

# **DIABETES is epidemic in North America**

Diabetes kills approximately 350,000 North Americans per year.

It is the third largest killer after heart disease and cancer.

Diabetes is the number one cause of blindness in North America

## **Two Types of Diabetes:**

**Type I** – Juvenile diabetes representing 10% of diagnosed cases. Known causes include:

- damaged beta cells in pancreas caused by viral infections (flu, mumps, chicken pox, measles)
- environmental chemicals
- stress
- genetic (inherited)

**Type II** – Adult Onset diabetes, representing 90% of diagnosed cases. There are two types of Type II Diabetes:

- a) **Insulin Dependent** – caused by not enough insulin being manufactured by the pancreas
- b) **Insulin Resistant** – caused by ....
  - insulin receptors malfunctioning, OR
  - insulin receptors missing

**To reduce the risk of developing Type II Diabetes, we must maintain good blood sugar levels, which is dependent on four things:**

- 1) wise diet (including adequate fiber & avoidance of simple carbohydrates);
- 2) healthy pancreas;
- 3) healthy adrenal glands;
- 4) exercise

The PANCREAS makes INSULIN. Insulin is the “door-man” for the cell – it opens the door and allows glucose into the cell. In order to have a healthy pancreas, it is essential to consume adequate nutrients, especially protein, vitamin C, B vitamins, and zinc.

The “Insulin Receptor Sites” on the cell can be compared to “door-knobs”. Insulin resistant diabetics often have:

- “Missing door-knobs”, which is usually due to lack of nutrients (minerals, B vitamins, and all of the amino acids) and a dirty liver. Therefore, Alfalfa, B Complex, Raw, Complete Soy Protein, DTX (milk thistle formula) is recommended;

OR

- "Door-knobs" covered with fat. Therefore, they are malfunctioning, and insulin cannot open the door to allow glucose in. Weight loss is essential to solve this situation.

**DIABETICS TAKE WARNING!**

Insulin DOES NOT CURE diabetes!

Insulin keeps you alive.

Due to more understanding of blood sugar, diabetics rarely die from elevated blood sugar levels now as they did in the past. However, instead, they have to contend with the *LONG-TERM COMPLICATIONS of the DISEASE* that will happen in 5 to 15 years unless steps are taken to prevent or reduce the complications.

**Complications of Diabetes:**

1. Heart Disease (narrowing of large arteries that supply the heart + increased risk of strokes + high cholesterol & triglycerides due to high sugar level in blood)
2. Peripheral Vascular Disease (poor circulation to the legs & feet leading to gangrene & amputations)
3. Retinopathy (narrowing & breakage of blood vessels in the eyes leading to blindness)
4. Neuropathy (tingling, burning, numbness, and pins and needles sensations, especially in legs and feet)
5. Kidney Problems (do to high sugar in urine) – kidney failure is the cause of death for many diabetics.
6. High Blood Pressure (due to narrowing of the blood vessels)
7. Infections (Diabetics are more prone to infections and often don't heal well.)

**Reduce the Impact of Diabetes on Your Life!**

- 1) Exercise (removes glucose from the blood without insulin)
- 2) Follow the Diabetics Diet Management principles (to follow) This is ESSENTIAL!
- 3) Take supplements to reduce or prevent the complications, as well as help prevent disease.
- 4) Since obesity can affect insulin receptor sites, get weight under control.
- 5) Don't smoke anything! (It causes constriction of arteries)

**SUGGESTED SUPPLEMENTS:**

***Glucose Regulation Complex*** is where to start. It helps the uptake of glucose into the cells by making the receptor sites work more efficiently.

- 1) Soy Protein - low fat protein source (essential for healthy insulin receptor sites)
- 2) Multiple – Vita-Lea (vitamin & mineral smorgasbord)
- 3) Fiber (slows down glucose absorption into blood)

- 4) OmegaGuard, Lecithin, and Milled Flaxseed or Flaxseed Oil Capsules (from Shaklee Canada) - - (helpful for neuropathy symptoms & reduces heart disease risk)
- 5) Vitamin E (improves circulation, helps reduce risk of clotting, reduces risk of retinopathy & neuropathy, and reduces oxidation – thereby, reducing LDL cholesterol)
- 6) B Complex (reduces neuropathy, reduces plaque formation in arteries, increases glucose utilization, and increases immunity)
- 7) Vitamin C (natural infection fighter, improves healing, and essential for health of eyes & kidneys)
- 8) Alfalfa, an excellent source of minerals (diabetics experience excess mineral loss due to frequent urination)
- 9) Zinc (essential for pancreas health and to increase the body's immune function)
- 10) CarotoMax in U.S. / Advanced Beta Carotene PLUS in Canada (for the eyes)

### **Diabetics Diet Management**

Individuals who has followed this principle recommended by a medical doctor, have had GREAT SUCCESS in controlling their blood sugar level, and in some cases where the person was a Type II Adult Onset Diabetic on insulin, even the need for insulin was reduced to not needing either insulin by injection or by pill ..... ***IT WORKS!***

### **Diabetics should have 10% grams of Carbohydrates to the number of Calories**

*For example: If the total calories of a meal are 450, then there needs to be 45.0 grams of carbohydrates*

### **ESSENTIAL:**

No white flour products (use 100% stone ground flour).  
No white sugar (use stevia, fructose, or raw honey in moderation).

It is difficult to get the numbers in the 10% Ratio to match perfectly .... The following "safe range" provides appropriate flexibility:

**Example:** 30 gms carbs to 300 calories

- start with the number of carbohydrates & multiple them times 1.5 ( $30 \times 1.5 = 45$ )
- add and subtract 45 from 300 calories  $300 + 45 = 345$  /  $300 - 45 = 255$
- 255 to 345 is the "safe range" for 30 gms carbs

| <b><u>Example of a Breakfast</u></b> |              | <b><u>Calories</u></b> | <b><u>Carbs</u></b> |      |
|--------------------------------------|--------------|------------------------|---------------------|------|
| Orange juice (1/2 cup)               |              | 56                     | 13.3                |      |
| 2 pieces stone ground toast          |              | 100                    | 16.0                |      |
| 2 teaspoons butter on toast          |              | <u>35</u>              | <u>0.0</u>          |      |
|                                      | <i>Total</i> | 191                    | 29.3                | POOR |
| ADD poached egg                      |              | <u>78</u>              | <u>.4</u>           |      |
|                                      | <i>Total</i> | 269                    | 29.7                | GOOD |

$29.7 \times 1.5 = 44.5$  ( $297 = 44.5 \times 341.5$  /  $297 - 44.5 = 252.5$ ) Safe Range = 252 to 341

There are several books available through bookstores that provide a breakdown of calories and carbohydrates (one is "Calories & Carbohydrates" by Barbara Kraus).

**Complications will happen with**  
**ALL Diabetics**  
**(usually within 5 to 15 years)**  
**UNLESS YOU DO SOMETHING TO PREVENT THEM!**

It is worth the investment in quality of life to make the Necessary changes!