

## Natural Living Cures Diabetes with Organic Food, Exercise and Natural Medicine

*In a new four and a half minute video produced by natural living expert Larry Cook, Dr. Simon Barker, ND - a California Licensed Naturopathic Doctor - explains how he uses the principles of natural living to reverse Diabetes.*

**Online PR News – 16-March-2010** In a new four and a half minute video produced by natural living expert Larry Cook, Dr. Simon Barker, ND - a California Licensed Naturopathic Doctor - shares how he uses the principles of natural living, such as eating whole organic food, exercising and using [natural medicine](#), to [successfully treat and reverse Diabetes](#).

Type II diabetes is a metabolic problem where the body can't deal appropriately with blood sugar. Specifically, the body's insulin—which is produced in the pancreas—is not able to get into the body's cells because the cells become resistant to it. That causes elevated levels of blood sugar which then get into different parts of the body and wreak havoc.

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Dr. Barker says, "When someone with Diabetes comes to see me, I'll run a blood test to check a variety parameters, including how their kidneys, liver and heart are doing. Since Diabetes is a lifestyle disease, I'll thoroughly investigate their diet as well."

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[Naturopathic Medicine is a natural medicine](#) model that emphasizes the identification and treatment of the root cause of the disease or health condition in order to restore health. Conventional and alternative diagnostic testing is used to evaluate the root cause of disease symptoms and then diet and lifestyle modifications are prescribed along with appropriate nutrients, botanical medicine, homeopathic remedies and other natural therapies to enable healing of the affected areas of the body.

Mr. Cook says, "Natural living works because the body will heal itself when given the right conditions. When people take full responsibility for their food choices and lifestyle choices that affect overall health and also decide to work with a qualified natural medicine professional such as a Naturopathic Doctor, symptoms of

Diabetes will completely disappear.” To watch the video of Dr. Barker share how he successfully diagnoses and treats Diabetes, visit <http://www.thenaturalguide.com/nd/sb-diabetes.html> . To learn more about natural living, visit <http://www.thenaturalguide.com> .

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The Beginner's Guide to Natural Living

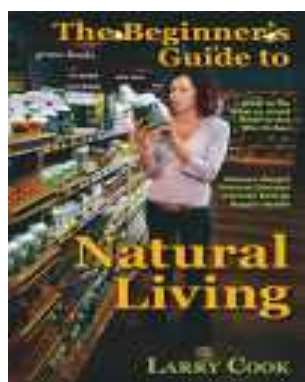
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## Image Gallery



Larry Cook is a natural living video producer, and author of The Beginner's Guide to Natural Living.



[beginners-guide-book-cover.jpg](#)

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