

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](http://AmericanDiabetesFoundation.org), "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](http://MayoClinic.org), 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](http://AmericanDiabetesAssociation.org)): 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!

How to Reverse Type 2 Diabetes...

Written By Michael Greger M.D. FACLM on September 20th, 2018
<https://nutritionfacts.org>

Diabetes reversal, not just treatment, should be a goal in the management of type 2 diabetes. Type 2 diabetes can be reversed not only with an extremely low calorie diet, but it can also be reversed with an extremely healthy diet. Could it be because an extremely healthy diet is also low in calories? This is the topic of my video Diabetes Reversal: Is It the Calories or the Food.

Study subjects lost as much weight on a green, leafy vegetable-packed plant-based diet as those who were on a semi-starvation diet based on liquid meal replacements. So, does it matter what we're eating as long as we're eating few enough calories to lose 15 pounds a month?

Even if diabetes reversal is just about calorie restriction, instead of subsisting off largely sugar, powdered milk, corn syrup, and oil (common ingredients in some liquid diet drinks) on the plant-based diet at least one can eat real food—in fact, as many low-cal veggies as desired. So, even if it only works because it's just another type of calorie-restricted diet, it's certainly a healthier version. But, even participants in the study who did not lose weight—or even gained weight eating enormous quantities of whole healthy plant foods—appeared to improve their diabetes. Thus, the beneficial effects of this kind of diet appear to extend beyond weight loss.

The successful treatment of type 2 diabetes with a plant-based diet goes back to the 1930s, providing “incontestable evidence” that a diet centered around vegetables, fruits, grains, and beans was more effective in controlling diabetes than any other dietary treatment. In a randomized controlled trial, insulin needs were cut in half and a quarter of the subjects ended up off insulin altogether. But, again, this was a low-calorie diet. Walter Kempner at Duke University School of Medicine reported similar results 20 years later with his rice and fruit diet studies, showing for the first time documented reversal of diabetic retinopathy in a quarter of his patients, something never even thought possible. One patient, for example, was a 60-year-old diabetic woman already blind in one eye and who could only see contours of large objects with the other. Five years later, while on the diet, instead of her vision getting worse, it got better. She “could make out faces and read signs and large newspaper print,” and got off insulin, had normal blood sugars, and had a 100-point drop in her cholesterol. Another patient went from only being able to read big headlines to being able to read newsprint four months later. What was behind these remarkable reversals? Was it because the diet was extremely low-fat or because there was no animal protein or animal fat? Or, was it because the diet was so restrictive and monotonous that the patients lost weight and improved their diabetes that way?

To tease this out, we needed a study where researchers switched people to a healthy diet, but forced them to eat so much they didn't lose any weight. Then, we could see if a plant-based diet has unique benefits independent of all the weight loss. For that, we had to wait another 20 years until a study in the 1970s. In it, diets were designed to be weight-maintaining. Participants were weighed every day, and, if they started losing weight, the researchers made them eat more food—in fact, so much food that some of the participants had trouble eating it all, but they eventually adapted. Thus, there were no significant alterations in body weight despite restrictions of meat, dairy, eggs and processed junk, and there were enough whole plant foods—whole grains, beans,

vegetables, and fruit—to provide 65 grams of fiber a day, four times what the Standard American Diet provides.

The control diet they used was the conventional diabetic diet, which actually had nearly twice the fiber content of the Standard American Diet, so it was probably healthier than what they had been used to eating. So, how did the even healthier diet group do? With zero weight loss, did the dietary intervention still help? The study compared the number of units of insulin with which subjects had to inject themselves daily before and after going on the plant-based diet. Overall, despite no change in weight, insulin requirements were cut about 60 percent, and half of the diabetics were able to get off insulin altogether. Was this after five years, or after seven months, as had been the case in the other studies discussed above? No It was after 16 days.

To be clear, we're talking about diabetics who had had diabetes as long as 20 years, injecting 20 units of insulin a day, getting off insulin altogether in as few as 13 days, thanks to less than two weeks on a plant-based diet. Patient 15, for example, had injected 32 units of insulin while on the control diet, and then, 18 days later, none. Lower blood sugars on 32 units less insulin.

That's the power of plants. As a bonus, their cholesterol dropped like a rock to under 150 on average in 16 days, making them nearly heart attack proof as well. Just as "moderate changes in diet usually result in only modest reductions" in cholesterol, asking people with diabetes to make moderate changes often achieves equally moderate results, which is one possible reason why most end up on oral drugs, injections, or both. Everything in moderation may be a truer statement than people realize. Moderate changes in diet can leave one with moderate blindness, moderate kidney failure, moderate amputations. Moderation in all things is not necessarily a good thing. The more we, as physicians, ask from our patients, the more we—and they—get. The old adage, "shoot for the moon," seems to apply. It "may be more effective than limiting patients to small steps that may sound more manageable but are not sufficient to actually prevent disease progression."

Although I have dozens of videos about diabetes, I think Diabetes Reversal: Is It the Calories or the Food may be the single most powerful one I've made. Please share this life-changing, life-saving video with anyone you know who has type 2 diabetes or is at risk for the dreaded disease. As far as I'm concerned, it should be required viewing for every healthcare practitioner. I wish I had seen it when I was a medical student! If these kinds of videos have benefited you or your loved ones, please consider becoming a monthly supporter.

This is the final installment of a three-part series. If you missed the first two, check out Reversing Diabetes with Surgery and Reversing Diabetes with Food.

For more on the remarkable work of Dr. Kempner, see:

Kempner Rice Diet: Whipping Us Into Shape

Drugs and the Demise of the Rice Diet

Can Diabetic Retinopathy Be Reversed?

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DIABETES FACTORS...Excerpts from a Health News article at MyHDiet.com...updated Sept. 2018...

What Causes Insulin Resistance?

How Not to Die from Diabetes

Curing Painful Diabetic Neuropathy

Can Vinegar Help with Blood Sugar Control?

In health,

Michael Greger, M.D.

PS: If you haven't yet, you can subscribe to my free videos here and watch my live, year-in-review presentations:

2012: Uprooting the Leading Causes of Death

2013: More Than an Apple a Day

2014: From Table to Able: Combating Disabling Diseases with Food

2015: Food as Medicine: Preventing and Treating the Most Dreaded Diseases with Diet

2016: How Not To Die: The Role of Diet in Preventing, Arresting, and Reversing Our Top 15 Killers

PS from FactorReady.com: The above article by Dr. Greger fully verifies the benefits of a plant food based diet where diabetes involved.

See www.FactorReady.com for updated health & emergency tips & resources...