

# DIABETES EPIDEMIC

Diabetes is the Fastest Growing Disease in the World Today!  
According to the Centre for Disease Control... Diabetes is an epidemic.

Diabetes is the 5th leading cause of death in the UK with over 100,000 deaths each year from diabetes-related complications.

Among U.K adults, diagnosed diabetes increased 49% from 1990 to 2000.and is accelerating every year.

## What is Diabetes Mellitus?

**Diabetes mellitus**, often simply referred to as **diabetes**—is a group of metabolic diseases in which a person has high blood sugar, either because the body does not produce enough insulin, or because cells do not respond to the insulin that is produced. This high blood sugar produces the classical symptoms of frequent urination, (increased thirst) and (increased hunger).

With obesity rates rising rapidly in the UK amongst both the child and adult populations, blood sugar management is becoming an increasingly important factor in the fight against the condition, and its associated health problems

*Recent research has proven that diabetes is both preventable and curable.* It is simply a matter of understanding the root cause of why diabetes develops, and addressing that cause...Western medicine medicates symptoms, and does nothing about addressing the known causes of diabetes, leaving sufferers dependant on pharmaceutical drugs, and subject to horrible complications and ill health later in life.

Names are meaningless unless they pertain to cause. Much more appropriate names for type 1 and type 2 would be insulin-deficient or insulin-resistant diabetes respectively, stressing the importance of insulin signaling in this disease. And in this case, the progression and deterioration of so-called type 1 and type 2 diabetes into one another should more appropriately be called Doctor Induced Exacerbation or DIE, stressing the significance of current medical treatment as the cause of type 3 or double diabetes.

I have been incensed about the traditional medical treatment of diabetes for decades. Diabetics have been told that they can eat meals multiple times daily that turn into sugar and even sugar its self, as long as they take enough insulin to lower their blood sugar. The importance of limiting the intake of sugar and foods that turn into sugar has been almost totally ignored. There has been virtually no recognition that high

levels of insulin are at least as much of an insult to a person's health as high levels of sugar

With blinkers on, drugs have been and are still being given to lower blood sugar, even though they essentially whip the islet cells of the pancreas to produce more insulin. These unfortunate, overstressed islet cells have been producing excess insulin for years and often decades to try to compensate for the insensitivity, the resistance of the body's cells to insulin's signal.

This is much like whipping a horse to run faster at the end of a race; it runs faster for a little while, but if you keep doing it, it collapses and dies. So too do the islet cells that manufacture insulin in the pancreas die when drugs, nay doctors, whip them to keep producing more insulin when they are tired and sick.

At this point, a diabetic, who originally had plenty of insulin being produced, and whose problem was merely one of insulin resistance that is easily remedied via proper treatment and diet, now starts losing the ability to produce insulin and becomes, in addition to insulin resistant, insulin deficient; a much more serious and problematic disorder caused by DIE.

Likewise, so-called type 1 diabetics, by being told to take as much insulin as necessary to compensate for their immensely inadequate diet extremely high in foods that convert into sugar, ultimately acquire insulin resistance, and turn also into type 2 diabetics. This is because the cause of insulin resistance is overexposure to insulin in the first place.

Your body's cells become desensitized to insulin by being overexposed to these hormones by eating food that causes excessive secretion. This is much like being overexposed to an odor in a room; soon you can't smell it. If you eat a diet high in sugar-forming foods, the excess insulin that is being produced each time causes your cells to eventually become unable to properly "smell" the insulin.

Thus, type 1 diabetics taking two, three, and even 10 times the insulin that they ought to and that is necessitated by following current medical dietary recommendations, ultimately become desensitized, resistant, to the insulin that they are taking. They become both insulin deficient, and insulin resistant caused by DIE.

It is especially a disgrace that insulin-resistant diabetics (the vast majority of diabetics) become worse by following current medical recommendations and treatment. This is a disease that is reversible, and in many cases curable by paying attention to decades of metabolic science

## Symptoms of poor blood sugar control

Tiredness - especially after eating

Weight gain - especially around the waist

Fluctuating energy levels

Mood swings

Thirst  
Frequent urination  
Increased hunger  
Weak and shaky after stretches of time without eating  
Sugar cravings / binge eating on sweets and junk food  
Headaches  
Poor concentration at certain times of the day  
Abnormal blood fats  
High cholesterol  
High blood pressure  
Depression  
Brain Fog

## Why is maintaining a stable blood sugar important?

In an optimal state, the body maintains blood sugar levels in a fairly narrow range that is neither too low (hypoglycaemia) nor too high (hyperglycaemia). Stability of blood sugar is important because imbalances, particularly raised levels, can cause serious health problems, including Type 1 diabetes. To remain healthy, the body does all it can to maintain normal blood sugar levels. It achieves this stability through the secretion of insulin from the pancreas.

Research has found, however, that many individuals don't respond to insulin like they should. Left untreated cause blood glucose levels to rise. But because the body tries to keep blood sugar in a normal range, its first response is to secrete *more insulin*. This condition is known as **insulin resistance**. Producing more insulin may be beneficial in the short run because it prevents glucose from becoming elevated, but long-term unmanaged insulin resistance can lead to a whole host of undesirable health problem Metabolic Syndrome, also known as Insulin Resistance Syndrome, refers to a cluster of symptoms characterized by varying degrees of glucose intolerance, abnormal blood fats, high blood pressure, and upper body obesity, which are all independent risk factors for Coronary Heart Disease (CHD). Elevated insulin levels may also be associated with polycystic ovaries, and even colon and breast cancer.

## What can go wrong?

Eating simple/refined carbohydrates causes blood glucose levels to spike, and triggers a rapid release of insulin from the pancreas. When these simple sugars are eaten repeatedly, the body begins to over-react. The pancreas produces more insulin than is needed, causing blood sugar levels to drop below normal (reactive hypoglycaemia). This can lead to many symptoms, including fatigue, light-headedness, headache, mental dullness, emotional instability, depression, etc. After years of "carbo loading", the pancreas can get "burned out" from trying to meet the excessive demands for insulin. At the same time, the cells become resistant to insulin. This is a deadly combination, leading to abnormally high blood glucose levels (hyperglycaemia) that are seen in diabetes. Chronic stress also [lays a huge roll in insulin resistance, and hypoglycaemia, which, if left untreated, can lead to insulin deficiency diabetes.

## What are the causes of poor blood sugar control?

Poor diet (excess simple carbohydrates and/or stimulants, combined with deficient intake of nutrients)

Lack of exercise  
Systemic toxicity  
Chronic stress/anxiety  
Systemic Fungal infection  
Genetic predisposition  
Hormonal imbalance  
Alcoholism  
Auto-immune disease (Type I diabetes)

### Summery

As you can now appreciate, treating diabetes with insulin is never going to cure diabetes, and may in fact, lead to chronic and serious ill health. The root cause of diabetes is a sugar handling problem brought on by many possible factors, leading to insulin resistance, followed by insulin deficiency, where the pancreatic islet cells become exhausted. Taking measures to diagnose and treat the *cause* means diabetes is both preventable and reversible. This can be done by way of a Clinical Kinesiology diagnostic test.

The great news is...diabetes is both preventable and curable when the root cause is addressed correctly....FACT

If you wish to learn more, or would like to address your blood sugar handling problem pro-actively and simply, please call me on +442866328200