

My astounding discovery and ongoing recovery from Diabetes (Type I)

(Speech given by Marion Simpson at Canadian Ethnocultural Council Community Briefing on February 23, 2008 on Children Diabetes Prevention and Cure)

Good morning ladies and gentlemen. My name is Mario Dave Simpson. I'm a 13 years old, grade 8 student. Today, I have the honour to share with you my life-threatening illness and my life-changing discovery and recovery.

I was a healthy and active child, and a straight A's student winning several awards at school. At the age of 10, I started to feel very tired, and often ran to the bathroom. My marks at school deteriorated gradually from A's to D's. When I started to wet my beds at the age of 10 ½ and had to be hospitalized due to general weaknesses, my glucose reading was 45, and the doctors concluded that I was a Type I diabetic. I instantly received three doses of insulin a day, which kept increasing during the last two and a half years to 12 units each.

During my first year of treatment, my glucose readings were inconsistent with highs and lows, despite the nutrition and lifestyle counselling, the home visits by two nurses to help me eat properly, and the physical activities I tried to maintain. My conditions continued to deteriorate. I had experienced all the symptoms of a severe diabetic, including extreme fatigue, poor memory and concentration, excessive urination, and excessive blood sugar levels. I had also tried a 3-week vegetarian and herbal diet which had further worsened my conditions.

Since May of 2007, my glucose readings continued to climb up high, and remained constant between 27 and 35 or dropped below 3 in spite of higher doses of insulin and the so-called 'right diet'. My doctors suggested that I had kidney failure and a damaged liver. There was nothing they could do to help reverse my health conditions except for keeping to increase my insulin.

I was hopeless and lifeless. I had tried to adjust my diets in many ways while maintaining my physical activities, but nothing worked.

However, my life has started to change significantly since January 6 of 2008, when I was referred to Justine Vo. She reviewed my diet and lifestyle habits, and was confident that my diabetic conditions will be reversed if I follow her treatment programme, which consists of proper diet and nutrition, reflexology and acupuncture.

On January 6, I learned from Justine on how to correct my diet in accordance to my particular physical and mental activities. I also started my new natural supplements and reflexology and acupuncture treatments twice a week. One week later, my glucose readings dropped to between 15 and 20 for the first time since many months. During the second week, my glucose readings were between 7 and 11. At that point, Justine recommended that I dropped one insulin dosage. Into the 3rd week, my readings remained constant between 7 and 10 with two insulin injections a day. She recommended that I continue to reduce the units of the last two insulin injections eventually to nil.

There were odd days when the readings swung back to between 15 and 20, and Justine helped me understand the why's and the relationship between the foods I ate in relation to my particular activities, so that I could do the adjustment myself. Since January 2008, I have regained my health, my energy, my strength, and my focus. Every day I feel energetic, and non-diabetic. I no longer run to the bathroom, and I'm doing well at school. Now, I can run very fast at the basketball games, can hold the ball with one hand and precisely throw it in the basket. Even on those odd days when my glucose level swung up, I felt normal and energetic.

I now realize that my kidneys, my liver and my pancreas are still functioning. I also have a clear understanding of the direct relationship between my glucose levels, my food intake and my particular daily activities.

From hopeless to hopeful, I now understand that in order to cope with and recover from diabetes, not only 'eating well and maintaining physical activities' is important, it is essential that I know 'how to find the right balanced diet that suits my body's needs' as I did during the last month and a half.

With the rapid recovery progress I'm experiencing, I am confident that I could be free of diabetes in the future. Soon I will reduce my insulin intake to one a day, and then eventually to none in the near future.

Thank you for allowing me to share my story with you. Please come to our table to meet with my parents, as well as Ms. Justine Vo and myself for more insights into diabetic prevention and treatment.