on 4 - 8 ounces a day until that is finished.

Following that, she would want to do the full immune boost, which is 1 bottle a day for four days, 1/2 bottle for eight days, and then continuing on at 8 ounces a day. In her case because of the cancer, you would keep her on that for at least two years and to see whether there has been any recurrence during that period of time. (See page 39 for a Full Immune Boost print-out.)

If she happens to end up surgically in a very lucky group where it is in situ, where there is no lymphatic involvement, you still need to maintain the greatest amount of protection and surveillance for two years. After she's past two years, if she would want to drop down to 4 ounces a day and see what happens, and then do intermittent periods of doing a boost to ensure that the immune system is up where it should be, then she can do that.

But it's so vital that we maintain the greatest degree of surveillance for two years after our initial treatment of any cancer.

Q: She's currently drinking 1/2 bottle a day. Should I stop her?

A: No. If she is drinking that and her blood sugar is not being affected, continue on that.

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noni juice at www.AskDrRichardWilliams.com**

Q: I have a husband age 84. About a month ago he had a triple angioplasty. He is diabetic with high blood pressure, although we have been keeping it at a normal level. He doesn't seem to be able to get his energy level back. I have him on 4 ounces of Noni a day. Should I increase that, or what do you suggest?

A: Particularly with people who have blood pressure problems and heart problems, many of these people are on a limited salt intake and they get volume depleted. This is just salt and water, pure and simple. Is his kidney function normal?

Q: Yes. He survived being blown up twice in the war. He's had a freight train land on him and he had right-side prostate cancer surgery. He seems fairly healthy. He just cannot seem to get his energy level back.

A: I'll show you how you get his energy level back, if his kidney function is normal. And we're talking now about the ability to clear potassium from the system, okay? We're now talking about the full hydration that's necessary when you take Tahitian Noni® Juice.

Have him make homemade Gatorade with optimal levels of potassium. To do that, we use a product called Lite Salt. On that label it says "50% of the sodium of regular table salt." They have replaced 50% of the sodium with potassium.

To make your homemade Gatorade, take a heaping 1/2 teaspoon of Lite Salt to 1 liter of water. Add 1/4 teaspoon of regular salt or sea salt so that you get the trace elements. Give a couple of good squeezes of lemon or lime, a little splash of something sweet and fruity. It's totally flavored to taste. That gives you an electrolyte replacement solution that will optimize heart and blood vessel function.

With his blood pressure and the fact that it's in the normal range, that's the way I'm going to recommend that you start off with him.

For people that do not have high blood pressure, what we would recommend is that they take 1 liter of this electrolyte replacement fluid, 1 liter of this a day for 3 - 5 days. And if you're really volume depleted, it should be 5 days, plus 1 to 2 liters of water each of those days; after that 5 day period of time, 1/2 liter 2 - 3 times a week, plus another 1 to 2 liters of water every day.

Those people that have high blood pressure that's under control, then you can add 8 ounces of this electrolyte replacement fluid a day for 3 days and watch your blood pressure response. But you need to be drinking another 1 to 1-1/2 liters of water per day.

Generally, what we see with this is the blood pressure stays in the same range, the pulse slows down, the energy level goes up, and then you can stay at 8 ounces per day, 3 - 4 times a week, and 1 to 2 liters of water every day.

Q: And should I keep his Noni juice at the same level, or what should I do with that? I have him on 4 ounces a day right now.

A: Keep him on that and you'll be amazed at the difference in his energy level after 3 or 4 days. It takes 3 or 4 days to redistribute the electrolytes around the body.

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Q: My wife suffers from diabetes II and four times a day she has insulin. My question is, what is better for a cure; a regional Noni juice, or liquid Noni concentrate? Right now she's taking a diet without salt and she couldn't have anything with sugar, but liquid Noni juice has sugar.

A: I would have everyone to get started on taking Noni until you're totally stabilized. Stay with the original Tahitian Noni® Juice. Let's correct

some abnormalities here.

#1. There is no way to eat any food without sugar. Everything that we eat and digest turns into sugar in the body, so it doesn't matter whether it starts with sugar or ends up with sugar, it is sugar in the body. So, you need to deal with someone that knows and understands that level of physiology so that you can recommend a reasonable diet, like I did with that *Low Glycemic Index Diet*, where 50% of the calories per day on a 1600 calorie diet are slow digesting carbohydrates. Anyone that says that you cannot eat any sugar does not understand the physiology and is not correctly teaching the patient about their diet.

#2. We all need salt to one degree or another. A lot depends on what the condition is with your kidneys and your blood pressure, but particularly because the first benefit that we get from Tahitian Noni® Juice is it opens the blood vessels all over the body within 10 minutes. It expands the vascular system.

Your vascular system is now larger than it was before, which means it needs the salt and the water to fill that up. It increases the activity of the heart, and because you've reduced the load on it, the heart can pump blood more effectively. So, you've got increased cardiac output. You've got increased blood going into the kidneys. You've got increased loss of water and salt through the kidneys. You have to compensate for those losses.

So #1) you have to fill up your deficit, and #2) you then have to have an adequate amount of salt and water replacement to maintain your vascular system full in the way it needs to be.

And that's the same for everyone. It's just a matter of how much salt, but everyone of us needs salt to some degree.

Again, a physician that says "absolutely no salt, zero" does not understand the physiology and has not adequately explained it to his patients. The relationship is obviously with the kidneys.

You can have a kidney desensitize the salt, but we all need salt, particularly right now. When you're at end-stage kidney function and the kidney is no longer working, then you're in a different capacity. But when you've got a working heart and working kidneys, then we all need salt to one degree or other.

And you can follow that by your response to 4 - 8 ounces of electrolyte replacement fluid, another 1-1/2 liters of water, and you can watch how much water you retain. You can watch what your peripheral edema is. You can watch what your blood does. You can watch what your pulse rate does.

You may need to control the amount of salt, depending on the level of function of the heart and the kidneys. Tahitian Noni® Juice taken at 4 or more ounces a day will increase the effectiveness of the heart and help the

heart to recover from damage, and will increase heart function. Then, you also have an increasing requirement for salt and water.

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Q: How would this help rickets, and can you take it if you've had a kidney transplant about six years ago? Also, if you're on cyclosporin, can you take Noni?

A: Rickets is a problem with vitamin D deficiency, and that needs to be dealt with in its own way. Noni is not the sole treatment for vitamin D deficiency, though it will help in the treatment of rickets, though you do need to follow standard treatment.

As for the cyclosporin, I would recommend that you get together with your doctor and talk to him. The answer is we have many patients who have had transplants who are on a maintenance program, who use the Tahitian Noni® Juice successfully at 2 - 4 ounces a day without interfering with that, and they actually see a significant benefit.

I've had patients that were going to undergo bone marrow transplant because they had *aplastic anemia*; they had bone marrow that was not working. And the physicians had seen the effect and benefit of the Tahitian Noni® Juice prior to the fact that they were going to do an ablation and then do a bone marrow transplant, and they said, "What we're going to do is we're going to

kill the bone marrow, then do the bone marrow transplant. And after two weeks on our medications, we then want you to start the Tahitian Noni® Juice again."

This patient did very, very well through the bone marrow transplant process and continued on Tahitian Noni® Juice the entire time, except for that two week window.

So, the answer is yes. This is a very fraught question and it's one that has a great deal of liability. We have to be very, very careful about how we recommend it and who we recommend it to. And there are certainly people that have a failure of kidneys after 8, and 10, and 12, and 15 years, and the Tahitian Noni® Juice can help prevent that failure.

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Q: You mentioned before about those people that say Noni doesn't seem to benefit them anymore. What were you going to say after that?

A: That's because they are volume depleted. Let me explain the mechanism of that. Many people run around a quart low on the water that's supposed to be in their body. A very senior physician did a survey in Australia before doing some work there, and 85% of the people that he examined were significantly dehydrated and volume depleted, 85%. (See "Hydration" page 37.)

Now, before Noni, your blood vessel will contract down around that smaller volume and you still get a degree of perfusion out into the tissues, out to the tips of your fingers, up into your brain. It's not full perfusion. And after you have to start exercising and do things, you become fatigued very quickly.

As soon as you take Tahitian Noni® Juice, it dilates the blood vessels all over the body. It doesn't shrink down to accommodate that smaller volume. Your volume actually got another quart bigger, so you went from being a quart low to two quarts low.

Now, you will not get low blood pressure. Noni supports the blood pressure systems so that you will not get low blood pressure. But what happens is the rate of forward flow of blood, of oxygen, of food into your tissues then slows down.

The rate of washout of the wastes slows down and you feel achy and tired, and you don't feel the great benefits that you had from Noni because you're not having full speed, full volume flow out to your finger tips and up to your brain. You fill back up with electrolytes and water the way we recommend, and in three or four days you say, "Wow, all my energy's back again. What a miracle."

Q: Would that mean that this person who said this to me has experienced severe headaches, which he used get before Noni? They went away for four years and now they've come back. Would that be because of this, that volume depletion?

A: That's part of the reason. The other part of the reason is that there will be muscle spasm in the right side of the neck from scoliosis.

Q: That's exactly where it is.

A: And she's got the muscle contraction headaches. She may also be grinding her teeth because of the fatigue and other things. These need to be dealt with directly, and that's dealt with on my DVDs available at <http://www.AskDrRichardWilliams.com/tools.html> and it's the things that we teach about how you turn off muscle spasm, how you deal with scoliosis, and all of the many problems that it can create.

So, she's got two problems, not just one. But, yes, the first thing and the quickest thing is to get her filled back up with electrolytes and water.

Q: Actually, it's a man and he had tennis elbow, and he had wondered if that went away with the Noni. But that's come back as well, so I think it's all the latter.

A: Yes, it's directly related to the muscle spasm in the neck. It is very likely not tennis elbow, which is actually a tendonitis of the lateral epicondyle. It will actually not be in the elbow, but actually a little ways away from it, a finger or two away from it. It's in the muscles. It's muscle spasm in the forearm, exactly like the muscle spasm in the neck. And you turn off that muscle spasm and that tennis elbow goes away.

There's also a form that looks like carpal tunnel that is not carpal tunnel. It's related directly to the muscle spasm, and you turn off the muscle spasm and it goes away immediately.

Q: I've had experience with a few people that said Tahitian Noni® Juice raised their blood pressure. They had normal blood pressure, now they got high blood pressure.

A: There are a very, very, very tiny percent of people that it can actually happen where it's gone that way. I've actually had two physicians that have. These are generally people that are volume depleted, and the blood vessels are squeezing down, trying to get the perfusion out there.

You fill these people up first with water. Give them two weeks when they're on 2 - 3 liters of water a day, plus gradually pick up their salt level, and you'll see their blood pressure come down.

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Q: I have a customer who's on 2 liters of Noni a month. Just today he had a defibrillator for his heart. He's going to be asking me when he gets home from the hospital what he should do about that. You were talking about opening up the arteries around the heart. Is this going to be a good thing, or what should he do about the Noni?

A: You want him on 4 bottles of Noni a month instead of 2. He will not get the full benefits of Noni on 2 ounces a day, so you want him on 4 bottles a day.

Q: What if they put him on dialysis?

A: You also want him fully hydrated. And again, you go at that gradually with water, and then you gradually add in electrolytes and you watch his pulse and blood pressure.

Someone on dialysis, again, this is a situation that you have to work out with the physician that runs the dialysis program. Can Noni be given safely on dialysis? And the answer is yes. Do not ever try to do it without having the agreement, participation, and cooperation of the physician that runs the program.

Now, almost everyone can tolerate an ounce a day of Noni on dialysis. With the cooperation of the physician, you start them off on 1/2 ounce a day. And then, you measure their serum potassium levels prior to dialysis and see that they're below 5.1 or 5.2. When you see that they're at an adequate range, you can then increase it to 1 ounce a day, and then some people, even as much as 2 ounces a day.

It depends on what your goals are, and let's just say that this is someone that wants to go for a kidney transplant. The end-stage kidney will not benefit from the Noni. It's round and hard as a golf ball. It will not benefit from the

Noni, but every other system in the body will. You give 4 ounces of Noni immediately before each dialysis session, and by the time that session's over, the additional potassium is gone.

But do not do that without the full cooperation and understanding of the physician that runs the program. They will know and understand that.

Q: What should we give the doctor to get his cooperation?

A: He can talk to me. And I will talk to any physician anytime, and you've got my email. It's very difficult. It's really a problem. The only thing that I can tell you is try to find a physician that knows and understands.

Now, if you've got a primary care physician that knows and understands, then he can talk to the dialysis doctor, and between us I can explain how they can do things safely without jeopardizing the patient.

And they can then see a great deal of benefit, because you get better blood pressure control, you get much better immune function, and you have much less problem with infections. The blood cells themselves last much longer. You don't need transfusions as often. There are many, many benefits to taking Noni, in addition to the fact that you feel a whole world better.

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Q: My mom currently has high blood pressure. She wasn't diagnosed with diabetes, but her doctor told her to really check her sugars, and that's what we eat a lot of, sugar. Right now she's taking 4 ounces of Noni. Should she continue taking 4 ounces?

A: What's happening to her blood sugars?

Q: Right now, the doctor is telling her to keep an eye on it.

A: She should be keeping an eye on her blood sugars. What's happening with the blood sugars? Are they going up or staying down?

Q: It's going up.

A: Okay. Remember what I told you about the 70% group and the 30% group? Stop for 4 or 5 days. Let the blood sugar come back down into the normal range. Then give her 2 ounces once in the morning and see what her blood sugar's doing the next morning. And then, that will tell you whether it's the Noni doing that or it's a combination of other things that are going on with that.

And then, if the blood sugar goes up on 2 ounces of juice, then she needs to come down to 1/2 ounce a day for two weeks, and then every two weeks try to add another 1/2 ounce.

If that extra 1/2 ounce makes the blood sugar go up a bit more, you come back down again until you can add that 1/2 ounce without increasing the blood sugar. Eventually, she'll be getting up to 4 ounces or more a day.

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Q: If someone is on Coumadin and taking, let's say, 2 ounces a day of Noni juice, is that okay?

A: Yes. Of the people that take Coumadin and warfarin, a small percentage, less than 20%, have to change their dosage of Coumadin. But because you never know who that 20% is, everyone should go through this protocol.

Test your INR, which is the blood test for Coumadin and warfarin, every week on the full dose of Noni that you're going to take until it has been the same for three weeks without changing. If, as you're going along, the dosage has to be changed, you just have the doctor change it, and change it, and change it.

But when it has become stable and the same for three weeks in a row, you can then test the blood. Test every two weeks or every month, but it will generally then be stabilized at that point.

It is not a problem to be on Coumadin and warfarin. You just have to do the testing. You don't want to get too high a level of Coumadin and warfarin.

Noni does not have blood thinning capability. It isn't because the Coumadin or warfarin are a blood thinner, and Noni does that, it's an entirely different reason. Like I said, it only happens to a small percentage of people.

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Q: Can you safely take Noni with diabetes?

A: Yes. It does add additional benefits and it does help very clearly. Again, you will want to follow your blood sugars and see what goes on with that. But all of the other things that you have to do with diabetes, you have to do diet, exercise, stress control, sleep, all of those things.

Hydration and You

Instead of Feeling Energetic, Do You Feel Achy, Tired and Depleted of Energy After You Have Taken Noni Juice For A While?

----- Hydration & You – Why You Must Stay Hydrated and How You Can Do So... -----

Many people are significantly dehydrated and volume depleted. A senior physician in Australia prior to a big project decided to survey the community. He found that 85% of the people were significantly volume depleted. Add to that those that are sick and the numbers are even higher. When your volume is less than full, your blood vessels constrict around the smaller volume to provide some blood flow to peripheral tissues, just like putting your thumb on the opening of a hose so it will squirt further. When you take 2 oz of TNJ blood vessels all over your body dilate, and if you are not fully hydrated you get less perfusion, less food and oxygen to your tissues. You will feel achy, tired and no energy.

TNJ opens blood vessels and take the major load off the heart. It can put out more blood with each beat. TNJ increases renal blood flow and with ACE inhibition increases the amount of water and salts lost in the urine. Even if you were adequately hydrated when you started taking TNJ, if you do not drink extra salt and water for maintenance, you will become dehydrated in 2 to 3 weeks, feel achy and tired, and think that “Noni is not working for me anymore.” We also need more Potassium than is in our diets. Optimal Potassium is 5.0 to 5.2 mg/100ml of serum. Usual levels in the community are 4.0 to 4.5 mg/100 ml. Toxic levels begin at 5.8 to 6.0 mg/100 ml. Potassium is necessary to open blood vessels for hard work or exercise and to help the heart and muscles contract.

We recommend people get their salt requirement by either Gatorade or our "home-made gatorade" made by adding Morton Lite Salt a heaping 1/2 tsp, sea or table salt 1/4 tsp to a quart of water and flavoring (any flavor) to taste with a squeeze of lemon/lime and a splash of fruit juice or concentrate. If there is no high blood pressure (HBP), renal failure, or advanced liver disease, we replace losses with a liter of electrolytes daily for 3 to 5 days, then 1/2 liter 3 to 5 days a week, plus 1 to 2 liters of water every day.

Everyone drinking TNJ needs to stay well-hydrated with electrolytes and water. If you are tired, achy, out of energy, felt that “Noni is not working,” be sure to fill up with salt and water and you will feel great again.

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As a way of saying “Thank You” for reading this Special Report, we offer you the following FREE downloadable report on TNJ and the Asian Bird Flu:

“What Would You Do If You or Someone You Know Are Worried About the Asian Bird Flu (H5N1)?”

All you have to do to get this report is to join our private mailing list at www.AskDrRichardWilliams.com and the report is yours FREE.

In Addition:

You will find special resources to help you apply the principles from this book. By actively applying the principles, you can help many more people to “Take Control of Their Health.”

If you are serious about being a successful Tahitian Noni® distributor, visit www.AskDrRichardWilliams.com to find these resources now.

Thank You!

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Take Control of Your Health



Tahitian Noni® Juice

The Full Immune Boost

- Day 1 to Day 4 >>> 1 bottle a day**
- Day 5 to Day 12 >>> 1/2 bottle a day**
- Day 13 to Day 72 >>> 8 oz a day**

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