

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?

8. What do Native Americans teach us about natural therapies for disease?

9. What encouraging message is there for us if we have genetic tendencies to illness?
