



Diabetes

Type II Diabetes is a Preventable and Curable Condition

Most doctors believe that diabetes is an incurable disease, but this is not true in all cases of diabetes. Diabetes is a problem with a hormone called insulin and its ability to regulate the level of glucose, the primary sugar in our blood. Insulin is needed to help the cells of the body absorb sugar. When there are problems with this process, the amount of sugar in the body gets too high. This has negative effects on the brain, cardiovascular system, and other body functions.

There are two basic types of diabetes. The first, type I, or *insulin dependent diabetes* occurs when the cells that produce insulin in the pancreas have been damaged or destroyed so they are no longer able to produce insulin. Currently there is no known cure for this type of diabetes in either conventional or alternative medicine. Insulin shots are needed, along with a constant monitoring of insulin levels.

Type II diabetes, on the other hand, is *insulin resistant diabetes*. There is no lack of insulin in type II diabetes. In fact, insulin levels are too high. Normally, the body produces about 31 units of insulin. In type II diabetes, insulin levels typically exceed 100 units. What is happening in type II diabetes is that the cells of the body have become resistant to the insulin, so they are not taking up insulin and sugar.

Type II diabetes develops slowly, over a period of many years. It is usually, but not always, associated with obesity. The causes of type II diabetes are becoming quite clear. Over consumption of simple carbohydrates causes the increased insulin production, while the cellular resistance to insulin is due to a lack of certain nutrients and exercise.

Diet is the first key to natural therapy for type II diabetics. High glycemic carbohydrates (carbohydrates that trigger high levels of insulin production) need to be avoided. This includes refined sugars, grains, and other highly sweet or starchy foods.

Dr. Henry Bieler, M.D. in his book *Food is Your Best Medicine*, talks about his successes in curing type II diabetes by putting the diabetic person on a diet of exclusively non-starchy vegetables (such as lettuce, string beans, zucchini, etc.) while carefully monitoring their blood sugar. Essentially, he was putting the patient on a diet of exclusively low glycemic vegetables. As the client's blood sugar normalized, Dr. Bieler, would add some meat or other animal proteins back into the diet, and gradually introduce other foods as the blood sugar remained stable.

A similar approach to treating diabetes with diet is found in *The Zone Diet* and similar books by Barry Sears, Ph.D. Dr. Sears recommends a balanced diet of protein, quality fats, and low glycemic carbohydrates. Research has shown that this diet helps normalize blood sugar levels, and aids in weight loss.

Exercise is helpful in overcoming insulin resistance. Resistance exercise (such as weight lifting) helps muscles take up sugar without the need for insulin. This happens when muscles begin to "burn" during resistance exercise.

In addition to dietary modifications and exercise, a variety of supplements can also help type II diabetes. There are a number of herbs that help cellular resistance to insulin, including goldenseal, nopal, banaba leaf, bitter melon, bilberry, cedar berries, blueberry and huckleberry leaf, and others. The minerals chromium (especially GTF chromium), vanadium, and zinc are also helpful, along with omega-3 essential fatty acids.

Several formulas have been successfully used to overcome insulin resistance and aid recovery from type II diabetes. These formulas can also reduce insulin requirements in type I diabetics. One of these is Target P-14. This formula contains special amino acid chelates of zinc and chromium, which have been bonded to amino acids required for insulin production and utilization. These are found in a base of fourteen herbs used historically to treat type II diabetes. These same herbs are found in the formula Pro-Pancreas.

Another helpful formula is SugarReg, which contains chromium and vanadium, in a base of herbs research has suggested are helpful for type II diabetes. PBS and Ayurvedic Blood Sugar Formula are other herbal blends that have beneficial effects in helping overcome cellular resistance to insulin.

Since diabetes also involves a deterioration of circulation, herbs that help cardiovascular disease are also important in diabetes. Capsicum, Garlic & Parsley and MegaChel are very beneficial for type II diabetic in helping maintain microvascular circulation in the extremities of the body, the eyes, and other delicate areas. They can help prevent diabetic gangrene, degeneration of the eyes, and other side effects of diabetes caused by circulatory problems.

Seek assistance from a qualified nutritional or herbal consultant in selecting the program that is right for you. Diabetes is a serious disorder, and appropriate medical attention should be sought to monitor the situation. However, with improvements in diet, exercise and nutrition, it is not an incurable disease.

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