



## OPTIONS CENTER HEALTH TOPIC



### DIABETES EPIDEMIC

The main cause of diabetes can be found on all supermarket shelves – the megatons of processed foods, cereals, breads, sweets, and everything processed with corn syrup – all of which are nothing more than sugar. *When you endlessly flood your body with sugar, your body's mechanism to process sugar eventually breaks down.* And when you combine this chronic flood of sugar with a nutritional deficiency that damages your muscles and pancreas, you have a diabetes epidemic. This is America today. It is as simple as that.

#### What Goes Wrong

When you chronically flood your system with sugar on a daily basis, your body's mechanism for removing sugar from the bloodstream and utilizing it in your muscles and cells eventually breaks down or wears out. You become **insulin-resistant**. Insulin is normally released by the pancreas into the bloodstream, where it facilitates the transport of sugar into muscles and cells for use, or into other areas for storage as fat.

As you flood your system with endless sugar, stop exercising, and develop nutritional deficiencies, your insulin no longer is effective at transporting sugar into your cells. Your blood sugar begins to rise, and your pancreas will usually begin to increase its output of insulin (trying to deal with the excess sugar). This is to no avail, as your body is now no longer receptive to the insulin reaction.

As insulin and sugar flood your bloodstream, several things begin to happen. The blood glucose count rises, triglycerides begin to rise, cholesterol levels may also begin to rise, and **C-Reactive Protein (CRP)** will eventually begin to rise.

CRP is produced in the liver as a reaction to inflammation or infection in the body. Insulin is very irritating to the blood vessel linings. This inflammation continues unabated because the body continues to pump more insulin in response to chronic sugar intake. Eventually the blood vessels suffer, and increased fibrin is deposited along the irritated linings. This is followed by plaque, and the

end result is heart or coronary artery disease and/or stroke.

#### The Magic of Exercise

Heavy muscular exercise is the only thing that your body does that sucks the sugar out of your bloodstream without the need for insulin. Therefore, once you stop flooding yourself with sugar, exercise is a must. By forcing the sugar into your muscles as they are heavily exercised, you are lowering your need for insulin, lowering your blood glucose and triglycerides, and reinvigorating your insulin response.

If you have adult-onset diabetes, there is little chance you can beat this disease without exercising. And, conversely, with proper exercise, diet, and supplements, there is little chance your blood glucose, triglycerides, and CRP will not improve rapidly. *That recipe spells the cure for diabetes.*

#### Taking the Right Supplements

To achieve success you will have to take supplements to regenerate and rejuvenate your pancreas and insulin-response system. Dr. Bruce West states that you will need to take the following supplements by Standard Process for 6 to 12 months: **Diaplex** (2 per meal), **Cataplex GTF** (2 per meal), **Min-Tran** (2 per meal); and a tablespoon of raw flax or cod-liver oil daily.

The nutritional products recommended here for people with diabetes combine digestive enzymes, including pancreas protomorphogen (extract), with the organic Glucose Tolerance Factor nutritional complex. When combined with your new diet and strength-building exercise, you have the recipe for the cure of the fastest growing epidemic in America. The choice is yours...

-Dr Bruce West - *Health Alert Newsletter, July 2005/Volume 22, Issue 7*

#### OPTIONS ALSO OFFERS YOU

- ✓ Nutritional supplements to help keep your blood sugar stable
- ✓ Diet analysis to help determine the right type of diet for you