



The Human Engine Clinic

A Gringeri Chiropractic Corporation

The Patient's Guide to Effective, Safe and Affordable Treatment Programs for:

**Type 2 Diabetes
High Blood Pressure
High Cholesterol**



Inside, you will find information on:

- **The true cause for the above conditions**
- **Treatment programs that will actually improve your health**
- **Explanations for treatment programs that will not**
- **A guide to getting off harmful and ineffective prescriptions**
- **Details on The Human Engine treatment approach**
- **Simple ways to gain better control of your numbers**

Written by Dr. Richard F. Gringeri, D.C.

Edited by Rachel VanDusen

2017

Attention:

Do not go off your medications without your doctor's consent due to the information you find in this report.

After spending billions on Diabetes research, United States citizens are reeling from an epidemic raging out of control— an epidemic with deadly disease consequences that is in every way life-threatening. Medical research and clinical studies now show that current treatment protocols cause the very complications Diabetics work so hard to avoid.



The evidence is in: prescriptions and insulin don't work at eliminating Diabetes, and in most cases, they make the patient sicker, drain their savings and squash their hopes for vibrant longevity.

In the coming pages, we'll go in depth into Diabetes, its causes, prevention and even reversal. We'll talk to patients, friends and experts to investigate

further into why the current treatment regimen is so ineffective at best and harmful at worst, and you'll get a shocking look into Diabetes care in 2017.

Not to start off grim, but let's look at a sobering fact: **Diabetes is the 7th leading cause of death in California** (CDC 2013), killing over 7,500 people annually. That's the equivalent of a jumbo jet crashing every month. Not only is this disease a leading cause of fatality in our state and across the nation, but it causes immeasurable stress and suffering on those affected and their loved ones.

The good news is that over the last 10 years, our work with Diabetics has produced some amazing discoveries:

- **With proper treatment, your medical doctor will likely be able to reduce your medications**
- **Your body can digest the food you eat and metabolize the way it was intended with minimal changes**
- **It is possible to reduce your blood sugar levels without medications over the long term**
- **You can lose weight - and keep it off with minimal lifestyle changes**
- **You can take back control of your health and regain (or keep) an excellent quality of life**

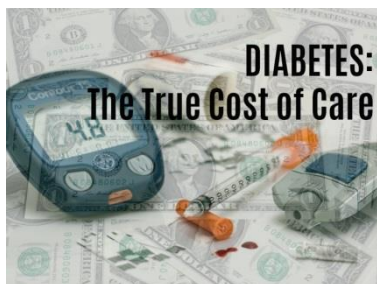
But let's backtrack a bit. We don't want to get ahead of ourselves. Before people are diagnosed as full blown Diabetic, let's look at their journey.

Because Diabetes is a rapidly expanding epidemic, it happens often that one of our staff or the doctor himself experiences interaction with another clinic or usually a medical practice that also works with Diabetics on a day-to-day basis. Whether it is our clinic contacting a patient's home doctor, or working to schedule out joint care, the correspondence is almost always the same: **most other practitioners and staff admit they feel their job is to try to make patients comfortable with Diabetes since "there is no way of stopping this disease". This can't be further from the truth.**

A staff member at a clinic we spoke with described the progression of the disease he routinely saw as follows:

"A patient would initially come in with fatigue, dizziness, etc. only to find out that they had developed Diabetes. The patient would be started immediately on medication, which would help the symptoms, but eventually the medication would no longer control the glucose levels and the patient would be given more medication. Eventually, even that was not enough, and the patient would be put on insulin. After a while, even with the insulin, the blood sugar would rise and the patient would begin to experience other health problems. Kidney problems, poor circulation that would lead to amputation, poor vision leading to partial or full blindness would make themselves known, and in severe discomfort, the patient would eventually succumb to the disease."

The employee who gave this description had personal experience with the progression of adult-onset Diabetes. His mother had gone through treatment in that very clinic, and her story sadly was similar to all the rest as described above, and this is the normal and predicted outcome. **We can't stress that enough.**



As terrible as this scenario is on the patient, it is just as bad for their family members who stand by watching their loved ones go through this physical and usually financial stress. **The cost of caring for a Diabetic patient averages more than five times that of a non-Diabetic, and in difficult circumstances, the cost of care can skyrocket.** This is a financial burden for family members as well as the rest of us, who are taxed to provide government aid to those growing numbers needing true help with this disease.

Let's go more in depth into what the symptoms of Diabetes are. Does this line up to how you or a loved one feels?

Diabetic patients tell of the overwhelming fatigue that accompanies their condition. It is a common misconception that Diabetics just "don't eat right", and lack a healthy well-balanced diet. Many of our patients have very healthy diets, but just can't seem to be able to control their numbers. **This is caused by a lack of nutrition – not sustenance.** They are literally starving for nutrients, even though the fuel that is needed is already in their blood, it just can't be accessed and used by their cells. Poor digestion is a very common symptom of the Diabetic.



There is not a single Diabetes drug on the market that can safely improve your body's function regarding digestion and assimilation, while there are natural protocols that can help restore this function very safely, and just as importantly, effectively.

Much of the pain that Diabetics experience is from a loss of circulation caused by the narrowing of the blood vessels due to plaque and degeneration. **High glucose levels in the blood cause the damage known as neuropathy.** Perhaps you are familiar with numbness or tingling many Diabetics experience in their extremities? Current research now indicates a high percentage of Diabetics don't even know they have neuropathy as it creeps on and is not suddenly noticeable. A subtle symptom, neuropathy can be very dangerous, as left untreated, it leads to amputation of the toes, feet and legs. It can also cause blindness.

Diabetics are statistically twice as likely to have a heart attack or stroke as non-Diabetics, which brings us to the first leading cause of death in the country: diseases of the heart. Having Diabetes directly affects your cardiovascular system and can set you up for future complications that can lead to death or severe disability.

We often think of the U.S.A. as the land of medical miracles. Not with Diabetes. Did you know that there is expected to be a 40% increase in the incidence of Diabetes in the next 20 years? This is clearly an epidemic running out of control. Let's get to the bottom of why that is.

We have routinely helped Diabetic patients get their glucose levels down to normal to the point they no longer need medication or insulin. Because of the history we have, Dr. Gringeri wrote to the American Diabetes Association asking them:

"If someone were diagnosed with adult-onset Diabetes, and worked successfully to get their blood glucose under control and into a normal range, how long would they have to keep their glucose stable and in said range before they were considered to be cured of Diabetes altogether?"

The reply he received from the A.D.A. was:

“There would never be a situation considered ‘cured’. The only cure for adult-onset Type 2 Diabetes would be an insulin pump surgically implanted under the skin.”

They are telling a man who has personally helped hundreds of Diabetics reverse their disease and regain full control of blood sugar through safe, natural and effective means that the only way to do so is a surgically implanted pump.

If these pumps and drugs really helped restore health, such a radical intervention might be ok, but these medications for Diabetes in this nation annually causes:

- 10,000 hospitalizations
- 50,000 heart attacks
- An additional 4,000,000 doctor visits
- 30,000 cases of ulcers
- \$40,000,000,000 in patient expenses

Type 2 Diabetes patients being treated with standard medication protocols not only have almost **twice the risk of heart attacks and strokes**, but also have up to **four times the risk of certain cancers** as well as **much higher probabilities of battling depression along with their Diabetes**.

None of these outcomes are necessary. There is a way out.

We will not use the word ‘cure’. What we are trying to convey is supportive care for a struggling pancreas aiming to get your blood glucose level stable and under your own control.

Dr. Gringeri has helped many patients restore their body to normal functioning levels so their MD could reduce or eliminate their medications. Often, when you improve the body’s function, you also eliminate the need for cholesterol and high blood pressure

medications as well. These conditions (collectively known as metabolic syndrome) frequently accompany Diabetes.

A quick disclosure again: only your doctor can take you off of your Diabetes medications, and they would only consider doing so if your blood glucose is very well managed and stable in a normal range. Do not go off your medications without your doctor’s consent due to the information you find in this report.

At The Human Engine Clinic, to pinpoint the correct treatment, examination and diagnostic testing are used to arrive at a precise diagnosis. This allows Dr. Gringeri to guide his patients through a customized program of treatment designed to progress at a rate that is easy and attainable for each patient. After a short time on our program, **the patient’s medical doctor often starts reducing the medications**. Eventually, our goal is to improve each patient’s health to the point they can be completely drug and insulin free. This is a completely achievable goal.

“...the ADA subscribes to the notion that Diabetes is a disease of blood sugar... But high blood sugar is the symptom of Diabetes, not the cause. If you don’t find the hidden health problem hindering your endocrine and/or autonomic nervous systems, and focus only on managing blood sugar, then you will remain a Diabetic for life.”

– Paul Rose, JD, LAC The Great Health Heist (pg.87-89)

Existing media opinions regarding the effectiveness of current treatment shows this situation is in dire need of change. Our current medical model is now documented, reported and asserted to not work for the Diabetic who wants to regain their good health.

Provided with pages of information backed by scientific research studies and medical reports that are presented and made public in my seminars, if you are Type 2 Diabetic, the high likelihood is that you are on a treatment program that does not make a lot of sense to you and has not been restoring your health.

Ask yourself the following questions:

1. Has Diabetes and the role digestion plays been explained to me in detail by my primary doctor?
2. Is each visit with my health care provider significant in length?
3. Is each visit with my health care providers individualized?
4. Are the medications and insulin I am taking making me better?
5. Do I see an end to my Diabetes in the form of regaining my health and wellness?

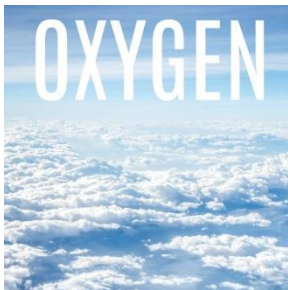
If you're not answering "yes" to each and every one of the above questions, there's a problem with your current care- a problem that can end poorly if you continue on this trajectory.

Our clinic, specializing in Diabetes and related health conditions, can offer you real hope to restore your health.

This protocol has been proven to be effective and predictably successful. It allows you to improve digestion so that your starving cells finally become well nourished. This program is meant to leave the body healthier, not just control symptoms. As better function of the respiratory, digestive and nervous systems return, your body can begin to heal on its own, allowing your numbers to come down and stabilize naturally. The drugs that force down blood sugar levels unnaturally are not needed when the body is balanced and working correctly. So, let's talk more about the Human Engine Clinic's philosophy.

The Human Engine Approach

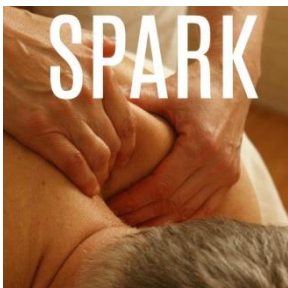
From his specialized post-graduate training in neurology, nutrition and digestion, Dr. Gringeri has developed a unique, effective, and most importantly safe, treatment options using the analogy of the human body compared to an engine. How exactly is your body an engine? Let's dive in.



Like an engine, your body also needs oxygen, and aging bodies need much more oxygen than they routinely get. Let's start with something simple. As bodies age, they typically tend to hunch over. Do a simple test: place your chin on your chest and attempt to inhale as much as possible. Didn't get much airflow did you? Now sit up straight, chin slightly raised, and inhale deeply. Much better! As we age, we become permanently in a state of poor posture, inhibiting oxygen intake. **Your body needs oxygen to consume fuel, and older patients are simply not getting enough.**



Your body, like your car, needs fuel, but eating healthy food isn't enough! Your body also needs to fully digest and assimilate the nutrients that they intake. Imagine pouring gasoline into your vehicle, but the gas tank has a hole in it. Not much of the fuel you're putting in is going to be assimilated and used up! **Poor digestion due to a weakened digestive system prevents the cells and tissues from absorbing key nutrients needed to allow the body to generate energy.**



Our human engine also runs with the electrical activation accomplished by our nervous system. As we age, without skillful activation and stimulation, our nervous systems become sluggish, and slowly begin to shut down. **Routine activation and nervous system stimulation can help keep our systems running at optimum capacity.**

Poor oxygenation, insufficient fuel and a sluggish nervous system result in symptoms worsening over time with conventional pharmacological treatment.

At The Human Engine Clinic, we use diagnostic tools and lab tests that allow us to locate the areas of your body's brain, nerves, glands, tissues and organs that need nutrition, activation and stimulation.

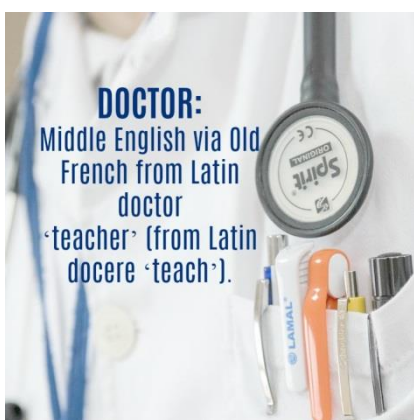
Your miraculous engine rarely needs drugs, except for short term emergencies. Don't think of prescriptions as a long-term fix! They hinder the body's ability to recover vibrant health. What your body needs is improved nutrition and digestion, more oxygen and proper electrical nerve flow without interference from muscle spasms, misaligned joints or soft-tissue damage.

When your cells are deprived of oxygen, fuel and spark, your body slows down. At best, you will feel tired, stiff, sore or moody. At worst, your engine of a body is destroyed with degenerative disease, starved cells lacking real fuel, and a nervous system collapsed. Feelings of apathy, fatigue and hopelessness creep in. **The good news is that it is never too late.**

Providing good fuel that can be digested fully, increasing oxygen to each cell and improving levels of nerve system activation will fine tune your Human Engine and give you a new lease on life. The condition, Diabetes, is the label that describes the symptoms of a digestive system and nervous system that are not functioning correctly.

Dr. Gringeri's training and clinical experience as a Certified Digestive Specialist and Board Eligible Chiropractic

Neurologist qualifies him to work on your nervous and digestive systems to help get your body back into balance. This restores health, and the cause of the symptom – glucose levels out of control – is addressed. Your body now has a true chance of healing.



Did you know that the word “Doctor” means “Teacher”?

A medical doctor has been trained to teach you what medicine to take for your symptoms. The vast majority of Diabetics try to control their Diabetes with prescribed medications with questionable results and dangerous side effects.

Diabetes is a sign that your body is not working as designed or intended. Together, we can help your body to get back on track using supportive digestive formulations

and enzyme replacement therapy to make sure what you take in is digested and assimilated, and therapies to activate your nervous system and increase oxygen intake. Your body will then function more efficiently. With routine tune-ups, your body does its own healing, and vibrant health is restored.

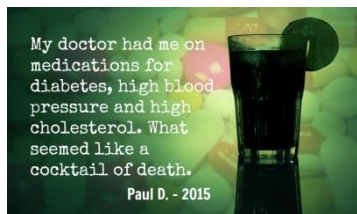
Any program that improves oxygen delivery, increases nervous system function and improves fuel delivery to cells will improve your health. Your Diabetes program should restore function to the systems of the body that will affect the endocrine system. Diabetes, overall, is a symptom of a nervous system and that isn't functioning correctly.

If you could better just one of these areas, your health would improve, but a program that works on all three and incorporates guided coaching to hold you accountable for your health works best. Many Diabetics are just not able to do it alone, and that's ok! **Specifically, the most viable treatment options do the following:**

1. Improve oxygen absorption into the cells by working to improve oxygenation through rib cage movement and increasing muscle tone used for breathing.
2. Increase electrical activation for better function of the nervous system. All spinal vertebrae must remain absolutely flexible allowing correct motion and movement which creates free nerve flow of electrical energy to and from the brain. Chiropractic adjustments, physical therapy modalities and specific types of exercises are most ideal for this.
3. Evaluate what can be done nutritionally to improve fuel delivery to cells, optimizing digestion and assimilation of key nutrients, proteins and sugars in your food.

Your Nervous System and Prescriptions:

Your nervous system is the master system that controls your body's functions.



Prescription drugs interfere with your body's natural control system and endanger your health!

Prescriptions cut off, numb, chemically alter, and interfere with the brain's attempt to send and receive signals intended to maintain your body's optimal health. They are not good long-term solutions. With Type 2 Diabetes, your body's control system has been overwhelmed and needs to be restored and balanced so it can function again correctly.

Drugs are useful in emergency, short-term situations, but prolonged use in many instances can be more detrimental than not taking them in the long run. While medicine temporarily masks the symptoms you are trying to handle, prescriptions create negative side-effects elsewhere in your body.

If you ask your doctor how the prescriptions they are giving you work, even they may not understand the real chemical changes and negative side-effects that the drugs create in your respiratory, nervous, digestive, and endocrine systems, and they certainly will not understand how they work in conjunction with other meds.

Just take the time to read the dangerous side-effects listed in magazine ads or listen to the warnings in the commercials on radio, online and on T.V.

We have found in our practice that after most patients are told that they are borderline Diabetics, they try like crazy to handle the problem themselves. They try to work on their diet and exercise more, but since there is so much false information regarding nutrition and diet, and because most medical doctors have little if any training in nutrition, **even with their best efforts**, patients are not able to control their numbers and eventually end up on prescribed medication.

Ask your doctor how many hours of formal nutrition training they have had in medical school, and the majority of them will admit they have had none, or a few hours at best. This is a shame, as Diabetes is a digestive issue.

The longer you have Diabetes, the harder it is to control.

It seems apparent that the scientific community has jumped on the bandwagon that says there is no cure for Diabetes. Constantly, we are bombarded with brochures, statistics and articles showing how much of our nation's resources are spent fighting this "losing battle," and how it's only going to get worse as there is nothing we can do to stop it.

It's time to get outraged.

Having had success getting Diabetics healthy with glucose levels under stable control for over 10 years, we at The Human Engine Clinic can tolerate these lies no more. It seems like each and every Diabetic we come across is afraid their drugs are hurting rather than helping, and no one is addressing this concern with effective solutions.

Dr. Gringeri and The Human Engine Clinic have been doing educational seminars on Diabetes for many years now, and the vast majority of attendees agree that they are not getting better with the help of their primary care physician. Their medications are increased routinely, and they end up feeling worse. By the time they get into our clinic, they are close to giving up. They don't really believe anything can be done to improve their condition. We are here to give you hope that something can be done for you.

To be successful, Human Engine Programs have had to pass the test of succeeding with even the most skeptical, tired and downtrodden patients.



When you don't understand your problem, it will be hard to beat. This is true for all problems, and definitely true with Diabetes. We have designed programs to be simple and easy, and very understandable. Patient education is a cornerstone of our treatment and practice, and one of the reasons for our easily accessible seminars on Diabetes, High Blood Pressure and High Cholesterol. Staff members and Dr. Gringeri are always available to help on your journey; average appointment times are 1 to 2 hours. When was the last time your doctor spent that much time working solely on your condition?

Most medical and pharmaceutical professionals attending our seminars willingly verify for the laypeople in the room that what we are presenting is true, accurate and scientifically verifiable. We are not delivering some fringe, alternative opinions or treatments.

Filled with quotes and facts from the most studied medical texts, verified governmental and scientific research and insight from the most respected medical journals in the world, what Dr. Gringeri has to say on Diabetes and Metabolic Syndrome is as educational as it is inspiring.

What the seminar also covers routinely is that over 98% of attendees have no idea the real cause of diabetes, even though these governmental studies and research findings are available to the public. Once the real cause of Diabetes is revealed (it's not life-style or genetics!) we get down to the solution of this raging epidemic. The end result is a well-informed public who now know, from the research and data presented, that there is actually a very simple route to renewed and vibrant health.

"Your seminar was actually deeply inspiring..." - Dr. Seger Ebersole, DC

"...great workshop, self explanatory and opened my eyes to Diabetes" - Brenda E., RN

The greatest success for our seminar is measured by the fact that the highest praise for its content is usually offered by the MDs, nurses and other health care practitioners who attend. They readily acknowledge that the current protocols are not working and admit they now see the real solution was right in front of them the whole time. This seminar is not just for Diabetics or those suffering from related health conditions, but those who care for them and work in the health care field.

Hopefully you are one of the fighters that have wanted to beat Diabetes since the day you found out you had it. Or perhaps you're a loved one of someone suffering. If you gave up in the past but want back in the fight, there is hope for you! If you decided to fight, but have been taking losses on your journey, there is help!

Your simple decision to fight combined with The Human Engine Clinic's unique and effective treatment programs make us tougher, smarter and more determined than ever to beat Type 2 Diabetes.

Many Diabetic and pre-Diabetic patients have already blazed the trail ahead. You can now start the journey with complete certainty that life can be improved and you can be in control.

Are you willing to be helped, educated and pointed in the right direction?

If the answer is yes, your next step is to attend my free educational seminar and lunch. If this report has given you hope and sparked an interest in getting your glucose or that of a loved one under control so your doctor can begin to reduce your toxic, harmful and ineffective medications, please take the next step. Encouragement in the form of success stories can be found below. We implore you to take that step, and join us for a free, educational, Seminar & Lunch on us. The information in this seminar will go in-depth into the information and studies above and will change everything you believe to be true about Diabetes. **Call now: 408-419-1605**

"Attended their seminar today. Very good and informative. Never heard a talk about diabetes like this. Eye-opening!"

-Mara A. April 22, 2017



Patient Testimonials

"I am officially considered non-Diabetic (by my doctor) and am off all of my meds!" – S.S., Patient on 6 month treatment program, August 2017

"I was about 250 lbs at 5'9" and my sugars were always over 200+ in the morning even if I was on a low carb diet, and now since I've been with Dr. G I lost over 20lbs and about 2 pant sizes..." – Anthony S. 2015



"In the 6 months I have been working with Dr. Gringeri, I am now walking a mile and a half at a faster rate than before... My nerve tests show normal levels now. I am off all medication..." – wishes to remain anonymous

Gene (pictured to the left) after 6 months on Dr. Gringeri's program has this to say:

"Numbers at the start of my program 170 – 300+, in the middle 140 – 250, and 3 weeks before the end of my program 90 – 130. My weight decreased from 258 to 196." – September 2017

"Add me to the list of people helped by Dr. G! My A1C was 6.9, now 5.3. I am off 5 of 6 of the poisonous big pharma meds prescribed by my M.D. They have been replaced with natural supplements, a better diet and more exercise. And I am down 60 pounds with these lifestyle changes! Thanks Dr. G and staff!" – J.R. September 2017

Yolanda had this to say in the middle of her 6 month program:

"I was diagnosed with Diabetes 30 years ago. My numbers were 250 – 300 and my concern was getting off my medications as well as my high blood pressure, high cholesterol, sleeping disorder and neuropathy...The medication I have been taking has not really helped. My sugars levels are dropping, my cholesterol is dropping and my blood pressure. Within 5 weeks or so in is when I saw the change. I started about 3 or 4 months ago. My numbers are now 98 – 125, a couple of times it hit the 200 mark. I feel 90% better. I have more energy and am losing weight... If you're tired of medications, you really need to try Dr. G's method. You got nothing to lose, but the meds."

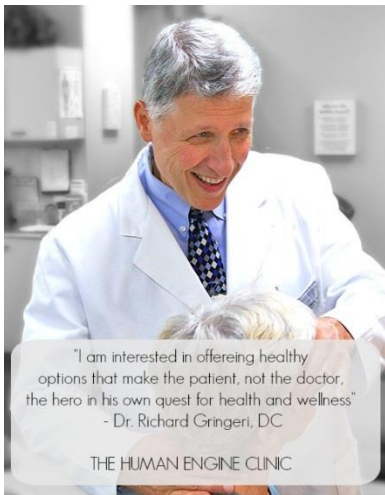
– September 2017



"After 3 months I am no longer on any medicine for Diabetes" – Sandra H. 2016

"Many doctors are too busy and over worked to take the time to really look at you holistically. They have deadlines and quotas. Dr. G. takes the time to really get to know you and come up with a plan designed just for you! I really enjoy our 1-on-1s where we just sit and talk for an hour or more about big pharma alternatives, lifestyle choices, recent blood work, and whatever else comes up. I am lucky to get 10 minutes with my primary MD.

If you are looking for someone to take a big picture look at your health, and get you on the right track, I highly recommend Dr. G. and The Human Engine Clinic" – John R. September 2017



Meet Dr. Richard Gringeri, D.C.

Supporting his practice in the heart of Santa Clara, “Dr. G” is one of Northern California’s leading authorities on treatment for Diabetes and a variety of digestive disorders. A popular lecturer and author, Dr. Gringeri’s unique approach of combining Chiropractic, Physiotherapy and Nutrition has allowed him to develop protocols assisting in the reversal of symptoms for a variety of life-threatening health conditions.

A Certified Digestive Specialist and Board Eligible Chiropractic Neurologist, Dr. Gringeri receives much praise from patients and fellow practitioners for his approach, as the walls of his clinic are lined with framed testimonials from those he has helped. A graduate of Palmer-West, he has been in his Santa Clara practice for 30 years.

Now specializing in working with Diabetics, Dr. Gringeri has worked with Olympic athletes, international celebrities, and even gurus helping them gain better control over their bodies. From Parkinson’s to stroke rehab, his unique approaches to healing have clinical success that is astounding.

"Our current health care system betrays the very people who pay for medical research. I am not so interested in bucking the system, as in offering the side of the story that makes the patient, not the doctor, the hero of his own health care."

From his specialized post-graduate training in neurology and nutrition, Dr. G. developed his unique effective protocols using the analogy of the human body compared to an engine. Like a masterful mechanic who can tune your car back to peak performance, Dr. Gringeri has discovered the needed diagnostic tests that allow him to locate the areas of your body’s brain, nerves, glands, tissues and organs that need nutrition, activation, and stimulation. He believes the body/engine is a miraculous thing and with just the slightest shift in providing good fuel that can be digested fully, increased oxygen intake, and slowly increasing levels of nerve system activation, a Human Engine tune-up can give back a new lease on life!

Dr. Gringeri is featured in *How I Got My Wiggle Back*, written by international celebrity Anthony Field, the blue shirt leader of ‘The Wiggles’. The book, now available on Amazon.com, is dedicated to Dr. Gringeri and describes his nutrition-and-enzyme-replacement protocols used successfully by Anthony since 2005 salvage his declining health and career.

This report is not designed to, and should not be construed to, provide medical advice, professional diagnosis, opinion or treatment to you or any other individual, and is not intended as a substitute for medical or professional care and treatment.

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Further information on the case studies and research presented in this publication is available upon request.

