



Drug Side Effects Create Diabetics and Cause Brain Failure *25% of all Americans over age 45 are taking these drugs.*

Smart Sugars Lesson #55

by JC Spencer

We have been hoodwinked by a marketing campaign that sells \$20 Billion of cholesterol lowering drugs per year. According to some experts, these drugs do more damage than benefit. Remember when 250 total cholesterol was considered high? Then 240 was considered high. Today, we are told that 200 is high.

Researchers have concluded that over 64,000 new-onset diabetics are caused each year by statin drugs! In a study where more than 32,000 people were evaluated, scientists determined that higher dosages resulted in greater diabetes risk and other side effects.

According to Peter Wehrwein in the Harvard Health Letter, there are about 127 million Americans over age 45... almost 32 million Americans take a statin drug to lower cholesterol and "prevent heart disease." This is one in four human beings making up the equivalent population of the entire states of Florida and Illinois combined.

Dr. Harlan Krumholz of the Department of Cardiovascular Medicine at Yale University reported in 1994 that older people with low cholesterol die twice as often from heart attacks as do older people with high cholesterol. According to Uffe Ravnskov, MD, PhD, from Copenhagen, high cholesterol is not even a risk factor for 5% of heart attack deaths.

Cholesterol is vital to the human body as the precursor for hormones. Health improves as we better metabolize glucose and cholesterol. Properly processed glucose and cholesterol equip the body's immune system and endocrine system.

The FDA agrees that statin drugs are dangerous and has added a new warning label to include increased **risk of liver damage, memory loss/confusion, Type 2 diabetes, and muscle weakness.** According to Dr. Amy Egan, the FDA's deputy director of safety in the division of metabolism drug products [from]... reports compiled over the past year... We're witnessing a massive ongoing 'live' experiment, and many are putting their health on the line for drugs that offer little in the way of heart protection. In fact, they may actually make your heart health worse.

Individuals and universities in various countries are cooperating with us through research or helping conduct an International T/C+ Pilot Survey with

Matched Funding to gather more data for improved brain function, improved general health, and diabetes. T/C+ is a blend of the sugar Trehalose, Ceylon cinnamon, and plant based multi-trace minerals. T/C+ is designed to improve brain function and aid in metabolizing glucose. See

<http://www.endowmentmed.org/content/view/1164>.

Cinnamon is beneficial against diabetes as it reduces serum glucose, triglycerides, LDL, and total cholesterol in patients with type 2 diabetes according to a report in *The Journal of the American Board of Family Medicine*.

Ceylon cinnamon is also a great source of phytonutrient manganese, iron, and calcium as well as fiber. Studies have shown that just ½ teaspoon of cinnamon per day can lower LDL cholesterol.

Several studies indicate that cinnamon may have regulatory effect on blood sugar, making it especially beneficial for people with Type 2 diabetes. It also has an anti-clotting effect on the blood.

In a study at Copenhagen University, patients given half a teaspoon of cinnamon combined with one tablespoon of honey every morning before breakfast had significant relief in arthritis pain after one week and could walk without pain within one month.

Smart sugars modulate the human immune system and help balance the hormonal system. The serendipitous side effects of smart sugars include mental clarity and improved brain function.

Source: **Expand Your Mind - Improve Your Brain**
<http://www.endowmentmed.org/content/view/826/106>
Change Your Sugar, Change Your Life

<http://DiabeticHope.com>

<http://www.defranca.com/PDFs/High%20Cholest.%20benefits.pdf>

<http://www.ravnskov.nu/uffe.htm>

<http://indusorganics.com/retail/wordpress/Spice%20Blends,%20International%20Cooking,%20Healthy%20Cooking,%20Medicinal%20Benefits%20ceylon-cinnamon/>

<http://care.diabetesjournals.org/content/26/12/3215.abstract>

<http://onlinelibrary.wiley.com/doi/10.1111/j.1365-2362.2006.01629.x/abstract>

<http://www.jabfm.org/cgi/content/full/22/5/507>

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