

Diabetes Tipping Point turns to Critical Mass Explaining the importance of glucose

Smart Sugars Lesson # 45

by JC Spencer

Medical science is losing ground when it comes to diabetes. There were an estimated 7,740,000 Americans with diabetes in 1994 (about 3% of the population). Today MORE than 25,800,000 have diabetes (over 8% of the population). And, multitudes are getting close to the tipping point.

When we focus on the wrong things, they get worse. When we focus on that which is perfect, we tend to go in that direction. Let us look at perfect cells and what makes them that way.

The cause of diabetes is simple and the solution may be as simple. Taking action is the culprit. The main reasons for so many cases of diabetics is poor nutrition, low protein, not enough fiber, processed foods, and lack of proper exercise. Eating foods that are high in sugar and HFS increases the risk for yourself, your children, and grandchildren getting diabetes.

We know that the glucose balance in your blood is absolutely vital to good health. Your endocrine system and your immune system are critically supportive or detrimental to each other.

Too much or too little glucose metabolized into your blood stream causes a cascade of changes in your endocrine system. Insulin is the hormone produced by your pancreas that is necessary for cells to be able to use blood sugar. Insulin may have an impossible task when the raw material, primarily carbohydrates, complicate the mission.

Your body is on a specific beat. The rhythm of the function cycle in your body is unique and can be improved. Your pancreas works closely with your liver and adrenal glands to regulate your blood sugar. Bad sugars pounce upon your liver disrupting the rhythm as they produce triglycerides, store fat, and peak your blood glucose levels.

Your liver can filter hundreds of gallons of blood each day. But, an overtaxed liver builds resistance like a clogged filter, is not able to do a good job, and may go into liver failure. I have known people,

including doctors, who had failing livers. With Smart Sugars, I have seen failing livers restored to normal functioning livers. Your damaged liver can regenerate when it is nourished properly and Smart Sugars are vital for that nourishment. The liver manages toxins, produces some 13,000 different chemicals, thousands of enzymes, controls your blood sugar levels, makes and processes cholesterol into estrogen, testosterone, and other hormones.

When glucose tips in the wrong direction, it shifts the rhythm of the cycle to a chronic over production of insulin, causes diabetes, stores fat, produces bad cholesterol, causes obesity and develops heart risks.

Diabetes plays havoc with blood, damaging blood vessels, resulting in ailments of the eyes, limbs, and vital organs causing strokes and heart attacks. Diabetes is the major contributing factor for limb amputations, blindness, and kidney dialysis. About 75% of diabetics die from heart attacks.

Dependency on drugs compounds the problems, results in weight gain, and accelerates heart damage. Diabetics and those prone to diabetes should not ignore the warning signs. Understand that diabetes and its complications can kill you. But, there is Diabetic Hope. More exercise may be very beneficial but walk before you run. Move!

Stop focusing on the wall of sickness and death and focus on what will make things right. Your life depends on it. Scientists have documented that Smart Sugars can correct faulty gene expression.

Source:

<http://www.ncbi.nlm.nih.gov/pubmed/21232572>

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<http://www.endowmentmed.org/content/view/826/106/>

We May Like Sugar, But Diabetes Is Not Our Friend, *Wired Magazine* Dec. 2011 pg 46.

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