

**Reversing High Blood Pressure Naturally**  
**Night Six**

1. What would have happened if John Allen had not begun running the moment he heard the sound of stampeding buffaloes? \_\_\_\_\_
  
2. How many in 1902 of some 4,000 Pima Indians in Arizona had Diabetes? \_\_\_\_\_
  
3. Today, what % of Pima Indians in Arizona have Diabetes? \_\_\_\_\_
  
4. How much weight did Australian Aborigines who returned to their ancestral lands to live like their ancestors lose? \_\_\_\_\_
  
5. T/F Diabetic neuropathy cannot be improved by lifestyle changes.
  
6. T/F Diabetics on insulin can reduce or eliminate their need for insulin by lifestyle changes.
  
7. What message does this give us as we are approaching the end of our 30-day journey?  
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8. What do Native Americans teach us about natural therapies for disease?  
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9. What encouraging message is there for us if we have genetic tendencies to illness?  
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