

# MY DIABETES IS CURED A MUST LISTEN FOR EVERY DIABETIC

**“The Water Cure cured my diabetes,” says Jim Rising, program and broadcast operations director of EZ-103.1 & 102.3.**



Jim Rising

He followed the program of drinking 1/2 his body weight in ounces of water daily along with 1/4 tsp. unprocessed sea salt per qt of water, exercising and taking a few supplements daily and getting plenty of amino acids from eggs, beans, cheeses, butter and nuts. **In six months he lost 30 pounds, dropped his glucose from 280 to 130, triglycerides from 698 to 216, A1C from 8.0 to 6.3 & cholesterol from 235 to 156. His doctor reported all was normal.**

**After starting the water cure he began to feel better almost immediately. After taking a glucose reading and then drinking 20 ounces of water with a pinch of salt on his tongue, it dropped forty points in twenty minutes.**

Listen to Jim explain his amazing recovery on our [www.watercure2.org](http://www.watercure2.org) website.

More details in Dr. Batmanghelidj's books, "You Body's Many Cries for Water," pages 123-131, and "ABC of Asthma, Allergies and Lupus" which covers far more than the name implies and on his site at [www.watercure.com](http://www.watercure.com).



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