



Prevention and Treatment of Diabetes Mellitus Using Vitality Therapy™

Dorothy M. Murray and Kwasi Donyina

1. The Institute of Judo-Christian Studies and Immunology, Wellness and Longevity University, Kumasi and Global Campuses.
2. Wellness and Longevity University, Kumasi and Global Campuses.

Abstract:

Objective: Diabetes mellitus (DM) is a metabolic disease, involving inappropriately elevated blood glucose levels. DM has several categories, including type 1, type 2, maturity-onset diabetes of the young (MODY), gestational diabetes, neonatal diabetes, and secondary causes due to endocrinopathies, steroid use and other factors. The objective of this study was to find a protocol to prevent and treat the deadly disease. **Methods:** The volunteers were advised to drink about 500 millimeters of vital water™ before each session to enhance resonance and to prevent dehydration. Participants were irradiated with infrared energy with a wavelength of 5 to 20 microns in a sauna for 60 minutes every other day. In addition, the participants were encouraged to ensure that their diets contained multivitamins and minerals. **Results and Conclusion:** Diabetes affects the rich and the poor and it is a major disease which imposes economic challenge in both the developed and developing nations. This disease can be prevented and treated by Vitality Therapy™. Prevention and treatment of diabetes entails making the body alkaline by drinking Vital Water™ and avoid drinking acidic beverages like Coke and other soft drinks. A good and balanced diet are also essential. Irradiation of the body using infrared with the wavelength of 5 to 20 microns prevents and treats diabetes.

Keywords: Diabetes, Vitality Therapy™, Vital Water™, Infrared Energy, Multivitamins and Minerals.

INTRODUCTION

Diabetes is almost a worldwide epidemic. It is increasing rapidly, and the global prevalence is a significant cause for concern. According to the World Health Organization (WHO), 346 million people worldwide have diabetes (1). Diabetes affects the rich and the poor and it is a major disease which imposes economic challenge in both the developed and developing nations. Diabetes mellitus is a disease in which glucose is not sufficiently metabolized. This results in high glucose levels in blood and glucose in the urine. Cells can starve because glucose is not being metabolized.

Type 1 diabetes is also called "juvenile-onset diabetes" or "insulin-dependent diabetes" because the symptoms usually appear during childhood and insulin injections are necessary to treat it. It usually occurs after a viral infection triggers an immune response that results in the body destroying its own insulin-producing cells. Type 1 diabetes is an autoimmune disease in which the body's immune system damages the cells in the pancreas (Islet cells) that make insulin. Because insulin is necessary to process blood sugar, this leaves people with high blood sugar. The disease is caused by a lack of insulin, and it can be treated with insulin injections.

Type 2 diabetes is more common than type 1. Type 2 diabetes is caused by a deficiency in insulin production or by changes in insulin receptors on the target cells. In either case, blood glucose level may be high because cells do not receive the message to metabolize glucose.

Both types of diabetes can cause dangerous complications, including blindness, heart and blood vessel disease and kidney failure. A decrease in circulation may eventually require the amputation of limbs. In addition, a person with type 2 diabetes can experience life-threatening reactions to low blood sugar or extremely high blood sugar. A temporary form of diabetes can occur when a woman is pregnant. This form is called gestational diabetes and often has no symptoms. Though it usually disappears after the baby is born, more than 50% of women with gestational diabetes eventually develop type 2 diabetes later in life.

REVIEW OF RELEVANT LITERATURE

Diabetes mellitus (DM) is a metabolic disease, involving inappropriately elevated blood glucose levels. DM has several categories, including type 1, type 2, maturity-onset diabetes of the young (MODY), gestational diabetes, neonatal diabetes, and secondary causes due to endocrinopathies, steroid use and other factors (2).

According to MAYO Clinic, some of the symptoms of type 1 diabetes and type 2 diabetes are (3):

- Feeling more thirsty than usual.
- Urinating often.
- Losing weight without trying.
- Presence of ketones in the urine. Ketones are a byproduct of the breakdown of muscle and fat that happens when there's not enough available insulin.
- Feeling tired and weak.
- Feeling irritable or having other mood changes.
- Having blurry vision.
- Having slow-healing sores.
- Getting a lot of infections, such as gum, skin and vaginal infections.

In spite of numerous researches over the years, there is no cure for diabetes and its complications. The objectives of our study are how to prevent and find cure for all types of diabetes (4).

Human Agency and Oversight

It includes both the ethical and the legal dimension as it refers to fundamental rights protection aimed at maintaining the balance between human control and technical progress in terms of human agency and oversight. Human beings shall be protected both as individuals and groups, taking into account inclusiveness, fairness, non-discrimination and vulnerabilities protection as paramount interests.

METHODOLOGY

An overweight female Caucasian with blue feet was wheeled to our clinical research facility. She pleaded for help. Her physician had advised her to get prepared for the amputation of both legs otherwise she would die. The type 2 diabetes had advanced to a stage that there was no adequate blood circulation or oxygen supply to the legs. The remaining volunteers were three normal males with type 2 diabetes. The volunteers were advised to drink about 500 millimetres of vital water™ before each session to enhance resonance and to prevent dehydration. Participants were irradiated with infrared with a wavelength of 5 to 20 microns in a sauna for 60 minutes each other

day. Figures 1 and 2 show a typical infrared sauna and a participant. In addition, participants were encouraged to ensure that their diets contained multivitamins and minerals.

DISCUSSION

A decrease in sugar content of the blood and insulin intake was observed after one week of the vital energy irradiation. The feet of the female participant began to change colour from blue to the normal Caucasian colour.

After 3 months of vital energy irradiation, the male volunteers were completely off insulin and after 5 and half months of irradiation, the female volunteer no longer needed insulin. She had also lost 40 lbs. of her weight.

The most important points for this clinical trial are the effect of vital energy irradiation on the endocrine system, blood circulation, oxygen and nutrient supply to the cells, the immune system, body's communication system and the functioning of the nervous system.

The islets of Langerhans are groups of cells within the pancreas that secrete insulin and glucagon. The islets are endocrine glands (ductless); the circulatory system carries their hormones to target cells. Insulin promotes the removal of glucose from the blood for storage as glycogen, fats and protein. It promotes the buildup of fats and proteins and inhibits their use as an energy source.

Glucagon is produced in the islets of Langerhans but by different cells from those that produce insulin. The effects of glucagon are opposite to those of insulin. It raises the level of glucose in the blood. Fig. 3 shows the normalization of glucose in the blood by insulin and glucagon.

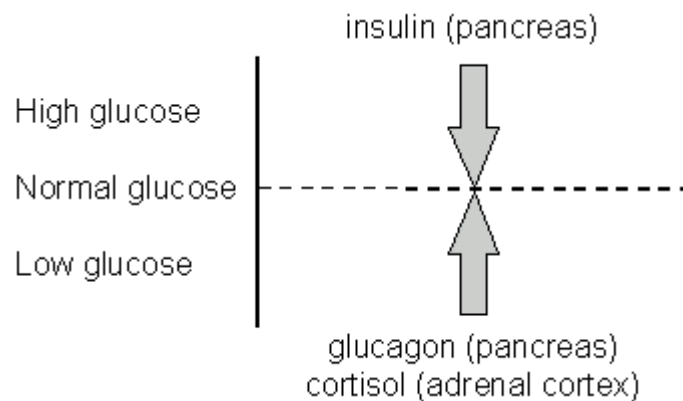


Figure 3: The Normalization of Glucose in The Blood by Glucagon and Insulin

What happens when patients with diabetes are irradiated with vital energy? Firstly, the irradiation of the endocrine system, including the pancreas, improves and restores the functions of the endocrine system. Secondly, the functions of the nervous system are enhanced. These two conditions lead to the restoration of the body's communication system. The autoimmune disease in which the body's immune system damages the cells in the pancreas that make insulin is reversed. Cells then receive the message to metabolize glucose as the circulatory system carrying hormones to target cells is enhanced. Vital energy irradiation lowered the blood sugar level. Blood circulation, oxygen and nutrient supply to the cells and the strengthening of the immune system contribute to the well-being of the diabetes patients. The immune system is enhanced by sleep and rest (5) and is impaired by stress (6). Vital energy enhances the immune system through relaxation, thereby removing stress. The irradiation also raises the body temperature.

The Endocrine System

The endocrine system is one of the body's main systems for communicating, controlling and coordinating the body's work. The major glands of the endocrine system are the hypothalamus, pituitary, thyroid, parathyroids, adrenals, pineal body, pancreas and the reproductive organs (ovaries and testes). Endocrine disorders happen when one or more of the endocrine systems in the body are not working well.

Vitality Therapy™ improves the functions of the endocrine system and enhances the body's immune system. The novel therapy exhibits positive effect on some autoimmune diseases like diabetes and Aids (7).

The Body's Communication System

The endocrine system acts with the nervous system to coordinate the body's activities. Both systems enable cells to communicate (information signal system) with others by using chemical messengers. The endocrine system uses chemical messengers (hormones) that are transported by the blood. They act on target cells that may be anywhere in the body. The endocrine system is slower than the nervous system because hormones must travel through the circulatory system to reach their target.

The chemical messengers used by the nervous system are neurotransmitters. Neurotransmitters travel across the synaptic cleft and bind to receptors on the target cell. The nervous system conducts signals much quicker than the endocrine system.

The nervous and endocrine systems work together to coordinate the actions of all other systems of the body to produce behavior and maintain homeostasis. When these functions, which rely on communication fail, disease sets in. Vital energy penetrates the body's tissues to a depth of 1.5 to 3 inches. It is hereby postulated that the radiation of the CNS and the endocrine system with vital energy restores the body's communication system, leading to a healthy body. The damaged cells are repaired.

CONCLUSION

Diabetes affects the rich and the poor and it is a major disease which imposes economic challenge in both the developed and developing nations. This disease can be prevented and treated by Vitality Therapy™.

Prevention of diabetes entails making the body alkaline by drinking Vital Water and avoiding acidic beverages like Coke and other soft drinks. Good and balanced diet are also essential. At least weekly irradiation of the body using infrared with the wavelength of 5 to 20 microns is recommended.

Treatment of diabetes is similar to the prevention methods described above. In the case of treatment, infrared irradiation is recommended at least every other day until the patient becomes well.



Figure 1: 2-Person Infrared Sauna

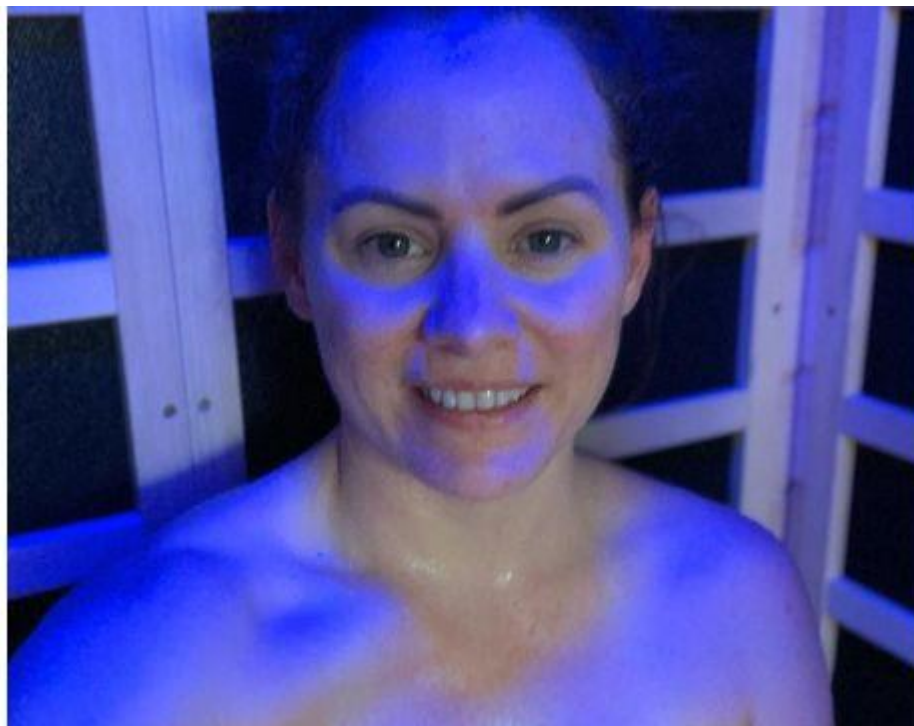


Figure 2: A Diabetic Patient Using Infrared Sauna to Increase Her Energy Level, Including the Energy for the Brain and the Endocrine System.

REFERENCES

1. World Health Organization Fact Sheet #312, August 2011
<http://www.who.int/mediacentre/factsheets/fs312/en/index.html>
2. National Institutes of Health,
[https://www.ncbi.nlm.nih.gov/books/NBK551501/#:~:text=Diabetes%20mellitus%20\(DM\)%20is%20a%20metabolic%20disease%2C%20involving%20inappropriately,endocrinopathies%2C%20steroid%20use%2C%20etc.](https://www.ncbi.nlm.nih.gov/books/NBK551501/#:~:text=Diabetes%20mellitus%20(DM)%20is%20a%20metabolic%20disease%2C%20involving%20inappropriately,endocrinopathies%2C%20steroid%20use%2C%20etc.)
3. <https://www.mayoclinic.org/diseases-conditions/diabetes/symptoms-causes/syc-20371444>
4. Donyina K "Far Infrared Treatment for Diabetes: <https://classic.clinicaltrials.gov/ct2/show/NCT00573456>
5. Lange, T; Perras B, Fehm HL, Born J (2003). "Sleep Enhances the Human Antibody response to Hepatitis A Vaccination". *Psychosomatic Medicine* **65**: 831–835.
6. Khansari, DN; Murgu AJ, Faith RE (1990). "Effects of stress on the immune system". *Immunology Today* **11**: 170–175
7. Donyina K (2021), "Treatment of HIV/Aids Using Vitality Therapy™" J Clin Trials 11p:456.