

Sugars Are Becoming Integrative Medicine! - Smart Sugars Lesson #4

by J. C. Spencer

The word *medicine* varies by culture from country to country but worldwide it involves a variety of healthcare practices to maintain and restore good health. The word *medicine* is derived from the Latin *medicina*, meaning *healing*. In some countries Royal Sugars are considered drugs or medicine EVEN THOUGH THEY ARE NON-TOXIC. In ALL countries, these sugars can be integrative as can any good nutrition.

The word *integrative* means to merge two or more things or concepts together. The idea is to produce synergy, more benefits, than when each is used singularly. By integrating the best of two worlds, we can develop a classic model of integrative healthcare to make the traditional modern medical sick care system work better faster. This has been the continual intent and fundamental purpose of The Endowment for Medical Research and our Glycomic Conferences and Training via DVD, books, articles, and website at www.endowmentmed.org. Every physician could profit from viewing our 14 hour Glycomics DVD Training.

Integrative Medicine is different from Alternative Medicine or even Complimentary Medicine because Integrative Medicine is not attempting to replace traditional therapies per se. Integrative Medicine is taking the “natural” and making other evidence based therapies work much better and in a shorter time. Evidence will conclude what works best. It does not require a brain surgeon to know the answer to this question: **Does A + B work better than A or B?**

More doctors are wisely embracing Glycomics Integrative Medicine for three main reasons. 1) The word *integrative* is positive and non-combative; 2) It does not require the physician give up traditional therapies; and 3) Healthcare Professionals quickly learn that positive results from these sugars are Evidence Based. That means, they see improvement over a short period of time.

Western medicine has been at odds with some alternative or complementary treatments like herbal medicines, acupuncture, biofeedback, and yoga. A major reason was the threat of replacement. Today, according to the American Hospital Association, the percentage of U.S. hospitals that offer integrative therapies has more than doubled in less than a decade, from 8.6% in 1998 to almost 20% in 2004. Another 24% of hospitals state that they plan to add integrative therapies in the future. Patients usually pay out of pocket, although some services including nutritional counseling, chiropractic treatments, and biofeedback are beginning to be reimbursed by some insurance companies. Prayer is free and often under valued.

In the early 1990s, the term Integrative Medicine began taking hold in American and a study showed that one in three Americans included unconventional remedies after diagnoses. Today, studies show over 60% of patients try unconventional remedies. Director of the CDC, Edward Sondik stated, “*What we see is that a sizable percentage of the public puts their personal health into their own hands.*” (I question the accuracy of the following surveys; however, if they are close, they reveal a pathetic state of the union.) The surveys found that 71% (some surveys showed much less) used alternative choices, 43% percent of adults pray for their own health, 24% pray for someone else, 19% use products such as herbs, 12% practice deep breathing and 8% meditate, 8% seek care from a chiropractor, 5% use massage therapeutically and 4% use diet-based therapies for health.

Glycomics, the science of sugars, is destined to play a major and growing role in the future of healthcare. Universities and commercial research laboratories around the world are researching the benefits of Royal Sugars and discovering that the evidence is overwhelming. These sugars may be the Rosetta Stone for accomplishing tomorrow’s medical achievements.