

Are you developing Type 2 diabetes

Great Britain and Ireland, like the United States, has seen a remarkably rapid rise in pre-diabetes and type 2 diabetes over the last decade. According to a recent BBC 1 News report, more than one-third of British adults are now pre-diabetic.

In 2003, 11.6 percent of Britons had pre-diabetes. By 2011, that figure had more than tripled, reaching 35.3 percent. Researchers warn that this will lead to a massive avalanche of type 2 diabetics in upcoming years, which will have serious consequences for health care and life expectancy.

Unfortunately most people have absolutely no idea just how serious and debilitating Diabetes can be. It is assumed that if you take your insulin medication correctly that you will be ok...nothing could be further from the truth! Diabetes can lead on to horrible debilitating and disabling, and sometimes fatal complications such as blindness, amputation of limbs due to gangrene, heart failure and heart attack, liver disease, kidney failure, Alzheimer's and many more.

In the United States one in four has some form of diabetes or pre-diabetes. What's worse, both type 1 and type 2 diabetes among children and teens has also skyrocketed.

Conventional Medicine Has It All Wrong..

Statistics such as this point to two very important facts. First, it tells us that diabetes cannot be primarily caused by genetics, and secondly, it literally screams that something we're doing, consistently and en masse, is horribly wrong, and we need to address it.

So let's have a look at how diabetes 2 develops

Insulin is a hormone that is produced by the beta cells of the pancreas. These cells are scattered throughout the pancreas in small clusters known as the islets of Langerhans. The insulin produced is released into the blood stream and travels throughout the body. Insulin is an essential hormone that has many actions within the body. Most actions of insulin are directed at metabolism (control) of carbohydrates (sugars and starches), lipids (fats), and proteins. Insulin also regulates the functions of the body's cells, including their growth. Insulin is critical for the body's use of glucose as energy.

So what goes wrong?

1. Initially there is an increase in blood sugar caused by the over consumption of sugar, carbohydrates and the lack of exercise which would have burned the excess glucose up.. Blood sugar will also be elevated if you are chronically stressed as the stress hormone Cortisol's job is to mobilize sugar from storage into the blood stream to give you the energy to "fight or flight"
2. The Pancreas responds to the increased blood sugar by secreting more and more insulin to get the blood sugar into the cells to give usable energy.

3. The cells become over stimulated with insulin and stop “listening” to the signal. (insulin resistance) This is in the same way as our nose gets fatigued when we are testing perfumes...we eventually cannot smell any perfume. As a result, higher levels of insulin are needed in order to have the correct effect. So the pancreas compromises by attempting to produce ever higher levels of insulin, swamping the cell wall still further causing more resistance.

4. Insulin then drives the blood sugar out of the blood, turning it into fat, and weight is gained, especially on the belly. This leads to low blood sugar (hypoglycemia) They will also feel exhausted, especially shortly after eating a high carbohydrate or sugary meal.

5. With insulin resistance, the pancreas produces more and more insulin until the pancreas becomes exhausted and can no longer produce sufficient insulin for the body’s demands. The result is that blood sugar starts to rise.

6. The lack of usable glucose (hypoglycemia) for fuel in the cells leads to increased cravings for sugar and carbohydrates, we eat more of these...and the downward cycle continues

7. Eventually the over worked Pancreas cells get worn out, and stop producing enough insulin, leading to a permanently high blood sugar (hyperglycemia) which we call Type 2 diabetes.

8. A high blood sugar (hyperglycemia) changes our blood Ph. and makes it a little too acidic. This leads to internal environments which causes pathology in our organs and tissues, but also will promote the growth of pathogenic yeasts...Candida. Yeasts depend on sugar. In order to keep the blood sugar levels up yeasts produce alcohol this has a blood sugar elevating effect. Once the blood sugar begins to fall, the body starts to crave sugar again and the cycle continues. In every case of diabetes or suspected insulin resistance I have tested, Candida has been present!

9. Prescribing insulin therapy actually tells the Pancreas it does not need to produce insulin anymore, so it stops. You are now dependent on an artificial drug which has serious side effects, to keep your blood sugar down, while you continue to eat sugar forming carbohydrates. Your body remains too acidic, and your organs degenerate.

10. Unfortunately all Type 2 diabetics treated this way are much more likely to die prematurely, having suffered years of complications such as heart disease, Alzheimer’s, blindness, gangrene, liver disease, and kidney failure.

Type 2 diabetes is a very serious and potentially lethal disease which is entirely preventable and curable using diet, lifestyle and other natural methods. Conventional medicine does not address the root cause of diabetes...rather it attempts to “manage” the symptoms using medication. It is assumed in conventional medicine that high blood sugar is caused by a lack of insulin...wrong! It is caused by insulin resistance brought on by an over consumption of glucose forming foods, sedentary lifestyle and stress...all of which are preventable, and reversible

Insulin Resistance Symptoms (hypoglycemia) may include:

- Sugar cravings (sweets, confectionery, fizzy drinks, fast food)

- Carbohydrate cravings (refined white bread, cereals, pasta, rice, potatoes)
- Fatigue, especially shortly after meals, or prolonged fasting
- Constant hunger
- Weight gain especially on the belly
- Disturbed sleep
- Foggy brain, difficulty concentrating and poor memory
- Feeling cold even in warm weather
- Low libido, lack of interest and depression
- Aggressiveness, short fuse and anger outbursts.

How to positively effect the healing of diabetes.

Lifestyle changes (detox, diet, weight loss, exercise, stress reduction)

Insulin resistance can be reversed by addressing two factors;

First, the need for insulin can be reduced by reducing the high glycemic foods and drinks, and addressing the cause of your stress, whether emotional or toxicity induced.

Second, the sensitivity of cells to the action of insulin can be increased back to normal.

How do I know this is possible? Because I have had insulin resistance myself and have completely cured it using these methods. I have also helped clients achieve the same results.

In this practice we specialize in detecting the root cause of chronic disease, including diabetes, and eliminating it. We also promote the restoration of normal physiological function using Functional Nutritional Therapy and lifestyle changes. We have a whole suit of natural therapies at your disposal all of which benefit natural healing and a return to complete wellbeing.

If you feel you may have insulin resistance, and you would like to resolve it before it turns to diabetes 2, or you have diabetes 2 and would like to improve your health dramatically, there is help at hand

Call Linda on 02866328200