

Healthy Choices Herald

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Health Alert

by Dr. Bruce West

DDD: The Deadly Diabetes Duo

Part I

The diabetes duo is *wheat* and *lack of exercise*. Despite all the “science” in medical therapy for Type II Diabetes, it still remains a man-made disease. And as sure as it is man-made, it can be man-cured. This disease is caused by eating processed foods loaded with wheat, sugar and corn syrup, all the while staying on the couch and avoiding exercise. It is as simple as that.

For those of you who do not believe this, all you need is an accurate glucose monitor for diabetes testing. Within 30 days of following the instructions in this article, you will have proven it to yourself. *To eliminate blood sugar problems, all you need to do is eat only real foods with lots of protein, avoid wheat and sugar, and exercise.* That’s it.

Skeptical? Test it!

Think wheat and lack of exercise are not the deadly duo? Take the test. If you are diabetic, you probably already know your average blood sugar fluctuations. Now stop all wheat and any food with wheat in it (be sure to read ingredient labels-you will be surprised). At the same time, join a gym and start exercising your muscles-hard. The best way I have found is *Slow Burn* weight lifting (more on this later).

After one month on this program, compare your blood sugar readings with previous readings. If you have not cheated, you will be absolutely amazed. And you can take it a couple of steps farther. Have a blood test after a month on this regimen. Now compare your blood sugar glucose readings, your triglycerides, and even your HDL/LDL ratio to those from past months.

If you’re still not convinced, monitor your blood sugar after specific meals. See how high your blood sugar spikes after a big pasta or other wheat-laden meal-and see how long it takes to normalize from this. You will find that *nothing pushes up blood sugar like wheat.* And *nothing keeps your blood sugar high longer than wheat.*

If you still need more evidence, watch your blood sugar drop within hours after one of your strong, Slow Burn exercise sessions-and how long it stays down following exercise. *Nothing (even drugs) has a more powerful, long-lasting, and glucose-moderating effect than strong, muscular weight-bearing exercise (weight lifting).*

Wheat and Diabetes

A “healthy” meal of “whole-grain” cereal is not the breakfast of champions. It is the ***breakfast of diabetics***. If you insist on eating wheat all the time, you will eventually (if not already) be relegated to a lifetime of diabetic drugs with all their problems and life-threatening side effects. Just stop eating wheat altogether. If you would like a book recommendation to help you design a healthy diet, get a copy of the classic *Protein Power* by Eades and Eades. It is available in bookstores and on-line.

Exercise and Diabetes

Muscular exercise is the only time the body takes sugar out of the blood and into the muscles ***without insulin***. That defines the cure for Type II Diabetes. You can test your own blood sugar for the proof. I am aware that most people really don't like to exercise. That is one of the reasons why Slow Burning exercising is the best.

This exercise is only needed once every five to seven days for less than an hour! Its effect will be evident in your body and blood sugar for the whole week! The key is exercising muscles very slowly and to complete exhaustion. This is so much easier than standard weight lifting. To get on this program, get a copy of the book *The Slow Burn Fitness Revolution* by Hahn, Eades and Eades. It is available in all bookstores and on-line.

Stay tuned for Part II on Diabetes in next month's edition...How to Be Drug-Free in 90 Days.

Traveling domestic or abroad for Spring Break? Tired of buying bottled water?

Traveling, especially in airplanes, is one of the fastest ways to dehydrate your body. In fact, the air in an airplane is so dry it is equivalent to the air in a desert. Take your clean water source with you. The Wellness H2.O is a personal, reusable water bottle that features a unique filtration system that not only purifies ordinary tap water, but also enhances the water for better absorption and hydration. With this special filtration process you'll have access to high quality water wherever you go while eliminating the need for over 1,100 plastic bottles. Learn about the **above H2.O filter at [Wellness Water Filters](#) and receive a 5% discount** when ordering at this site by using referral ID 22998 or call (800)-428-9419 and give them my name.

Digestion Series:

The Myth of Acid Indigestion*

FACT: At least 90% of those suffering from “acid indigestion” and/or “acid reflux” are in reality suffering from too little stomach acid.

"How can this be?" you ask. *"It feels like too much acid, and the TV commercials tell me it's too much acid."*

Here's how it works: When you eat a meal, the stomach is designed to produce strong acid to begin the digestive process, especially of proteins. When there is too little stomach acid, the food sits too long in the stomach undigested, and begins to ferment and rot.

It is the acids of the fermenting and rotting food that cause the feeling of acid indigestion (and can eventually cause ulcers).

Sufficient stomach acid is also the signal to the small intestine to open up, receive the stomach contents, and begin the next phase of digestion. When this signal is too weak, the stomach contents may try to escape in the other direction, causing the symptoms of acid reflux.

What happens when antacids are taken for this condition? It makes the symptoms stop and the problem worse. It would be like putting a piece of duct tape over the oil light in your car when it comes on and thinking you've solved the problem.

Antacids stop the digestive process and the partially-digested, rotting food is forced through the rest of the digestive tract. (This is also true of the acid stoppers like Zantac, Pepcid AC, and especially Prilosec and Prevacid.)

Minerals in particular cannot be digested without a strong acid medium in the stomach. Antacids and acid stoppers create an alkaline condition in the stomach. It, therefore, becomes impossible to digest calcium and most other minerals.

As this condition continues, the digestive tract becomes weaker and weaker, as well as increasingly toxic. You are also not digesting and absorbing the nutrients from food.

Loss of the ability to produce sufficient stomach acid, and all the consequences of this, is the first step in developing all kinds of degenerative diseases. However, the connection that this is an underlying cause of disease is seldom made.

The real solution is simple! There are natural and very effective supplements to assist digestion and help your body to repair its own digestive ability.

Stomach Acid Self-Test

Hydrochloric acid (HCl), which is produced by glands in the stomach, is necessary for the breakdown and digestion of many foods. Insufficient amounts of HCl can lead to indigestion. HCl levels often decline with age.

You can determine if you need more HCl with this simple test. Take a tablespoon of apple cider vinegar or lemon juice. If this makes your indigestion go away, then you need more stomach acid. If it makes your symptoms worse, then you have too much acid, and you should take care not to take any supplements that contain HCl.

Digestive Support

There are a number of natural supplements that can be very helpful with these conditions from a company called Standard Process. Your best bet is to find a practitioner near you for guidance to make sure you are getting the right support. You may locate a practitioner near you at the following website www.StandardProcess.com or select [supplements](#) and we can discuss the right supplements for you.

*Dr. Lang's 2002 Nutritional Seminar, Dallas, TX

Food For Thought...

Start with what you can do, don't stop because of what you can't do.