

Life is so unpredictable. One minute you're sitting at your laptop sipping on matcha green tea and the next-you're being admitted to the hospital. It all happened so fast that I'm still trying to fit all of the pieces together.

For approximately 2 weeks I felt my energy seeping away in the same manner that air is released from a blow up mattress. I assumed I was just tired and that eventually my body would bounce back and correct itself the way it has always done. I've never been sick a day in my life so I had no reason to worry. That is until Sunday morning approached and I had to wrap my arms around my husband's neck to make it to the bathroom. He immediately put me in the shower, cleaned me up and drove me to the hospital. I was out of my mind with fear because the Covid-19 pandemic was [and still is] rampant and I was afraid of being infected. I also knew that my husband would not be able to stay with me or even visit me if I was admitted. Well I was admitted.

The next thing I hear as I'm going in and out of sleep is that my blood sugar levels had risen to 1400 and that they must get this number down immediately. Now imagine my shock at hearing this since I have never had any kind of diabetic issues and have never been diagnosed as having diabetes. Two days later, after being tested for type 1 diabetes, type 2 diabetes, lupus and a string of other diseases that were unfamiliar to me, I was told that my health had improved considerably and that if this continued I could go home the following day. The caveat was that I had to inject myself with insulin 4 times a day for 30 days to ensure that my blood sugar levels didn't spike again and I would need to stay on a drug called metformin. I was devastated, but determined to reverse this enigma. I started cleansing immediately and focused on a diet that was 75% vegetable, 25% protein and 25% carb. No processed sugar at all.

As it turns out, I was pulled off of the metformin almost immediately as it made me extremely nauseated and caused me to suffer with diarrhea. I only ended up taking the insulin shots for a little under 2 weeks before it became apparent to my doctor that the insulin was no longer necessary as I was now stable. However, I began researching alternatives to blood sugar management just in case.

Susan, my herbalist suggested I try berberine. She explained that research had shown that it would aid in sending my body's own insulin into the appropriate cells and keep it from floating around in my bloodstream. She further explained

that the berberine could assist in lowering high A1C levels and bring it back into normal range.

Well she was right! I continued checking my blood sugar levels 2 hours after every meal. Initially if I had eaten a carb intensive meal [I cheat once a week] my levels would be up a bit, I may max out at 150. But just 1 berberine would bring me back into a normal range of 70 to 120. I take my berberine as often as I need it, which isn't often at all. But just knowing that this herb, along with many others are available to help the body self-correct without harmful side effects is so liberating! The saying is so true...*if you don't know-you better ask somebody!* Thank you Susan for being my go-to person for the insights I need to keep me and my family healthy!

Mario F.