

Blood Sugar and Diabetes

Medical Professionals

- Dr David Perlmutter (Neurologist)
- Dr Alessio Fasano (genes DQ2, DQ8, DQ....)
- Dr William Davis (Cardiologist – gluten and inflammation)
- Dr Tom O'Bryan (inflammation caused by food sensitivities)
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Diabetes

A major hindrance to a healthy lifestyle revolves around **blood sugar levels**. In the past, before our modern Western diet, diabetes was extremely rare. Around the world today, more and more people are becoming diabetic. Diabetes have **increased more than 700 % in the last 50 years**.

There is a staggering amount of misinformation on diabetes. Most diagnosed diabetics find themselves in a **black hole of helplessness**, clueless about **how to reverse their condition**. **Many don't even realize that they can reverse diabetes**. They believe their fate has been sealed and all they can do now is "control" it. The bigger concern is that more than half of those with **type 2 diabetes** are **NOT even aware** they have diabetes and 90% of those who have a condition known as **prediabetes aren't aware** of their circumstances, either. Not only is type 2 diabetes completely preventable, it is usually curable if you are willing to make some simple, inexpensive lifestyle adjustments that **will restore your insulin and leptin sensitivity**. The causes of diabetes Type 2 tend to be **multi-factorial**.

Recent research suggests that the diet most South-Africans are raised on, may be contributing to a substantial increase in diabetes. The theory is that a diet high in processed foods, milk sugar, table sugar, processed fats and certain proteins can throw off our natural system's balance, causing our sugar-regulating mechanisms to go awry.

Diabetes is **NOT a disease of blood sugar**, but rather a disorder of insulin and leptin signalling.

The purpose of the **pancreas is to produce the hormone insulin** and **secrete it into your bloodstream**, thereby regulating your glucose at the levels your body needs to live. The function of insulin, then, is to **act as a source of energy for your cells**. **Insulin** acts as a **travel guide**, escorting sugar through the bloodstream it "knocks on and unlocks the cells' doors" to allow glucose to enter.

Leptin is a hormone produced in your **fat cells**. One of its primary roles is to regulate your appetite and body weight. It tells your brain when to eat, how much to eat, and when to stop eating, which is why it's called the "**satiety hormone**". It also tells your brain what to do with the energy it has. **When your body develops a resistance to leptin**, you're **on your way to diabetes**, if you're not already there. Processed foods are the main source of all the primary culprits, including high fructose corn syrup and other sugars, like milk sugars, processed grains, trans fats, artificial sweeteners, and other synthetic additives that may aggravate metabolic dysfunction.

Causes for Type 1 Diabetes

Symptoms appear rapidly

- Trauma
- White sugar consumption
- Dairy Milk consumption (milk sugar and milk protein)
- Trans-fatty-acid consumption
- Gluten protein consumption
- Low Vit D levels
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Causes for Type 2 Diabetes

Symptoms appear gradually

- Diet and Poor lifestyle
- White sugar consumption
- Dairy Milk consumption
- Trans-fatty-acid consumption
- Gluten consumption
- Low Vit D levels

Milk Protein and Diabetes

There is now increasingly strong evidence that the **early introduction to cow's milk** is a significant cause of Type 1 diabetes in susceptible young children (Children with DQ-Genes). That Dairy **Milk** is the **leading cause of Diabetes**, because of the High Protein and also the Milk Sugars in cow's milk.

Dairy milk has **300% more protein** than **human breast milk** (1.4% protein). The human body is not designed for such a complex process to break down that amount of protein. There are 30 different kinds of protein in cow's milk – e.g. casein, beta-lactoglobulin, bovine serum albumin etc. Cheese is even 4 x more concentrated than milk.

According to the *New England Journal of Medicine* article (30th July 1992) 'Babies who consume **dairy** are **more at risk of developing Type 1 Diabetes**'.

A Finnish Study showed:

- Finland - The world's highest rate of dairy product consumption and the world's highest rate of insulin dependent diabetes. Antibodies produced against the milk protein during the first year of life, the researchers speculate, also attack and destroy the pancreas in a so-called auto-immune reaction, producing diabetes in people whose genetic make-up leaves them vulnerable.... They found that everyone on the study had at least eight times as many antibodies against the milk protein as did healthy children, clear evidence that the children had a raging auto immune disorder'.

Gluten and Diabetes

According to Dr Alessio Fasano '**No human protein digestive enzyme** made by the **pancreas** or the **liver** is capable of fully breaking down gluten'. The closest enzyme is called DPP4 and it can break down **partially** but no enzyme produced in the human digestive tract can break this down.

Gliadin (in gluten-foods) does not break down easily in the body because they are extremely hydrophobic ("water fearing"), and contain disulphide bonds (the same kind found in human hair and vulcanized rubber as a result, undigested wheat gliadin fragments can enter through the intestinal wall, gaining systemic access to the human body. This can result in inflammatory and autoimmune conditions like Diabetes.

Wheat and Diabetes

Amylopectin A is the "complex" carbohydrate unique to wheat. *Amylopectin A*'s highly digestible nature is responsible for the sky-high blood sugars that result after, say, **two slices of whole wheat bread** that **increases blood sugar higher than six teaspoons of table sugar**. (Doubt this is true? Test it yourself with an inexpensive glucose meter by checking blood sugars 1-hour after consuming each test food). Wheat cannot be properly digested. Wheat causes **digestive issues** and **Gut Dysbiosis**. Wheat leads to **Inflammation** in the body. Wheat leads to **insulin resistance** and a raise in blood sugar levels because it contains *amylopectin A*. Wheat is a **perfect obesogenic** and causes **weight gain** because it contains gliadin and *amylopectin A*.

Experimental animal data suggest that the lectin of wheat, wheat germ agglutinin, has the capacity to bind to the leptin receptor, the hormone of satiety. This potentially adds to the appetite amplifying effect of wheat. It means that you eat without triggering the feeling of satisfaction, but want more.

WHAT TO DO

1. Check for gluten sensitivity, which has been associated with Diabetes, constipation, cramping, bloating, **inflammation**.

Consider doing the ImuPro100 blood test - TtG (trans-tissue-glutamines)

OR simply eliminate **gluten** from diet!

2. Check for Casein sensitivity, which has been associated with Diabetes, diarrhoea, eczema, skin conditions, sinusitis, inflammatory diseases etc.

Consider doing the ImuPro100 blood test

OR simply eliminate **Casein** from diet!

3. Use **Glucochrom** daily

AIM GlucoChrom™ combines some of nature's strongest sugar modulators to help the body maintain healthy blood sugar levels. Chromium, vanadium and bitter melon appear to improve the processing of insulin, the hormone that helps sugar leave our bloodstream and enter our cells. Chromium has also been shown to lower body weight while increasing lean body mass. The normal recommended intake of chromium for adults and teens is generally defined as 50 to 200mcg daily, but the vast majority of SA's get less than 50mcg per day. Vanadium also improves insulin utilization, resulting in improved glucose tolerance and reducing the production of cholesterol.

Bitter melon and Gymnema sylvestre both appear to enhance the ability of the pancreas to produce insulin. This patented barley-based LeafBrand™ chromium is uniquely plant-based, for optimum absorption. It is believed this biologically active form is more readily absorbed and utilized by the body.

Glucochrom is a special LeafBrand barley chromium product that helps maintain healthy blood sugar levels that result in consistent energy levels.

- Take 1 capsule 2 times per day. Best taken before meals.
- Close tightly after opening and store in a cool, dry, dark place. Do not refrigerate.

4. Use **AlMega** or **OmegaGenics** daily

Eliminate trans-fats, which increase your risk for diabetes and inflammation by interfering with your insulin receptors. Get plenty of omega-3 fats from a high-quality, source.

EPA and DHA - blunt the postprandial (after-meal) surge in digestive by-products (chylomicrons and VLDL) that oppose insulin.

If NOT cutting milk-sugars, milk-protein and gluten protein out of the diet, you **NEED** to take the following **DAILY**...

Take the following daily:

1. BarleyLife
 2. Glucochrom
 3. Herbal Release
 4. FloraFood
 5. AlMega
- ✓ BarleyLife is Anti-inflammatory and help heal the Villi and small intestine.
 - ✓ FloraFood helps stabilize intestinal pH and restore bacteria count. **FloraFood** contains a special blend of three powerful friendly bacteria – *L. gasseri*, *B. bifidum* and *B. longum*. Friendly bacteria promote the production of B vitamins, maintain digestive and intestinal health, helps digest lactose and protein, Helps produce B1, B2, B3, B5, B6, B12, A, K, help restore friendly bacteria, help relieves anxiety and depression, for Food Sensitivities and Food Allergies etc.

- ✓ The Lymphatic system gets blocked if too much **Inflammation in the blood**. The liver and bile ducts gets blocked which in turn affects the pancreas. If NOT cutting dairy sugars, protein like gluten and unhealthy fats from diet, Use Herbal Release Daily! Herbal Release contains burdock root, cascara sagrada, chickweed, dandelion root, echinacea etc.
- ✓ AIMega is anti-inflammatory and helps strengthen the cell membrane of every cell. Also important for optimal functioning of the Endocrine system as the pancreas are part of the hormonal system.

Consume Fibre-rich foods

People who eat more than 26 grams of fiber a day has an 18% **lower risk** of developing type 2 diabetes than those who eat 19 grams a day or less. **Fiber may benefit diabetes by altering hormonal signals**, slowing down nutrient absorption or altering fermentation in the large intestine, along with promoting feelings of satiety and weight loss. Many **whole foods**, especially **fruits and vegetables**, naturally contain *both* **soluble and insoluble fiber**. If your diet could use more fiber, resist the urge to fortify it with whole grains.

If Diabetic, USE Herbal Fiberblend EVERY DAY!

Herbal Fiberblend is a unique and powerful combination of cleansing herbs and psyllium to sweep the digestive system clean of toxins and food debris. Excellent for constipation and diarrhea.

A Must for Diabetes!

- Herbal Fiberblend contains 19 Cleansing and Healing Herbs
- Unique combination provides the perfect way to maintain digestive health
- Keep digestive system clean
- Acts like a 'broom'
- **Stabilise blood sugar levels**
- Promote peristalses
- Not-habit-forming and No Laxative!

Drink Water – Stay Hydrated!

Dehydration can elevate your blood sugar so it is wise to stay well hydrated.

Daily Moderate EXERCISE!

- Get sun exposure for vitamin D production!
- Participating in a favourite sport is vital.
- **If struggling with Energy...** provide a daily scoop of **Peak Endurance** for energy and electrolyte replenishment!

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Disclaimer: I am not a doctor, or a medical practitioner in any shape, form, or variety. NOTHING in this article/notes/recommendation represents medical advice, nor is intended to treat, cure, or mitigate any disease. NO matter how much fun any of my ideas relating to diet, exercise, or lifestyle might sound, you MUST seek medical advice before making changes to your diet or embarking on any exercise program.