

What are the causes of poor blood sugar control?

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

Increased Toxic Load

Chronic stress/anxiety

Candida Albicans infection

Genetic predisposition

Lack of exercise

Hormonal imbalance

Alcoholism

Auto-immune disease (Type I diabetes)

The stress factor

The role of the adrenals in managing blood sugar control

During stress, production of the adrenal hormones, cortisol and DHEA, increases. One of cortisol's functions is to raise the blood sugar level to enable the body to cope during the period of stress. As a result, the body produces more insulin to transport the glucose into the body's cells. After the stress has passed, in a healthy person these hormone levels will return to normal. When someone is under chronic stress, however, their cortisol levels will be constantly elevated, eventually resulting in hypoglycaemia and insulin resistance.

DHEA also has a powerful effect on blood sugar control. DHEA has an inverse relationship with insulin levels, meaning that when DHEA levels are low, insulin levels are high, and vice versa. As such, low DHEA levels resulting from chronic stress result in high insulin levels and hypoglycaemia leading eventually to insulin resistance.

Toxicity within your system will also greatly contribute to the stress factor as the body responds to poisons using the same mechanism. It is essential when treating diabetes 1 or 11, or metabolic syndrome or insulin resistance to tackle the underlying causes. An Autonomic Response Test will easily demonstrate what the underlying triggering factors for your diabetes are, and how to remove them.

The Candida factor

Candida is the name given to a systemic fungal infection. It is an opportunistic infection of yeast or other fungi in our intestine. All fungi need sugar as a food supply, and thrive on our unhealthy high carbohydrate/refined sugar diets in the West.

Candida is almost always present in diabetes 1 and 11. This is because the onset of diabetes is as a result of high blood glucose levels caused either by poor diet, or chronic stress. Once candida infects the body the host will experience and exacerbation of sugar handling problems, starting with hypoglycaemia (low blood sugar) symptoms, but leading on to the onset of diabetes.

Candida contributes greatly to sugar cravings as it requires your sugar to survive. When you consume more sugar or refined carbohydrates to satisfy the craving, the candida consumes most of the sugar. This leads to a swinging blood sugar level and increased cravings....a vicious cycle ensues, resulting in sugar handling problems, and diabetes.

Candida thrive in a toxic acidic environment so it is essential to determine what toxins are present in your system in order to address these, and eliminate the Candida. This can be done easily using an Autonomic Response Test scan.

To help cure diabetes we must also deal with the candida factor. This is easily done with diet, and natural antifungal supplements.

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, each of which is simple to address. Lack of insulin is a result of not addressing these issues, and creating a situation where the pancreatic islet cells become exhausted. This is all reversible.