

DIABETES BATTLE PLAN

What is Diabetes?

Diabetes is a disease caused by the lack of, or resistance to, the hormone insulin, which allows for the metabolism, or transfer, of glucose from the blood into the body's cells where it is used to produce energy. Normally, when the blood sugar level rises as glucose is absorbed into the blood stream, the pancreas produces an appropriate amount of insulin to return the blood sugar level to normal. Diabetics are either unable to produce insulin (as is the case for Type I Diabetics) or their cells have become resistant to insulin, inhibiting their ability to move glucose from the bloodstream to their cells (the case for Type II Diabetics).

Facts you should know:

1. Diabetes is the seventh leading cause of death in the United States and affects over 20 million Americans and 300 million people worldwide.
2. It is common for diabetics to have to amputate limbs due to complications with their diabetes.
3. Renal failure, or kidney failure, leading to dialysis are also common side effects.
4. Weight loss, especially fat loss, plus a good diet and regular exercise, can improve all aspects of diabetes and may result in a cure.
5. One third of Type II Diabetics do not even know they have the disease
6. Type II Diabetes, which used to be called *Adult Onset Diabetes*, is now occurring in younger individuals.

Causes of Diabetes:

- Type I Diabetes: is often genetic and is due to damage to the insulin-producing beta cells in the pancreas. Initial causes of injuries can include free radicals, viral infection, chemicals, and food allergy. These injuries can trigger an autoimmune response within the body that attacks beta cells in the pancreas. Current theory suggests that many Type I Diabetics are genetically prone to beta cell injury.
- Type II Diabetes: After concluding a worldwide study of Diabetes sponsored by the United Nations, Kelly West, M.D., Ph.D., said, "The cause of Type II Diabetes is usually obesity; the prevention, and often the cure, is leanness."

The onset of obesity and Diabetes is strongly correlated to an excessive traditional "western diet"; rich in processed sugars, saturated fats, and dairy and animal products, and very low in dietary fiber. Over consumption of high carbohydrate, high glycemic, and sugary foods feed unfriendly bacteria resulting in an overgrowth of yeast, candida, parasites, and poor digestion. In order to have a healthy digestion the body must be able to breakdown, absorb, and transport nutrients properly. The increase in blood sugar stimulates the need for insulin (which carries the glucose from the bloodstream to the body cells). The release of insulin activates the release of LPL – Lipoprotein Lipase (think of it as the

“gatekeeper to fat storage” and Lipo = Hippo!). Excess sugar marshals an army of insulin and LPL, which results in fat storage and elevated blood sugar levels. This prolonged excess sugar will raise the blood sugar levels and the insulin will drop it very low, often below where it was before, which results in the body’s demand for sugar (energy) thus the cycle starts over again. The body must remove this excess sugar by any means possible. It does so by trying to eliminate from the kidneys (excessive urination), which causes the heart to pump much faster, the increased demand for water (excessive thirst). The body gets its signals crossed in that there is increased hunger to provide much needed energy to convert the blood sugar into glucose and transport it to the cells, yet the digestive system actually slows due to the excess sugar. End result is a rollercoaster cycle of high and low blood.

Signs and Symptoms:

Frequent urination
Excessive thirst
Excessive appetite

Treatment and Prevention:

The Diabetes Resource Center emphasizes the consumption of whole foods - not only as a means to treat diabetes and other diseases, but also to promote total health and well-being. Knowing which foods to eat, when to eat them, and how much to eat, can help you take control of your body and your life. In the United States, the richest country on Earth, people are dying from malnutrition. And this is a problem that affects not only the poor, but also people of considerable wealth. Humans require more than just empty calories. We need highly nutritious whole foods that can be easily assimilated without stressing our systems. To survive and work properly, our bodies must have the essential nutrients found only in whole foods and green foods. But in this world of processed foods, nutrient content is sadly lacking and diseases are on the rise. If we fail to eat whole foods and quality green vegetables on a daily basis many valuable *cleansing, building,* and *eliminative* functions fail to work properly. If you consume dead food you end up with dead cells devoid of energy and nutrition and eventually become sick and diseased. If you consume whole foods, green foods, and living foods you end up with energy, nutrition, and life!

1). Nutritional Supplements

- **Scoop of Greens**™ is a concentrated power food made up of the best organic leafy greens, whole grains, plus alpha lipoic acid. Taken together, the nutrients provided by 100% plant based whole food concentrates like **Scoop of Greens**, which naturally contains essential vitamins, minerals, lightweight vegetable proteins, a rich source of chlorophyll, trace minerals, and enzymes, that are necessary to life, and the ability to help regulate the body’s pH balance, better blood glucose control can be achieved and some illnesses prevented, leading to a healthier life. These vital nutrients are a necessary component in complete

nutrition, and that is why **Scoop of Greens** was awarded the U.S. Seal of Approval as a beneficial food acceptable for diabetic consumption.

Scoop of Greens contains the following:

- **Nutritious Greens** like Kamut wheatgrass juice and barley green juice, which contain magnesium, a cofactor in many enzyme systems involved in blood sugar control. Diabetics are often magnesium deficient. Cereal grasses may also help your digestion, circulation, and immune systems, as well as tone your skin, through their cleansing, detoxifying actions.
- **Slow Burning Carbohydrates and Whole Grain Nutrition** like Aktivated Barley, studies have shown to be effective at reducing glucose and insulin responses. Aktivated Barley is the slowest burning complex carbohydrate known to man with the highest amount of convertible beta glucan, which is a soluble fiber. Aktivated Barley will also give you sustained energy without the "crash" associated with energy drinks and coffee. Diabetics typically averaging between eleven and twenty three grams of fiber daily should double or triple their fiber intake, including grains and/or beans in meals each day. Fiber helps to control blood sugar level fluctuations. Diet should emphasize complex carbohydrates and fiber (grains, legumes, and non starchy vegetables).
- **Rice Bran Solubles** are a rich source of B vitamins and tocotrienols, which are powerful vitamin E-type nutrients. Clinical research shows that Rice Bran Solubles help stabilize blood glucose.
- **Alpha Lipoic Acid** is a powerful antioxidant that studies show may help reduce pain, burning, itching and numbness associated with nerve damage caused by diabetes. Studies also indicate that Alpha Lipoic Acid may speed the removal of glucose from the blood in people with Diabetes.

2. Diet and Exercise

- To talk about a balanced diet and about eating right is absolutely impossible, if we do not include green foods on a daily basis. Many elements found in green foods are not typically found in other foods. In fact, green foods can help balance the effects of all other food within our physiology. Green foods provide numerous beneficial nutrients that are missing from other foods including: 1) **chlorophyll**, which helps to detoxify and oxygenate the body. 2) **enzymes** which are responsible for virtually every chemical reaction at the cellular level, and 3) **trace minerals** which are typically missing from our foods due to the sad state of mineral depleted soils around the world. In fact, trace mineral deficiencies are thought to contribute to many diseases in the world today. 4) Green foods are also a rich source of **vegetable proteins**. These lightweight proteins enhance the immune system, increase reproductive functions and serve as the building blocks for lean connective tissue. Strong connective tissues increase the strength of our skeletal and muscular systems, and make us less susceptible to the stresses that life puts on our bodies. 5) Lastly, green foods help to **alkalize**, or neutralize acids and thus help to *restore* the body's natural pH balance. Green foods are essential for a healthy digestion. (Try PHP's *Scoop of Greens*)

- A moderate amount of regular exercise is essential in lowering overall blood sugar level. We recommend 40 minutes per day.
- Simple carbohydrates (such as fruit juices) and foods containing refined sugars (processed foods, cookies, and pastries) should be stricken from a diabetic's diet. Avoid foods made from wheat flour and white rice, and exclude products that list the sugars sucrose, fructose, maltose, dextrose, polydextrose, corn syrup, maple syrup, molasses, sorbitol, or maltodextrin on their labels.
- Balance carbohydrate consumption with moderate consumption of coldwater fish such as salmon, mackerel, herring, or halibut (Omega-3 fatty acids), and lean meats.
- Fats are essential to a healthy diet. Do not be afraid to consume fat, even butter, in moderation. However, fat intake should **absolutely exclude trans-fats** – they are damaging to the body's health. Instead, focus on moderate consumption of unsaturated and, to a lesser degree, saturated fats. Avoid fats that are fried or cooked at high temperatures, which causes them to lose their nutritional value. Fats should be kept refrigerated. [Try **Tropic Oil™** (pure, extra virgin, organic coconut oil- contains no cholesterol and is used by the body as energy) and **Flax Advantage™** (golden blonde flax seeds) as healthy sources of fat.]
- Diabetics typically averaging between eleven and twenty three grams of fiber daily should double or triple their fiber intake, including grains and/or beans in meals each day. Fiber helps to control blood sugar level fluctuations. Diet should emphasize complex carbohydrates and fiber- grains, legumes, and non-starchy vegetables. (Try PHP's **Daily Fiber Blend- more info below**)
- Diabetics should be tested for food intolerances – specific foods that aggravate their blood sugars levels. Foods that diabetics commonly have problems with include: corn, wheat, chocolate, and dairy-related products. Diabetics can self-check for food intolerances by keeping a log detailing foods eaten at every meal and blood sugar levels before and after each meal. Soon, you will have a guide that will help you adapt your diet so that it best fits your body's food tolerances.

Other Top Nutritional Supplements:

- **40X Aloe Vera Concentrate™**-Promotes healthy blood sugar thereby reducing cravings, especially for sweets, etc. Supplies vitamins C and E and other valuable antioxidants, such as beta-carotene. Aloe vera contains zinc and 8 other beneficial minerals, and rich with B-complex vitamins (one of the few sources of B12) and is chock-full of polymannans (polysaccharides), which have been recognized in current research for greatly benefiting the immune system. Aloe helps the immune system to function at its peak.
How to use: Mix a serving of the Aloe Vera (1 teaspoon) with a serving of the Apothe-Cherry (1-2 tablespoons) with 6-8 oz. of water and take 30-60 minutes prior to going to bed.
- **C From Nature™** has naturally occurring vitamin C. High doses of vitamin C have been found to reduce insulin needs, and prevent or prolong the occurrence of many complications associated with diabetes. PHP has gone to every point of the globe to find nature's most potent source of the vital nutrient, which can be found in abundance in rare fruits from South America, Europe, and India. These fruits are not only loaded with naturally occurring vitamin C but contain every vital co-

factor necessary to ensure its rapid absorption. Natural vitamin C is safer than mega doses of ascorbic acid, which can be toxic in diabetics with renal (kidney) insufficiency. Diabetics should have their kidney function tested before taking large doses of vitamin C.

How to use: Take 3 – 9 capsules per day.

- **Daily Fiber Blend™**- known as “the nutritious fiber”, it has gained a reputation worldwide as the most effective, gentle, and naturally acting product in its category. Unlike other fiber products, the Daily Fiber Blend™ recognizes the need to create lubrication with foods containing healing essential fats, and to reduce discomfort by balancing the “roughage” with soluble fibers that cleanse the blood stream as well as the colon. We also included time tested digestive aids like fennel seeds that reduce gas and bloating, plus FOS to feed the friendly bacteria that aid in detoxification. The sprouted heirloom seedlings create enzyme and enzyme precursors that speed digestion allowing the sponge-like apple fibers, brush-like psyllium and broom-like rice bran to do an effective job at normalizing your bowel function. Glucomannan is added to help trap the excess fat and starch that would otherwise be converted into fat cells.

How to use: Take 1 scoop (2 tbsp.) mixed with water or any beverage (fruit smoothie, and/or rice, hemp, or almond milk, etc) 2 hours before bedtime or instead of a snack.

- **Apothe-Cherry™**- Montmorency tart cherries are perhaps nature’s most nutritionally dense food containing a wide variety of powerful antioxidants and phyto-chemicals unmatched by any other fruit as measured by the scientifically validated ORAC method. In fact *each serving* (2 tbsp.) contains 7,000 ORAC units!

How to use: Mix a serving of the Aloe Vera (1 teaspoon) with a serving of the Apothe-Cherry (1-2 tablespoons) with 6-8 oz of water and take 30-60 minutes prior to going to bed.

- **Flax Advantage™**- Golden organic flax seeds are the richest vegetable source of Omega-3 oils. Studies suggest Omega-3 oils may prevent hardening of the arteries and enhance insulin secretion.

How to use: Take a ½ cup of fresh flaxseeds ground daily-add to smoothie, salad, yogurt, oatmeal, or bake in bread, etc.

From the Diabetes Resource Center: In order to combat the rise of modern degenerative diseases like diabetes, hypoglycemia, and other blood sugar handling problems, we must consume living foods that are uncooked, un-pasteurized, and minimally processed. The body needs whole food nutrition that comes only from plants in order to survive. We are not consuming enough deep leafy green vegetables, which are a critical element in diabetic and overall human nutrition. We need to (on a daily basis) consume whole foods. Unfortunately, our soils are deficient in major trace minerals; therefore the best way to receive these proper nutrients is in pure whole food concentrates, such as **Scoop of Greens**. This is important especially if you are not consuming the recommended 5 servings of fruits and vegetables daily. Living foods contain an enzyme complex capable of digesting itself while contributing excess enzymes toward relieving stresses at the cellular level. To function properly, our bodies require the essential nutrients found only in 100% Plant Based Whole Foods.



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Where Pure & Premium Become One

These statements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure or prevent and disease. This information should be shown to your doctor and discussed as an integrative solution to or possible lifestyle support for, the aforementioned conditions. Always seek the advice of a licensed qualified physician with an understanding of integrative therapies.

REFERENCES

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If you need advice on how to approach your doctor on health/ nutrition, please see our archived Consumer Education Conference Call on www.phporder.com (under Education section) titled "How to Talk to your Healthcare Provider".

PHP is based on the tradition of Naturopathics, which operates on the premise that our bodies are self-healing if given the right tools and environment. This tradition has been well practiced for over 5,000 years!

Call **888-747-6733** or visit www.phporder.com

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