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— All Things Medical —

**Dr. J.E.
BLOCK**



Diabetes ala natural

All of the remedies for diabetes mentioned in last week's column can be obtained in health food stores around our area and maybe even in some pharmacies.

A product called Diabetes-Comp™, which can be purchased at the health food store contains many of the aforementioned ingredients. Two capsules three times a day in addition to your regular diet is what is recommended. However, this is a dosage which is adequate in some of the ingredients mentioned earlier, but less than I would recommend in others.

Life is a compromise and rather than taking dozens of different preparations, this may be a way to proceed. It does not require a prescription and is very safe. However, because these drugs can be so

effective, there may be some reduction of the usual diabetes prescriptions that we sometimes give, so, please check with your clinicians.

Lipoic acid

Lipoic acid is an ideal antioxidant, used primarily in diabetics who are not well controlled to ward off the devastation of tissue. Lipoic acid tends to reduce cholesterol, eliminates toxic chemicals from the blood, improves muscle and mental strength and adds quality as well as quantity to life extension. I recommend 50 to 100 mg a day. A bottle of 30 costs less than \$10.

It can be taken any time during the day, with or without meals. It is very safe and doses ten times or more of the recommended dosage are needed before slight toxicity is noted.

Foot examination

It is very important that the physician look at the feet of diabetics. Even though the patients may not feel anything, they sometimes have problems with their feet and things can get worse without them knowing it. The use of a mirror under the feet for better visualization is suggested.