



Don't Be Tricked by the Treats

Diabetes is a Modern Horror Story

At the end of every October, millions of children go door-to-door dressed in costumes, ringing door bells, saying, "trick or treat," and collecting bags full of sugar-laden treats. But, while the goblins, monsters and ghosts of Halloween are all in fun, the horrors of refined sugar are extremely serious.

Human beings consider sweet foods treats because at one time they were difficult to obtain. One had to go pick berries or other fruits, collect honey from bees that stung or perform other labor-intensive tasks like collecting tree sap and boiling it down for hours to create maple syrup. That's why they were only available on special occasions such as birthdays and holidays.

Unfortunately, human beings have not only learned how to concentrate the naturally-occurring sugars in certain foods, they have also learned how to refine them—stripping them of their vitamin and mineral content to create empty calories. The result is that sugar is now isolated, cheap and plentiful, so that what was once an occasional treat is now a daily staple for people living in modern society. This has had a horrific effect on human health, especially in fostering an ever increasing problem with diabetes.

Diabetes is Epidemic and Increasing Worldwide

Diabetes is the third-leading cause of death in the United States and is directly linked with the excessive consumption of refined sugars and other simple carbohydrates. And sugar consumption and a pre-diabetic metabolism also play a role in the development of heart disease and cancer—the first and second leading causes of death in the United States.

The high consumption of these simple carbohydrates has also created an epidemic of obesity, learning disabilities and behavioral problems, not to mention its role in contributing to tooth decay and gum disease. That's why refined sugar, for all its apparent "fun," is really a modern health horror story.

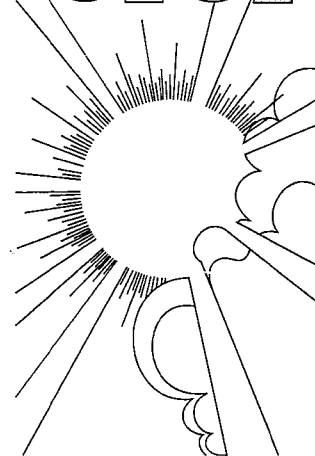
According to the American Diabetes Association diabetes affects 23.6 million people in the United States. That's 7.8% of the population! Worse yet, another 51 million people are pre-diabetic. Diabetes is also becoming more prevalent in children, along with obesity from high carbohydrate diets.

This isn't happening just in America, either, it's become a global health crisis. According to recently released information by the International Diabetes Federation, worldwide diagnosed cases of diabetes have increased from 30 million to 246 million in just two decades.

It's time to stop being fooled by refined sugar's sweet and innocent disguise. In this issue of *Sunshine Sharing*, we'll discuss diabetes—it's cause and history and what can be done to prevent and in most cases cure it. That's right, type 2 diabetes isn't the "incurable" health problem medicine claims it is. With a strict diet, exercise and supplement program many people have overcome this very serious modern health problem, and so can you.

Look inside to learn how to avoid being one of the not-so-sweet statistics

SUNSHINE SHARING



Your guide to better health the natural way.

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Important Notice

The information in *Sunshine Sharing* is for educational purposes only and should not be used to diagnose and treat diseases. If you have a health problem, we recommend you consult a competent health practitioner before embarking on any course of treatment.

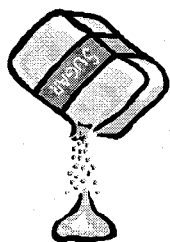
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Understanding Diabetes

Before we can understand how to prevent (and hopefully reverse) diabetes we need to understand the nature of the condition. Diabetes is a metabolic disorder where the body is not utilizing sugar correctly. As a result, blood sugar levels get too high.

A high level of sugar in the blood clogs blood capillaries and interferes with oxygenation of the cells. The resulting oxygen starvation can cause a person to lose consciousness. High sugar levels also increase the inflammation that causes heart disease and feeds the growth of infectious organisms and cancer cells.

The pancreas produces a hormone called insulin to move sugar out of the blood and into the cells. Insulin lowers blood sugar levels by moving sugar into energy production or, if energy needs have already been met, into storage as glycogen or fat. This is why high blood sugar levels cause weight gain.

When we eat carbohydrate-rich foods, the body converts these carbohydrates into blood sugar (glucose) for fuel. In whole foods, like fruits and vegetables, this conversion takes place slowly, which helps keep blood sugar levels stable. These foods also contain vitamins and minerals that help cells convert these sugars into energy.

When the diet is high in simple sugars (like table sugar, high fructose corn syrup, etc.) and simple starches (like white bread, white rice, etc.) blood sugar levels rise very rapidly causing increased production of insulin. These foods also lack the nutrients the body needs to process sugar efficiently, so the cells are less able to convert the sugar to energy.

In diabetes, insulin is not moving sugar out of the blood properly. There are two reasons why this happens, which result in the two different types of diabetes.

Type 1 Diabetes

In type 1 diabetes, the cells in the pancreas that produce insulin have been destroyed. A normal person produces around 31 units of insulin per day. Children and adults with this type of diabetes produce only about 4 units of insulin each day.

This disorder usually takes place in childhood, so this type of diabetes is sometimes called *juvenile diabetes*. Type 1 diabetes is thought to be due to an auto-immune reaction and requires insulin. There is no natural cure. (See sidebar.) Type 1 diabetes only involves 10-15% of the cases.

Type 2 Diabetes

The second type of diabetes (involving 85-90% of the cases). is known as type 2 diabetes. Because it typically develops as people age it is also called *adult-onset diabetes*. Type 2 diabetes is a metabolic disorder brought on by nutritional deficiencies, a heavy carbohydrate diet and a lack of exercise. In type 2 diabetes, cells start becoming resistant to the effects of insulin, which is why it is also called *insulin-resistant diabetes*.

In type 2 diabetes, the problem is not a lack of insulin. In fact, a person with type 2 diabetes produces on average about 114 units of insulin daily (compared to the normal 31). The problem is an inability of the body's cells to respond to the insulin. The pancreas keeps making more insulin, trying to force the cells to absorb the excess sugar.



Type 1 Diabetes

Most of the material in this newsletter is focused on type 2 diabetes, which is a metabolic disorder brought on by lifestyle factors. Type 1 diabetes is different because it's an auto-immune condition, in which the immune system attacks and destroys the insulin-producing cells in the pancreas.

What causes this auto-immune condition isn't completely understood, but it is possible that it may be related to allergies to gluten or dairy, reactions to vaccinations or exposure to environmental toxins. The best way to prevent this disorder in your children and grandchildren is to minimize their exposure to chemicals and make sure they have a healthy diet that isn't loaded with simple sugars.

If a person does develop type 1 diabetes, they will probably require insulin for the rest of their lives. However, if you immediately start using the same supplements, herbs, diet and lifestyle changes used for type 2 diabetes you may be able to greatly reduce the amount of insulin needed to control this condition.

In some cases, this approach may actually result in a "cure," but this probably means that there was a misdiagnosis and it wasn't really type 1 diabetes in the first place. Even if this doesn't happen, it's worth a try and will often result in a great improvement in the diabetic's overall health. It can also cause a reduction in side-effects from using insulin.

The important thing is to carefully monitor blood sugar levels and adjust the amount of insulin medication carefully. Never discontinue taking diabetes medicine cold turkey. This could result in a diabetic coma or even death. Always work closely with open-minded medical doctors when using natural remedies for either type 1 or type 2 diabetes.

Diabetes is a Lifestyle Disease

Diabetes was unknown among hunter-gatherer peoples who lived on foods gathered or hunted in the wild. For these people, foods that were highly sweet or starchy were a rare treat. Diabetes began when human beings started raising grain for food, because the high starch content of grain raises blood sugar levels.

The earliest recorded evidence of diabetes is in India, where people began cultivating rice. It was called "sweet urine" because it was diagnosed by tasting the urine and noting it was sweet. In diabetes, the body tries to excrete some of the excess sugar through the urine. Hippocrates, the Father of Modern Medicine, diagnosed diabetes by the fact that ants were attracted to the sweet urine.

Fortunately, we don't need to rely on our taste buds (or ants) to diagnose this condition today. The excess sugar can be detected with an instrument or even a simple urinary test strip.

Modern medicine claims that diabetes is incurable and will require medication for the rest of a person's life. This is true for type 1 diabetes (see sidebar), but it is definitely not true of type 2 diabetes. It is possible for most type 2 diabetics to regulate their blood sugar naturally. This is done by careful changes in diet, the use of herbs and nutritional supplements, and by other lifestyle changes. These are described on the next page.

Natural Therapy for Diabetes

Before discussing natural therapies for diabetes, it is important to stress that diabetes is a very serious disorder. Any course of natural therapy should be carefully monitored by medical doctors. It is also wise to seek assistance from a skilled herbalist or other natural health care professional when designing a program for diabetes.

Diet and Lifestyle Tips for the Diabetic

A healthy diet is absolutely essential for both preventing and reversing diabetes. Supplements alone are not enough. Simple carbohydrates, including all refined sugars and grains should be avoided. When a person already has diabetes they should even avoid natural sugars (honey, maple syrup, etc.) as well as starchy foods like potatoes and grains until their blood sugar levels stabilize. If you're addicted to sugar, read the suggestions in the sidebar below.

When beginning to manage diabetes with diet, eat only non-starchy (low glycemic) vegetables and protein (chicken, fish, eggs, etc.) for a few days while taking supplements to reduce insulin resistance. Carefully, monitor blood sugar levels. When they begin to stabilize, you can start adding other foods back into the diet.

Killing Those Sugar Cravings

Tips for Overcoming Sugar Addiction

Refined sugar ought to be classed as a drug, because anyone who tries to quit eating it is going to go through serious withdrawal symptoms. It's worth it though, because killing those sugar-cravings is killing in self-defense. If you don't kill the cravings, the cravings may eventually kill you! Follow these steps and you'll soon kick the sugar habit.



Start by eating a high protein breakfast that also contains good fats, like the traditional breakfast of eggs. You can also try turkey breakfast sausage or other healthy meats or protein-rich shakes made with **Nutri-Burn** or **Love and Peas** protein powder. If you need to sweeten some morning coffee or tea, use **xylitol**. It won't spike your blood sugar and will help to reduce sugar cravings.

Eat regular snacks of fresh vegetables, nuts or other foods that don't contain simple sugars during the day to keep your blood sugar balanced. You can also try taking **Super Algae** and **licorice root** to increase energy and reduce cravings.

If you don't have diabetes, you can transition away from refined sugar by using natural sugar substitutes like raw honey, real maple syrup, freeze-dried sugar cane juice, agave nectar, xylitol or stevia to make natural treats that have better nutritional density. At the same time you should switch out white flour and polished rice for various whole grains, which have more nutritional value.

If you absolutely steer clear of simple sugars and refined carbohydrates your cravings will go away in about three to seven days. After a few weeks on this type of diet, you may feel so good that you'll wonder why you didn't get rid of those simple carbs a long time ago.

Once blood sugar levels start to stabilize, a person can gradually start to introduce fresh, whole fruits, starchy vegetables and whole grains back into the diet, but all refined carbohydrates should be strictly avoided and even concentrated sources of natural sugar such as honey, fruit juice and maple syrup should be avoided. Eventually, it may be possible to add these foods back into the diet as occasional treats.

Diet isn't the only lifestyle change that helps diabetics. Resistance exercise, such as weight lifting, helps overcome insulin resistance. In fact, when your muscles start burning during exercise, it is a sign they are taking up sugar without the need of insulin.

Supplements for Insulin Resistance

Diabetics tend to be low in many nutrients essential to the proper metabolism of sugar. For instance, the minerals chromium, vanadium and zinc are essential for regulating blood sugar. Many people with both diabetes and hypoglycemia have found **Chromium GTF** helpful for stabilizing blood sugar.

Another nutrient that helps balance blood sugar levels is **alpha lipoic acid**. This antioxidant helps the body correctly metabolize sugar and maintain normal blood sugar levels.

Omega-3 essential fatty acids, found in **Super Omega-3 EPA** and **Krill Oil**, help cell membranes become more sensitive to insulin. Good fats also slow the absorption of sugar and stabilize blood sugar levels.

There are many herbs that sensitize cells to insulin and stabilize diabetes. **Goldenseal**, for example, rapidly lowers blood sugar. In contrast, **licorice root** raises low blood sugar and helps in overcoming sugar cravings.

Target P-14

Target P-14 contains zinc and chromium chelated to specific amino acids that deliver these minerals to the pancreas and aid insulin production. They are found in the same base of herbs as the **Pro-Pancreas** blend, a traditional formula containing goldenseal and other herbs that help to normalize metabolism in diabetes. Target P-14 is an especially good choice for reducing the amount of insulin required to manage type 2 diabetes (see sidebar).

Sugar Reg

This blend contains the minerals chromium and vanadium in a base of herbs that help overcome insulin resistance. One of these

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Additional Help and Information

For more information about how to prevent and possibly reverse diabetes, and how to overcome the addiction to refined sugar and other simple carbohydrates, contact the person who gave you this newsletter. Their contact information should be found at the top of page four. They have additional handouts and resource materials to help you. You can also consult some of the following sources:

The Comprehensive Guide to Nature's Sunshine Products by Tree of Light Publishing

Sweet Death by Dr. Hugo Rodier

Diabetes Isn't Sweet...

*...but, with good nutrition,
exercise, and the right herbs
and supplements, it is possible
to prevent, and even reverse,
this serious health problem.*



Continued from Page Three

herbs is gymnema, a plant that has been used for thousands of years in India for treating diabetes. When chewed, gymnema blocks the sugar taste buds, making sugar taste like sand. In the intestines, gymnema blocks the absorption of sugar, reducing blood sugar levels. **Sugar Reg** also contains banaba, bitter melon, nopal and fenugreek, which have all been shown to help lower blood sugar levels.

Blood Sugar Formula

Since India is the birthplace of diabetes (see page two), no system of medicine has been treating diabetes longer than Ayurveda. **Blood Sugar Formula** is a traditional diabetic formula from Ayurvedic medicine. Like Sugar Reg, the key herb in this blend is gymnema, which inhibits sugar absorption in the small intestines. It also helps regulate sugar metabolism in the liver.

Other Formulas

Another traditional Western blend for diabetes is **PBS**, which contains goldenseal and cedar berries. The famous herbalist John Christopher discovered that cedar berries lower blood sugar levels by accident when one of his clients took them instead of the juniper berries he had recommended.

HY-C is a Chinese formula that is helpful for pre-diabetes and the early states of diabetes. It is indicated where there is dryness and thirst with excessive urination. These are often early warning signs of high blood sugar. It helps normalize blood sugar levels and hydrate the body.

Talk to the person who gave you this newsletter to help you determine which supplements are right for you. They can also help you make the necessary diet and lifestyle changes to keep sugar from becoming a horror story in your life.