

Balance Your Blood Sugar & Balance Your Life...

(excerpts posted from a MyH.diet.com Health News article in Oct. 2014)...

Every November is American Diabetes Month. A common and life-threatening disease, diabetes affects 2 million new masses of people in the U.S. every year, yet it's a condition that can be prevented with proper, diligent care for your body. According to the [American Diabetes Foundation](#), "Nearly 30 million children and adults in the United States have diabetes. Another 86 million Americans have prediabetes and are at risk for developing Type 2 diabetes."

What is Diabetes?

To understand diabetes, you first need to understand insulin and glucose. Insulin is a hormone secreted from the pancreas and helps glucose enter the bloodstream. Insulin is essential in helping to convert sugar, starches and other substances into energy. Glucose, which comes from both food and the liver, is a sugar that provides energy for the cells in your muscles and other tissues. When glucose levels are low, the liver produces more glucose. Diabetes is when your glucose (sugar) levels are higher than normal. Type 2 diabetes is the most common form of diabetes.

Type 1 Diabetes:

Type 1 diabetes is when the body does not create insulin at all. [According to the Mayo Clinic](#), only about 5% of diabetes patients have Type 1 diabetes and it's more common in children and young adults.

Type 2 Diabetes:

Also known as insulin resistance, Type 2 diabetes is when your body does produce insulin but is unable to manage it properly—to the point where your pancreas cannot produce enough insulin to normalize glucose levels.

What are the most common symptoms of Diabetes? ([American Diabetes Association](#)): Frequent urination, A strong feeling of thirst, Hunger (even when you're eating), Extreme fatigue, Blurry vision, Cuts/bruises that heal slowly, Weight loss (even if you're eating more (type 1) and Tingling, pain or numbness in the hands/feet (type 2).

What is the cause of Diabetes?

While there isn't a single, isolated trigger that causes diabetes, eating foods that are sugary, high in unhealthy fats (e.g. saturated, hydrogenated and trans fats) as well as red meat have all been linked to an increased risk of diabetes. Note that those with diabetes are also at higher risk for other conditions, such as heart disease, so preventing and effectively managing diabetes is crucial. Animal fats especially are known to be a major cause of Type 2 diabetes. These unhealthy fats cause a higher production of cholesterol in your body, compromising your heart and blood vessels, while at the same time increasing the risk of heart disease, stroke and heart attacks. Hallelujah Diet's Research Director, Michael Donaldson, PhD, Cornell University, pinpoints the dangers of sugar and its mechanisms: "Sugary drinks are leading to an increase in the number of young people with fatty livers (hepatic steatosis). The liver

becomes resistant to the action of insulin and doesn't slow down its production of sugar, just pouring it into the bloodstream. Insulin should be shutting off the production of sugar in the liver, but the prediabetic liver has quit listening to the insulin signal."

What's one way diabetes causes other health conditions?

Dr. Donaldson explains, "Diabetes impairs the uptake of vitamin C by cells in the body, which essentially means that glucose competes with vitamin C, resulting in lower vitamin C in the body and greater oxidative damage. People with diabetes are known to be at higher risk for other diseases that are in part caused by free-radical damage, including heart disease and cancer."

How can you prevent and manage diabetes in a healthy, safe and sustainable way?

To equip your body with the energy it requires to restore healthy blood sugar levels:

Commit to a raw, plant-based diet

Exercise and sleep well

Manage stress

Avoid alcohol and smoking

According to Dr. Donaldson, "People with high levels of carotenoids in their blood—found abundantly in yellow, orange and red fruits and vegetables—have a lower risk of diabetes."

The Hallelujah Diet™ ensures you consume the food your body needs to manage its blood sugar levels. To round out the nutrition provided by the Hallelujah Diet, consider the [Diabetes Get Started Kit](#), which includes the cell-supercharging BarleyMax, toxin-expelling Fiber Cleanse, the first volume of our Simple Weekly Meal Plans recipe book, which features 28 days' worth of quick and easy, delicious, full-course meal recipes as well as The Hallelujah Diet™ Refined: Maintaining Healthy Blood Sugar to learn everything you need to know about diabetes. With the Hallelujah Diet, you eat plenty of leafy greens, blended vegetables, juices, nuts and fruits (note that although fruits are nutritious, you should limit them to 15% of your total dietary intake). Fats and sugars should be minimized and animal fats should be completely eliminated, as they are the primary cause of Type 2 Diabetes. The optimal goal to supercharge your efforts is an 85% raw/15% cooked, plant-based diet fortified with pure water, exercise and rest.

Dr. Donaldson expands: "Blood sugar readings are directly related to the food we are eating today, not because of weight. Though diabetes is related to obesity, it isn't necessary to lose weight at all to get blood sugar control in line. People who have adopted the Hallelujah Diet tell us that their blood sugar readings get much closer to normal very quickly, sometimes within just a week, and they even have to reduce their medications. So, their blood sugar isn't getting better because they are losing weight—it's from food! "Focus on building liver health. Antioxidant-rich foods, which promote the production of glutathione in the body, is a good start. Also, while high-protein diets may seem appealing, as they promote the secretion of insulin without raising blood sugar, they also raise the IGF-1 growth factor, which increases the risk of cancer. So, it isn't a risk-free method of dealing with diabetes either. The takeaway? With the rise of the SAD (Standard American Diet) as well as other diets that consist of sugary, fatty, processed

foods, diabetes is becoming a rising issue among us. However, this is a health crisis we can overcome. With a clean, plant-based diet, proper supplementation and healthy living, we can fight this disease and live vibrantly for as long as we can.

PS from Factor Ready: You can learn more about the Hallelujah Diet and products (Including their Get Started Diabetic Nutrition Kit) at www.MyHdiet.com. Certainly consider their BarleyMax, signature superfood green powder (just add filtered water, and blend or shake and consume). Plus, see their book, "God's Original Diet" by Rev. George Malkmus. Other healthful plant food diets include MyFoodMatters.tv, and their Food Matters video dvd with Dr. Andrew Saul (DoctorYourself.com). Definitely any meats, if consumed, should be of the grass fed variety, such as offered at Ted Slanker's TexasGrassFedBeef.com. Diabetic Type 2 common health suggestions generally include: Spread out meals, eat plenty of beans, loose weight, manage stress and often exercise. Test blood sugar at least daily, with diabetic target of 90-130 mg/dl after 8 hr. fast, or 70-130 before a meal, and lower than 180 approx. 1-2 hrs. after a meal. Note: non-diabetic normal range is fasting at 70-92 mg/dl, and under 120 mg/dl 1-2 hrs after a meal (Under 70 is hypoglycemic, and 40 range and under is dangerous). Misc. foods and supplements to reportedly lower blood sugar can include: Virgin organic Coconut Oil (3-4 tbsp daily or consider coconut oil capsules such as from StopAgingNow.com), Cinnamon ground powder (take 1/2 tsp in coffee and 1 tsp daily can lower reading up to 25%, take up to 6 gr daily or utilize capsules such as from Stop Aging Now). Use Organic Apple Cider Vinegar (such as bragg.com at 2 tsp with starchy meals and at bedtime). Also take Chromium Picolinate, Zinc, Salacia Oblonga (1000mg up to 29% drop), Green Tea, Decaf Coffee, Chamomile Tea, Water, Avocados, Blueberries, Chia Seed, Add Spices such as: Fenugreek seeds, Turmeric, Olive Oil. Magnesium Foods (the more the better), and Cherries. Dr. Don Colbert (DrColbert.com) Diabetic 2 supplement recommendations involve: A good Multi-Vitamin (with magnesium 350mg, vanadium, biotin, etc.), Vitamin D3 (2000-4000IU), Chromium Picolinate (200-1000mcg in divided doses), Alpha Lipoic Acid (300mg x 2 daily (FactorReady Note, 600mg of ALA up to x 2 daily preferably with meal, can reportedly greatly assist with reducing Diabetic Nerve Pain, Neuropathy). Cinnulin PF (250mg x 2), Omega3 EPA/DHA fish oil (320-1000mg x 3), Carnosine (1000mg) and Benfotiamine (100mg x 4). Note: Diabetics on Metformin are subject to B12 deficiencies and usually need B12 injections, such as 1mg every 1-2 weeks (per David Brownstein at drbrownstein.com).

Also see our web site, www.FactorReady.com for various Health & Emergency Tips & Resources. Especially note the important Health Tip pdf articles (including cancer related) under the Downloads tab (in the Health Tips folders). Stay Well, Stay Prepared and Stay Prayed Up! Hosea 4:6 rightly says, "My people perish from lack of knowledge." Remember, the Sun was still Shining when Noah built the Ark!