

DIABETES AND DIET

SUNERGY PROGRAM- Eat and Drink healthy including Calli/Fortune Delight, NuPlus/VitaShakes, Quinary and SunnyDew/Sunectar (Stevia). - The naturally sweet herb Stevia Rebaudiana is 30 times sweeter than sugar, contains no calories, and is beneficial in nourishing the pancreas to balance blood sugar levels.

Although millions of people undergo problems with diabetes, they are not generally aware that their problems could greatly be relieved by adjusting their diet. Diabetes is the 8th leading cause of death in the United States, because diabetics are extremely vulnerable to arteriosclerosis and are highly prone to heart attacks and stroke. Most diabetics eat the standard diet that most other people eat. As a result most of them, during a seventeen year period which follows discovery of their diabetic condition, undergo major health problems, including heart attack, kidney failure, strokes, and blindness.

In Lancet, the British medical publication, Dr. Inder Singh reported a study in which 80 diabetic patients were restricted to very low fat diets - 20 to 30 grams per day - and forbidden any sugar. By the time six weeks had elapsed, more than 60% of the patients no longer required insulin. The figure eventually rose to 70%, and those who were left only required a small fraction of the insulin formerly needed. All 80 cases were monitored for periods ranging from six months to over five years, and the success of the dietary change was confirmed over time. [1]

This knowledge has been known for 38 years, yet diabetics are not generally informed about this dietary matter, and this results in much needless suffering, tremendous profits for the medical and pharmaceutical industry, and needless early death for many people. Willful criminal negligence? Yes. There is a rare and very serious form of diabetes called childhood onset diabetes which in many ways is a different disease. It is a situation in which the pancreas has been injured and cannot make enough insulin, or in some cases any insulin at all. Despite this kind of problem, maintaining a meat/egg/dairy free diet and having fiber in the diet reduces the need for external insulin by as much as 30%.

DIABETES AND THE PRESENCE OF TRACE MINERALS IN THE DIET

In 1972, Dr. Walter Metz informed the Council for Advancement of Science that he was willing to bet that a majority of diabetes-prone patients at two VA hospitals, if given supplementary amounts of chromium in their diets, would be able to better handle their body glucose. The point was to test a theory that chromium deficiency contributed to the condition. The work of Dr. Metz has never been contested. Chromium is apparently one of the trace minerals, along with zinc, that is essential to the proper functioning of insulin in the body. According to Kühnau and Von Holt, zinc is necessary for the binding of insulin to the islets of Langerhans in the pancreas - binding which is necessary for the functional and morphological integrity of B-cells. In the advanced treatise on Mineral Metabolism, C.L. Comar and Felix Bronner also call attention to the zinc-insulin relationship. Cobalt and selenium may also be involved, since they vary in concentration with both glucose and insulin administration, according to Dr. D. Behne, of Berlin's Hahn- Meitner Institute. The clinical importance of such findings was underscored in an article on juvenile diabetes appearing in the April 1971 issue of Nutrition Today, which suggested that the metabolism of trace elements such as chromium and zinc may be altered in those who have this condition. Since the dubious practice of refining wheat flour leads to a marked loss of such trace elements, this is an area which needs to be addressed. Both trace elements are available in a plant based diet.

Other Degenerative Conditions Impacted by Alteration in Diet Elimination of sugar, meats, eggs, dairy products and fats in the diet, plus the inclusion of fiber and adoption of more of vegetarian

diet, can improve at least the following conditions: Hypoglycemia, Multiple Sclerosis, Ulcers, Constipation and Intestinal Problems, Obesity, Arthritis, Gallstones, Hypertension, Anemia, Asthma and Salmonellosis.[2]

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[2] Hollenbeck, C., "The Effects of Variations...", *Diabetes*, 34:151, 1985 Olevsky, J., "Reappraisal of the Role of Insulin in Hypertriglyceridemia," *American Journal of Medicine*, 57:551, 1974 Miranda, P., "High-Fiber Diets in the Treatment of Diabetes," *Annals of Internal Medicine*, 88:482, 1978 Alter, M., "Multiple Sclerosis and Nutrition," *Archives of Neurology*, 23:460, 1970 Malhotra, A., "A Comparison of Unrefined Wheat and Rice Diet in the Management of Duodenal Ulcer," *Lancet*, 2:736, 1982 Burkitt, D., "Dietary Fiber and Disease," *Journal of the American Medical Association*, 229:1068, 1974 Blaw, S., and Schultz, D., *Arthritis*, Doubleday, 1974 Donegan, W., "The Association of Body Weight with Recurrent Cancer", *Cancer*, 41:1590, 1978 Kellgren, J., "Osteo-arthrosis..." *Annals of Rheumatic Disease*, 17:388, 1958 Lucas, P., "Dietary Fat Aggravates Rheumatoid Arthritis," *Clinical Research*, 29:754A, 1981 Parke, A., "Rheumatoid Arthritis and Food", *British Medical Journal*, 282:2027, 1981. Derrick, F., "Kidney Stone Disease: Eval and Medical Management" *Postgraduate Medical Journal*, 66:115, 1979 Kannel, W., "Should All Hypertension be Treated? Yes" *Controversies in Therapeutics*, Lasagna, L. (ed) W.B.Saunders, 1980. National Academy of Sciences, "An Evaluation of the Salmonella Problem", a report to the US Dept of Agriculture and FDA, prepared by the Committee on Salmonella, National Research Council, 1969 Stoller, K., "Feeding an Epidemic" *Animals Agenda*, May 1987 pg 32-33 Lindahl, O., "Vegetarian Regimen with Reduced Medication in the Treatment of Bronchial Asthma" *Journal of Asthma*, 22:44, 1985.

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