

Diabetic Detective Meets the Killer

Smart Sugars Lesson # 52

by JC Spencer

The worldwide epidemic of diabetes is accelerating 3-5% per year. Immune systems are weakening at this same trend. Unless action is taken, soon the average human will be diabetic with an immune system of a full-blown AIDS patient. These are winning facts!

An estimated 90% of some 350 million diabetics on the planet are Type 2. Today, we (that's US) have more than 25,800,000 diabetics (more than 8% of the population). This number has escalated from about 7,740,000 diabetics in 1994 (about 3% of the US population).

Type 1 diabetes is coming after younger juveniles faster and Type 2 is coming after older humans sooner. Diabetes will take down millions of people who do not resist the onslaught.

A poor glucose metabolism is the cause for diabetes. Doing nothing about it makes you an accomplice.

A look through Sherlock Holmes' spyglass held over the pancreas may help us find the killer. You ask the question, "Is the pancreas, which is hidden in the upper part of the abdomen, the victim of diabetes or is it a hero turned killer?"

Vital to digestive and hormonal functions, your pancreas regulates blood sugar and manufactures digestive enzymes to break down protein, carbohydrates, and fat. Not properly nourished, a weakened pancreas soon becomes inflamed, leading to failure and even cancer.

Type 1 diabetes is an autoimmune disease that attacks the cells of the body, especially the pancreatic cells, causing lower or no production of insulin. On the one hand the unregulated pancreas does not produce enough insulin (Type 1) and on the other hand, it over produces insulin (Type 2).

In Type 2 diabetes, glucose spikes induce the

cells to scream in a desperate plea for more insulin. High glucose spikes trigger the need for higher insulin production. As the sugar spikes impact the body with repetitive dramatic events, the pancreas becomes damaged, dysfunctional, and unable to help process cholesterol.

When properly processed, cholesterol prevents a buildup in the cells particularly in coronary arteries. Weight gain is another consequence when cholesterol is not properly metabolized. Cholesterol is the precursor to hormones and the building blocks for membrane structure and bile.

What if we can FIX the pancreas?

As we inspect the pancreas, we soon learn what is needed for it to operate more effectively. Proper feeding and caring of the pancreas will help prevent havoc with your blood, prevent the damage of blood vessels, and prevent compounding ailments to the eyes, limbs, and vital organs that can cause strokes and heart attacks. Three enemies causing or advancing pancreatic cancer are table sugar, alcohol and smoking as each lowers pH and raises toxicity.

Consuming food and food supplements with substantial vitamin, mineral, and antioxidant content is beneficial to your pancreas. The University of Maryland Medical Center notes that antioxidants protect the body from free radicals that otherwise contribute to pancreatic infection. With proper nourishment, pancreatic cells can regenerate to replace those destroyed. Your pancreas can be and should be strengthened and supported. Smart Sugars are critical in the natural care and feeding of the pancreas.

Source: *Expand Your Mind - Improve Your Brain*
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