



Month 4 – Video #2

Type II Diabetes

1. In 2012 over 29 million Americans had diabetes or 9.3% of the population with the addition of 1.4 million newly diagnosed individuals each year. Of the 29 million over a quarter of them were undiagnosed. It is the 7th leading cause of death in the United States. The numbers of those suffering with diabetes worldwide is a staggering 371 million plus.
2. Obvious dietary factors and insulin resistance play a major role in this disease. Diet modification, addressing inflammation and lowering insulin resistance are key and our programs address this issue at the root.
3. Roughly 80 million Americans are diagnosed with prediabetes.
4. 1/3 of children born in the year 2000 will develop it and ½ of African Americans. These numbers come from the American Diabetes Association and the CDC (Center for Disease Control) website.
5. Even with medication diabetics suffer a whole range of other health issues to include heart disease, blindness and diabetic retinopathy, amputation and neuropathy (diabetic neuropathy).
6. Diabetics have a reduced lifespan of 8 ½ years.
7. Diabetics have a twofold increased probability of dementia.
8. Side effects of diabetic medication can be cancer and weight gain.
9. Diabetes, especially if caught early on is very reversible as I and my colleagues have seen clients routinely turn their numbers around on their blood work and along with it feel much better and lose weight, essentially reversing the condition.
10. Increased insulin in an attempt to stabilize blood sugar can lead to thyroid issues.

11. Diabetic medications cause you to produce more insulin which may lead to the destruction of your Beta Cells (those in the pancreas that produce insulin). When this happens you are then labeled as having type I diabetes and will need to be on medication for the remainder of your life. Certain medications have been associated with an increased rate of heart attacks, obesity and death.
12. Low fat and low sodium diets don't work. In fact a December 2010 Harvard study concluded that a diet high in good saturated fat lead to a threefold decrease in type II diabetes.
13. A review of thirteen other studies concluded that statin drugs (those used to lower cholesterol) increase the development of type II diabetes. Statins appear to increase insulin which drives inflammation leading to heart disease, premature aging and progression towards diabetes.
14. It is estimated that over 30% of diabetes is related to toxicity, approximately 7% diet (I would say higher) and 10% is autoimmune (I would also say is likely much higher)
15. Following our program and the strictest regimen of the Cellular Healing Diet is your best defense to reversing prediabetes, metabolic syndrome and early type II diabetes.