

Lionel W. Poizner

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Dear Dr. Turner,

I wanted to take a minute to thank you for all the work you have done helping patients with Diabetes. I especially want to thank you for the work you have done helping me get my diabetes under control!

In late November 2014, about 3 days before I was to leave on a two month trip to the Philippines my doctor called me into his office to tell me my blood sugar was way out of control and that I was now diabetic. I had fasting blood sugar readings that were over 18.0 and my blood pressure was very high. The only good news that he gave me was that my cholesterol readings were normal; but now that I was diabetic he had to give me meds to help reduce it further to lower the risk of heart disease! My doctor told me to get a testing meter, gave me a bunch of documents to read, gave me some medication to take and told me to call him once I returned home from my trip.

During the trip I monitored my blood daily. I followed the instructions with respect to diet and tried to eat on a more regular schedule. My fasting blood sugar readings did start to drop and I managed to get them down to about 14.0 by the time I returned home.

On my arrival home further blood tests were done and my medication was changed multiple times. My fasting blood sugar continued to drop as I got back into my normal routine and started to eat normal food. It took many months and my fasting blood sugar readings seemed to drop and hold at just over 10.0. A reading that was better then it had been but was still way too high!

During this interval of escalated blood sugar readings I developed a number of other health issues that are often the result of being diabetic. The one that was the most difficult for me was that the cataracts in my eyes started to deteriorate very quickly to the point that my left eye was no longer able to see properly at all. My eye surgeon was not willing to give me eye surgery until my diabetes was under control and this was not even close to happening.

As my condition deteriorated I began to get desperate and started to look for alternative treatments and that was when I found you and attended one of your seminars. By this time the site in my left eye was so bad I could no longer use it for reading. It was affecting my work and making my life very difficult. I immediately setup an appointment for 7:00 PM in the evening and decided to give your program a try. On the day of my appointment I went through my usual routine. I tested my blood, (the reading was just over 10.3), ate breakfast and went to the office. I was told not to eat for 3 hours prior to

the appointment so I skipped dinner and went directly to your office in Stouffville Ontario.

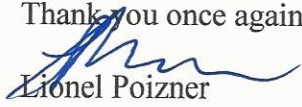
During this appointment you gave me the most detailed examination that I have ever had. You provided me with instructions for a new diet and gave me my first chiropractic treatment. The appointment concluded around 9:00 PM at night and I was starving. I looked over the diet and realized I was going to have to do a bunch of grocery shopping before I would be able to start so I decided to begin the diet the following day.

I was really hungry so I went to the pub down the street from your office and had chicken wings and beer figuring that this would be the last time I was going to be able to do that for quite some time to come. I returned home around 11:00 PM in the evening and discovered some home backed chocolate chip cookies. Since it was my last night before I would have to start this new diet I binged out and had 5 cookies and a massive cup of home made hot chocolate (made with cocoa and Stivia) before bed.

In the morning I got up and figured my fasting blood sugar would be off the charts I was expecting it to be around 12.0. I used my meter, tested my blood as per usual and got a remarkable surprise. After just one treatment and after the feeding frenzy from the previous night my fasting blood sugar reading was exactly 7.2. This was the lowest reading I had ever gotten since being diagnosed with Diabetes in the first place. I continued my treatments and my blood sugar readings continued to drop. It took about 8 Months until I was getting consistent fasting blood sugar readings between 4.9 and 6.0.

My eye surgeon was so pleased with this result that my eye surgery was scheduled and my vision was corrected. Without your help none of this would have been possible. My condition would still be out of control and by now I probably would not have been able to see out of either eye at all. The best part of this is I have managed to reduce the amount of medication I am taking and I am fairly certain that within another year or so I will no longer need any medication at all.

Thank you once again for all of your help.


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