

# Healthy Choices Herald

## April, 2009

### Health Alert

Dr. Bruce West

### Part II Deadly Diabetes Duo -How to Be Drug-Free in 90 Days

Quite frankly, without exercise and the elimination of, or dramatic reduction in, wheat intake, you simply will never overcome diabetes. And, conversely, with these two factors and the right supplements, you can be drug-free within 90 days. Supplements are also needed to overcome long time nutritional deficiencies brought about by a diabetes diet.

Your cells must remain sensitive to insulin, which allows sugar to leave the bloodstream and enter the cells for energy. Two critical nutritional factors in maintaining insulin sensitivity are specific B vitamins and chromium. These and other important nutrients are deficient in the diabetic diet. A diet of processed-foods with lots of wheat slowly induces *insulin resistance*.

### What is Insulin Resistance?

Insulin resistance is another term for Type II Diabetes. The cells are no longer sensitive to insulin (due to nutritional deficiencies). This stops insulin from aiding in the proper flow of sugar from the bloodstream into the cells. Sugar levels continue to rise in the bloodstream, and the body makes more and more insulin (that no longer works properly) in response.

### Glucose Tolerance Factor

For three to six months you need to supplement the vitamin B complex, chromium, and other nutrients that make up what is known as the *glucose tolerance factor* to normalize insulin sensitivity. Combined with better diet and exercise, this will produce dramatic results in your blood sugar over time. The products that contain the glucose tolerance nutrients are **Cataplex GTF** (1-2 per meal) and **Diaplex** (2-3 per meal). We also use the mineral supplement **Min-Tran** (2-3 per meal) during this time.

These products are produced by Standard Process. In you need final proof, combine this new diet, new exercise program, and new supplement protocol and take regular blood sugar readings. After one to three months, start to compare these to past readings. If you are diabetic, take the final step. Take these readings to your doctor and let him or her know that you have cured your

diabetes naturally – and you with to wean off diabetes drugs. Now that a formula for success.

## **Chronic Gas**

Millions of Americans go through their days with chronic gas problems. Although dozens to hundreds of tests can be conducted - from the intestines on down - the main cause of this problem is insufficient digestive enzymes in the stomach. This can be true for anyone, but it is especially true for those over age 65.

When the stomach produces an inadequate amount of digestive enzymes, food is not completely broken down before it passes into the intestines. When food that is unprepared for the intestines passes along, the body is incapable of continuing normal digestion. Instead, portions of this food begin to ferment. This is a form of "rotting." Aside from bloating, heartburn, reflux, constipation, or diarrhea, the main symptom is chronic gas.

So before you subject yourself to an amazing array of expensive and sometimes invasive tests, first simply enhance your stomach's digestive enzymes and see what happens.

## **Zypan Tablets**

Take 2-4 Zypan tablets with each meal for two weeks and see if your problems diminish. If they do, you have solved your problem with the most common cure - enhanced digestive enzymes in the stomach. Simply continue using Zypan for up to 6 months and then slowly reduce the dose. This product actually helps your stomach rebuild its digestive enzyme production mechanisms.

If you take Zypan and find that you get intense burning, you proved that you have adequate digestive enzymes (and possibly an ulcer). Stop the Zypan and know that you have eliminated at least one cause for chronic gas by your own diagnostic test. Next, turn to the second most common cause of this problem - gallbladder problems, with or without gallstones.

## **A-F BetaFood**

Take 2-4 A-F Betafood with each meal for a couple of weeks and observe your symptoms. A sluggish gallbladder or stale bile sludge in the bile ducts will disallow your body to digest food properly - resulting in chronic gas. A-F Betafood contains betaine, which enhances bile production and flow. And if your gas disappears after this test you have solved your problem. Simply continue using A-F Betafood for up to 6 months and then begin to cut back.

If you still have problems after using these two products, check if dairy products or gluten from wheat, rye and barley are causing the gas. Simply eliminate these from your diet for two weeks and see if it helps.

### **The Power in Being Healthy**

This four part seminar facilitated by Lynn lays out a foundation for healthy living. Topics covered: Assessing Your Health, Six Keys to a Healthy Lifestyle, Customized Health Plans and effective Supplementation. To sign up for course number 101052 offered through Plano Parks and Recreation [click here](#), or call 972-941-7250.

### ***Food For Thought...***

Life's disappointments are opportunity's hidden appointments.