

Diabetes

High Blood Sugar, Type 1 (Insulin Dependent), Type 2 (Largely non-insulin Dependent)

The Centers for Disease Control show diabetes reaching epidemic proportions, *doubling* between 1999 to 2000! Today, 17 million people have diabetes. One million more are diagnosed each year. Another 6 million people have it, but don't yet know it. WHO expects 300 million cases worldwide by 2025. With its complications (stroke, heart attack, blindness), diabetes is now the 7th leading cause of death in the U.S. Alert: Type 2 diabetes is increasingly being diagnosed in overweight children and adolescents who get little exercise and live on fast foods.

Health care costs of diabetes: \$132 billion a year. Diabetes is a degenerative disease, strongly linked to long-term diet overload of highly processed carbohydrates and sugar, and lack of fiber. It's a vicious circle disease, in which poor fat and sugar metabolism lead to obesity... which then leads to diabetes. The cycle keeps going. Diabetes makes you want to eat more, so symptoms are aggravated, as well as brought on by eating too much fat, too many sugary foods and too much fast food (especially caffeine and alcohol). This type of diet overworks, then damages the pancreas, so your body loses the ability to produce or use insulin correctly, the hormone that helps convert food into energy. As simple carbohydrates and sugars cease to be metabolized, they accumulate in the body and are stored as fat. Excess body fat and lack of exercise bring on insulin resistance, so less energy is moved into the cells. Type 2 diabetics produce insulin, but it isn't used properly (insulin resistance). Type 1 diabetes, a juvenile condition, is more severe and almost entirely dependent on insulin to sustain life.

Do you know the signs of diabetes?



Type 2: Largely Non-Insulin Dependent

- Are you always thirsty? Do you urinate too often?
- Do cuts and bruises heal slowly? Get frequent infections?
- Have you lost weight? Constantly tired? or drowsy?
- Is your vision blurry? mental acuteness foggy?
- Do you get leg cramps, or prickling in fingers or toes?
- Have you experienced episodes of impotence?

Type 1: Insulin Dependent

- Is the person unusually thirsty? Urinate too often?
- Is the person extremely hungry? unusually wanting to eat?
- Is the person unusually tired, lethargic drowsy, irritable?
- Does the person having unusual trouble learning?
- Has the person lost weight lately for no reason?
- Do cuts and bruises heal slowly?



Blood sugar balancing diet for diabetes control

Diet improvement is absolutely necessary to overcoming diabetes. Although some Type 2 diabetics must take insulin to regulate blood sugar levels, others can balance their blood sugar without drugs by following a controlled diet along with regular exercise. The diet below, in addition to balancing blood sugar use, has the nice "side effect" of healthy weight loss. (Since high blood sugar is also an indication of high triglycerides, the diet also generally reduces triglycerides.)

—**On rising:** take the juice of two lemons in a glass of water with 2 tsp. Pure Planet CHLORELLA powder.

—**Breakfast:** take a glass of aloe vera juice, or All One TOTALLY FIBER COMPLEX drink mix in apple juice or water to regulate sugar curve; or make a mix of 2 tbsp. each: nutritional yeast, wheat germ, lecithin granules, rice or oat bran. Sprinkle some daily on breakfast foods, or mix into yogurt with fresh fruit; or have 1) poached egg on whole grain toast; 2) muesli, whole grain or granola cereal with apple juice or vanilla rice milk; 3) buckwheat or whole grain pancakes with apple juice or molasses.

—**Mid-morning:** have a green drink like Crystal Star ENERGY GREEN RENEWAL™ or Green Foods GREEN MAGMA; or a sugar balancing herb tea, like *licorice* or *dandelion* tea.

—**Lunch:** have a green salad, with marinated tofu, and mushroom soup; or baked tofu, tofu burgers or turkey with steamed veggies and rice or cornbread; or a baked potato with yogurt or kefir cheese, or soy cheese and miso soup with sea vegetables; or a whole grain sandwich, with avocado, low fat or soy cheese, a low fat sandwich spread and watercress.

—**Mid-afternoon:** have a glass of carrot juice, and/or fruit juice sweetened cookies with a bottled water or herb tea; or watercress/cucumber sandwiches with a low fat sandwich spread; or a hard boiled egg with a veggie dip, and bottled water.

—**Dinner:** Keep it light! Have a baked or broiled seafood dish with brown rice and peas; or a stir-fry with rice, veggies and miso soup; or a beans and rice dish with onions and peppers; or whole grain or veggie pasta salad; or a mushroom quiche with whole grain crust and yogurt/wine sauce, and a small green salad. A little white wine is fine with dinner for relaxation and has surprisingly high chromium content. Beware! Overconsuming any alcohol can cause blood sugar to soar.

—**Before bed:** take Jarrow GENTLE FIBERS drink mix with apple juice; or MISO, 1 tsp. in warm water.

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Diabetes frequently leads to other health problems. Use the recommendations as needed for specific diabetic complications. Don't stop or reduce insulin without monitoring by your physician.

...**DIABETIC CATARACTS, GLAUCOMA, RETINOPATHY (damaged retina), RETINITIS:** the leading cause of new blindness in the U.S., is a disorder of the light sensitive retina caused by diabetes. —**Alternative healing protocols:** •*Bilberry* extract 2x daily for effective flavonoids; •*Ginkgo biloba* extract 3x daily for blood vessel circulation to the eyes; •PCOs from *grapeseed* or *white pine bark*, 100mg 3 times daily to reduce vascular fragility; •Quercetin 1000mg with bromelain 750mg 2x daily; •Lane Labs BENE-FIN shark cartilage caps 1200mg for blood vessel, capillary support; •magnesium 1200mg daily; •Ester C powder with bioflavonoids, ¼ tsp. at a time, 4 to 6x daily; •vitamin E 400IU 3x daily, especially for retinitis; •Planetary TRIPHALA caps as directed; •Solaray CENTELLA ASIATICA for optic nerve support; •B-complex 100mg daily with taurine 500mg.; MICROHYDRIN PLUS, royalbodycare.com, an antioxidant for the eyes. Note: Avoid foods sweetened with the additive aspartame. A diabetic retinopathy diagnosis may often really be aspartame toxicity in the eye.

...**DIABETIC CARDIOVASCULAR COMPLICATIONS:** People with diabetes are twice as likely as non-diabetics to suffer from coronary heart disease and stroke, five times as likely to suffer from arterial disease. —**Alternative healing protocols:** Use ginger in cooking often. Soy foods (esp. good for menopausal women at risk for diabetes-related heart disease), •*Ginkgo biloba* or •*Bilberry* extracts 120mg daily; •PCOs from *grapeseed* or *white pine bark*, 200mg daily; •*gymnema sylvestre* extract to lower blood lipids; •taurine to reverse blood clotting; •CoQ-10 100mg daily with vitamin E 400IU 2x daily to increase blood flow, decrease platelet aggregation; or •Golden Pride HEART HEALTH PAK daily, or •Metabolic Response Modifiers CARDIOCHELATE. •Omega-3 flax oil, 2 tsp. daily helps keep arteries free of fats. Take •Country Life vitamin B-12 sublingual 2500mcg with carnitine 1000mg. To help lower cholesterol: •MICROHYDRIN PLUS (rapid results) available from royal-health.com; •niacinamide 500mg 2x daily, and •chromium picolinate 200mcg daily, or •Solaray CHROMIACIN.

...**DIABETIC CIRCULATORY PROBLEMS AND ULCERS:** —**Alternative healing protocols:** consider chelation therapy. Today, it is an easy clinic procedure... and it works. Or try •Metabolic Response Modifiers CARDIOCHELATE as directed. Take •American Biologics emulsified vitamin A & D 25,000/1,000 IU (beta-carotene is not effective for diabetics, who cannot convert it to A). Drink aloe vera juice each morning. Take •zinc/methionine 30mg 2x daily to improve zinc status without affecting copper levels. Clean ulcers of necrotic tissue and apply a comfrey poultice, or •Country Comfort GOLDENSEAL/MYRRH salve. •AloeLife SKIN GEL (excellent results), •B & T CALIFLORA gel, or •tea tree oil/olive oil compresses.

...**DIABETIC OBESITY:** Weight control problems and heart disease run in a vicious circle. Obesity is a risk factor for heart disease; obesity is a risk factor for diabetes. Thus, diabetes is a risk factor for heart disease. Excess body fat plays a key role in Type II diabetes by contributing to insulin resistance - the inability of the body to deliver glucose to the cells for energy. Good diabetic meals are small, frequent (up to 6 mini meals a day), largely vegetarian, and low in fats. Slow-burning complex carbohydrates, like whole grains, beans and vegetables reduce insulin requirements. In fact, a diet like this allows some people to reduce, even stop their prescription medications. (Check with your doctor.) —**Alternative healing protocols:** You must lower your sugar and fat intake. Get help from •*stevia* herb, or •*gymnema sylvestre* herb before each meal to help normalize pancreas activity and increase insulin output; •Lewis Labs FIBER YEAST in the morning helps, or •Edge Labs CARB OUT drink with chromium picolinate and white kidney bean extract; or •chromium picolinate 200mcg daily. •Source Naturals RELORA caps reduce stress-eating; •Acetyl-carnitine 1000mg, •Magnesium 800mg, and •Vitamin E 400IU daily help overcome insulin resistance. Most diabetics suffer from essential fatty acid deficiency. My favorite sources: •*Evening Primrose* oil 4000mg daily, flax oil 2 tbsp. daily, and sea greens (any kind works. I like Maine Coast delicious roasted seaweed, available at healthyhealing.com), 2 tbsp. daily snipped on soup, salad or rice. A weekly dry sauna helps regulate sugar and control cravings.

...**DIABETIC NEPHROPATHY:** Kidney disease resulting from diabetic small blood vessel malfunction. —**Alternative healing protocols:** Avoid red meats - eat fish or chicken instead - especially salmon; take •*gymnema sylvestre* water soluble extract before meals; •alpha lipoic acid 600mg daily; •Acetyl-carnitine 500mg daily; Lane Labs BENE-FIN shark cartilage caps for blood vessel and capillary support.

...**FOOD ALLERGIES:** When testing for glucose tolerance, be sure to take food tolerance tests to determine food allergies. Avoid foods like red meats and hard cheeses, refined carbohydrates like white breads, and preserved foods. Eating a lot of processed meats like salami, bologna and hot dogs increases diabetes risk by 46%. Choose sea foods or hormone-free poultry protein instead. Avoid cow's milk especially and all fatty dairy foods. There is a definite link between cow's milk and Type 1 Juvenile Diabetes. Keep your diet high in fresh fruits and vegetables for fiber. Aspartame (in sweeteners like NutraSweet, Sweet 'N' Low and Equal) deplete insulin reserves. —**Alternative healing protocols:** •HCL 600mg with meals, digestive enzymes after meals, like •Transformation DIGESTZYME with PUREZYME, or •Prevail DAIRY ENZYME formula for lactose intolerance. Regular coffee can decrease insulin sensitivity by as much as 15%. Avoid it if you have diabetes. Green tea may be a better choice. USDA research shows green tea's catechins enhance insulin activity.

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...**DIABETIC NEUROPATHY:** Damage to peripheral nerves characterized by numbness, tingling, pain, cramping in hands and feet. —**Alternative healing protocols:** Follow a vegetarian diet; take •Alpha lipoic acid 600mg daily to lower blood sugar and reduce severity and frequency of symptoms; take •Quercetin with Bromelain 2x daily, or Solaray QBC COMPLEX; Take •MSM 800mg daily to strengthen nerves; •PCO's from *grapeseed* or *white pine bark*, 300mg daily reduce vascular fragility; •*gotu kola* capsules 6 daily provide nerve support. •*Ginkgo Biloba*, *Hawthorn* or *Bilberry extracts* enhance circulation; •*Evening Primrose Oil* caps 4000mg, or •choline 600mg help nerve damage; •biotin 1000mcg 6x daily; •Apply capsaicin cream or Nature's Way CAYENNE PAIN RELIEVING ointment to affected areas for pain relief. •Magnetic foot pads produce good results; •Nature's Secret ULTIMATE B shores up deficiencies, add vitamin B-12 sublingual 2500mcg, every other day for a month; •Vitamin C 3000mg, •Acetyl-L-Carnitine (ALC) 2000mg •Magnesium 800mg daily.

Is Syndrome X the future of Diabetes? Are you on the path to Syndrome X? New research says you may be.

Syndrome X is estimated to affect up to 95 million Americans - one of the most serious health threats facing the modern world! Syndrome X is a very complex condition, but the common denominator is insulin resistance (diabetes). Insulin fluctuations overwhelm the body, and the cells become resistant to insulin. Blood sugar levels soar out of control, setting off a damaging free radical cascade, inflammation and metabolic problems. The condition often goes undetected by doctors for years, because Syndrome X complications are so varied. Gland problems like infertility, polycystic ovary syndrome and irregular menstruation are often involved, so are increased risk of colon and breast cancer, lupus, and liver disease. Any one of these problems is a threat - combined in the Syndrome X pattern, even lethal. Insulin resistance causes great damage to the cardiovascular system and blood vessels. High blood pressure is common, and people with Syndrome X have very high risk of heart attack, stroke and coronary heart disease. Excess insulin also provokes the liver to make more cholesterol, dump more fats into the bloodstream, and allow more fat storage, reasons why people with Syndrome X have such a hard time losing weight. Excess fat around your waist is a primary sign. The medical approach to Syndrome X relies on using a different drug "patch" for each problem, so the typical patient is juggling 4 or 5 different prescriptions, (and possibly adverse drug reactions and side effects). For example, statin drugs used to control high cholesterol are highly toxic to the liver. Using them long term can compound Syndrome X complications like fatty liver disease and obesity. Natural therapies, in contrast, are well suited to treat Syndrome X, helping to rebalance blood sugar levels, and get high blood pressure and cholesterol back under control without side effects or toxicity. Ask a holistic practitioner if natural treatments are a good option for you.

What's causing the Syndrome X epidemic? Our lifestyle bears much of the responsibility. The main triggers of Syndrome X are lack of exercise, and diet overloads of sugar, refined carbs, saturated and trans fats. Smoking, chronic stress and alcohol abuse accelerate it. Heredity may play a role. African American women, Hispanics, Native Americans and Pacific Islanders who have adopted a western lifestyle (and eating patterns) are the hardest hit by this syndrome, but the epidemic is growing in all of America's middle aged baby boomer population.

Are you at risk for Syndrome X? Three or more of these symptoms may be a sign.

- Obesity, especially if you have an apple shaped body (excess weight around the middle) or a protruding stomach (a sign of liver enlargement).
- Diagnosed high cholesterol or triglycerides. Fasting blood glucose higher than 110. Cholesterol deposits on the skin (xanthelasma).
- Poor circulation or arteriosclerosis. Blood pressure greater than 140/85 mmHg.
- Poor immune response with frequent colds, flu or candida yeast infections. Retinal changes, cataracts.
- Polycystic ovaries (signs include irregular menstruation, hirsutism, acne and obesity).

Natural therapies for Syndrome X: Key natural recommendations that you can easily implement. Choose several recommendations.

1) Get diet triggers under control. Never fry! Avoid excess caffeine, saturated and trans fats, alcohol, salt, sugary foods and refined carbohydrates. Focus on healthy proteins from seafood or hormone-free turkey, non-starchy vegetables, and whole grains (oats and oatmeal especially good). Eat fruits in moderation until balance is achieved. 2) Low essential fatty acids worsen Syndrome X by triggering inflammation. Eat seafood (especially salmon) 3 times a week for Omega 3 fatty acids. Add regularly: sea veggies, olive oil and dark greens like spinach are good sources of EFAs. Consider EVENING PRIMROSE OIL 3000mg daily. 3) Drink green tea or Crystal Star GREEN TEA CLEANSER™ daily to maximize metabolism and block starch absorption. Consider a cholesterol-balancing drink like Jarrow GENTLE FIBERS. 4) Maitake Products MAITAKE SX FRACTION helps reduce blood glucose and insulin resistance (clinical tests). 5) Alpha lipoic acid 250-600mg daily improves insulin sensitivity, and is an antioxidant, liver and nerve protector (check with your physician if you are also on drug therapy). 6) Milk thistle seed extract, 15 drops daily for 1-3 months strengthens the liver and reduces insulin resistance. 7) Chromium 200mcg daily helps rebalance blood sugar levels (check with your physician if you are on drugs). 8) If you have high homocysteine (common in Syndrome X), use my 3 point program to lower it on pp 440. 9) Very important! Strive for 30 minutes of aerobic exercise daily. No program for Syndrome X will work for long without regular exercise.

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Diet and Lifestyle Support Therapy



Nutritional therapy plan:

Start with diet improvements. *Don't skip meals.* Most diabetics should eat 6 *mini meals a day, especially if they're on insulin therapy.*

Your ongoing diet should be low in fats and total calories, largely vegetarian, rich in good fats like olive oil and proteins from sea greens, unroasted nuts, green superfoods like barley grass, spirulina and chlorella, and vegetable sources like soy foods and whole grains, for lecithin and chromium. Vegetables especially supply slow-

burning complex carbohydrates that don't need much insulin for metabolism, preventing rapid blood sugar spikes. 50 to 60% of the diet should consist of fresh or simply cooked vegetables.

1—Eliminate sugars, alcohol, fried, fatty, refined carbohydrates and high cholesterol foods. Avoid cow's milk especially and all fatty dairy foods.

2— Avoid caffeine and caffeine foods (except green or white tea), hard liquor, food coloring and sodas. Even "diet" sodas have phenylalanine that can affect blood sugar levels.

3—Sweeten with stevia herb, or Trimedica SLIM SWEET instead of sugar. Stevia doesn't have sugar's insulin requirements and reduces food cravings. One of my staff knows a diabetic who required a foot amputation as a result of chronic high blood sugar reactions.

4—High fiber foods are a key, and in mild cases, can lead to discontinuation of insulin therapy. Fiber improves control of glucose metabolism, lowers cholesterol and triglyceride levels, and promotes weight loss. Poor bio-chemistry often results from being overweight. Use a fiber weight loss drink, like All One TOTALLY FIBER COMPLEX or Jarrow GENTLE FIBERS.

5—Chromium-rich foods are key: whole grains, nutritional yeast, string beans, eggs, cucumbers, liver, onions, garlic, fruits, cheese, shiitake mushrooms, wheat germ, etc.

6—A daily green salad with Omega-3 flax oil dressing for EFAs. Eat salmon twice a week.

—Bodywork and lifestyle measures:

- Don't smoke; nicotine increases desire for sugary foods.

- Exercise! Insulin resistance drops by nearly 2% for every 200 calories burned through exercise. Walking is the best exercise for diabetics, to increase metabolism and reduce need for insulin. A daily 3mph walk decreases risk by 50% !

- Alternating hot and cold hydrotherapy boosts circulation.

- Hot tub therapy: A study reported in the New England Journal of Medicine shows soaking in a hot tub for 30 minutes a day for three weeks lowers blood sugar levels 13%!

- Deep therapy massage helps regulate blood sugar use.

- Avoid phenylalanine. No Nutra-Sweet or Aspartame products. Check labels on colas, diet drinks, they may trigger diabetes.

- Get eight hours of sleep a night. Sleep deprivation increases diabetes complications.

Herbal, Superfood and Supplement Therapy

Interceptive therapy plan: Choose 2 to 3 recommendations.

1—Stabilize blood sugar: •Crystal Star SUGAR CONTROL HIGH™ helps insulin balance; •Pacific BioLogic BITTER MELON caps help both high and low blood sugar attacks; •Nutricology GLUCOSOL with *banaba*, clinically proven to activate cellular glucose transport. (*Ask a practitioner if you're on insulin.*) •Adapters like GTF Chromium or chromium picolinate 200mcg, •VANADIUM 25mcg daily (*diabetics usually make enough insulin, chromium and vanadium help them use it.*) •Siberian eleuthero extract or •Imperial Elixir SIBERIAN ELEUTHERO or •Grifron MAITAKE SX FRACTION (*enhances insulin sensitivity*) •vitamin E, 800IU daily; •*Bilberry* extract or *rosemary* tea balance blood sugar. •*Neem* and *turmeric* powder, ¼ tsp. each in 1 tsp. honey before meals.

2—Lower blood sugar levels: •Lipoic acid 600mg daily (*lowers glucose levels up to 30%*); •Crystal Star FEEL GREAT NOW!™ (*with ginseng, a proven aid to blood sugar control*); or •*Olive Leaf* extract or •Nutricology PRO-LIVE; •Biotin 3000mcg daily. •PSP Marketing VITAL PSP PLUS improves glucose absorption; •*Fenugreek seed* tea daily, •Vitamin C 3000mg helps blood sugar levels in non-insulin dependent diabetics. •Magnesium 400mg combats insulin resistance. •*Devil's club* infusion to lower blood sugar levels in type 2 diabetics.

3—Normalize pancreas / insulin activity: •*Gymnema sylvestre* extract before meals helps repair the pancreas, and damage to liver and kidneys. •Ester C 3000mg daily increases insulin tolerance, normalizes pancreatic activity. •Glutamine 1000mg with acetyl-carnitine 1000mg; •DHEA 25mg increases cell sensitivity to insulin. •*Burdock, Pau d'arco* or *Astragalus* tea, for 3 months; •*garlic* capsules 6 daily.

4—Help prevent nerve damage with EFAs: •*Evening Primrose Oil* capsules 1000mg daily, •Omega-3 flax or fish oil (for DHA) 3000mg daily; Planetary REISHI SUPREME.

5—Raise your antioxidant defenses: •Alpha lipoic acid 300mg daily; NAC (N-acetylcysteine) 150mg, Pycnogenol or grape seed PCOs 200mg daily; CoQ10 120mg per day.

6—Boost energy: •Crystal Star ADRENAL ENERGY BOOST™ caps for cortex support with ENERGY GREEN RENEWAL™ for stable energy. •Spirulina tablets 6 daily to elevate mood. —**A vitamin regimen solves many diabetes problems:** Solaray B-12 2500mcg, B-complex 100mg, with pantothenic acid 500mg daily for adrenal activity, niacin 250mg stimulates circulation, zinc 50mg for more immune strength. Magnesium/potassium/bromelain helps control blood pressure. Nature Made DIABETES HEALTH PACK (*replenishes nutrients drained by the disease*).

—**Superfood therapy:** Choose one or two recommendations.

- Herbal Answers ALOE FORCE JUICE.
- Futurebiotics VITAL K.
- All One TOTALLY FIBER COMPLEX.
- Green Kamut JUST BARLEY.

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