

The Medical Treatment for Diabetes simply doesn't work

The Problem with Medical Treatment for 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 itself, 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 blinders 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, over stressed 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