

## Diabetes Information

***"If you're still having trouble understanding why taking insulin is a terrible choice in type 2 diabetes consider this; when your blood sugar becomes elevated, insulin is released to direct the extra energy (sugar) into storage. A small amount is stored as a starch called glycogen, but the majority is stored as fat. Therefore, insulin's primary role is not to lower your blood sugar, but rather to store this extra energy as fat for future needs when food may not be available. The fact that insulin lowers your blood sugar is merely a "side effect" of this energy storage process. Taking more insulin just makes you fatter!"***

"Leptin's importance in blood glucose control and diabetes is powerfully illustrated by recent studies that show its ability, even in low doses, to lower blood glucose in both type 1 and 2 diabetics, and this is an exciting new potential treatment. "

**"One 2013 study involving pre-diabetics found that most had inadequate magnesium intake, and those with the highest magnesium intake reduced their risk for blood sugar and metabolic problems by a whopping 71 percent."<sup>22</sup>**

**Current government guidelines for magnesium intake among adults call for 300 to 420 mg per day (depending on your gender, age, pregnancy and lactation), but many people consume less than 300 mg per day. Research suggests many would benefit from a much higher intake, about 700 mg per day or more. Magnesium is lost in sweat during exercise and used up in higher amounts when you're stressed."**

"As noted earlier, recent research published in the *Journal of Clinical Endocrinology & Metabolism*<sup>23</sup> confirms what Dr. Ron Rosedale has stated for the last two decades, which is that insulin treatment can provoke otherwise reversible type 2 diabetes to progress into type 1 insulin deficient and therefore insulin-dependent diabetes. The study found that giving genetically engineered recombinant insulin to type 2 diabetics with certain genetic susceptibility can trigger their bodies to produce antibodies that destroy their insulin producing cells (pancreatic islet cells). You may not realize that all human insulin, the type typically used, is **GMO or genetically modified which might be responsible for this autoimmune reaction.**"

"A growing body of research suggests there's a powerful connection between your diet and your risk of both **Alzheimer's disease and glaucoma**,<sup>10</sup> via similar pathways that cause type 2 diabetes. Alzheimer's disease was tentatively dubbed "**type 3 diabetes**" in early 2005 when researchers learned that the pancreas is not the only organ that produces insulin. Your brain also produces insulin, and this brain insulin is necessary for the survival of your brain cells."

- **Incorporate intermittent fasting.** If you have carefully followed the diet and exercise guidelines and still aren't making sufficient progress with your weight or overall health, I strongly recommend incorporating [intermittent fasting](#). This effectively mimics the eating habits of our ancestors, who did not have access to grocery stores or food around the clock. They would cycle through periods of feast and famine, and modern research shows this cycling produces a number of biochemical benefits, including improved insulin/leptin sensitivity, lowered triglycerides and other biomarkers for health, and weight loss.

Intermittent fasting is by far the most effective way I know of to shed unwanted fat and eliminate your sugar cravings. Intermittent fasting has also been identified as a potent ally for the prevention and perhaps even treatment of dementia. Ketones are released as a byproduct of burning fat, and ketones (not glucose) are actually the preferred fuel for your brain. Keep up your intermittent fasting schedule until your insulin/leptin resistance improves (or your weight, blood pressure, cholesterol ratios, or diabetes normalizes). After that, you only need to do it "as needed" to maintain your healthy state.

- **Optimize your gut health.** Your gut is a living ecosystem, full of both good bacteria and bad. Multiple studies have shown that obese people have different intestinal bacteria than lean people. The more good bacteria you have, the stronger your immune system will be and the better your body will function overall. Fortunately, optimizing your gut flora is relatively easy. You can reseed your body with good bacteria by regularly eating fermented foods (like natto, raw organic cheese, miso, and cultured vegetables).

### **FULL ARTICLE - a MUST READ!!!**

[http://articles.mercola.com/sites/articles/archive/2014/07/14/type-2-diabetes-insulin-leptin.aspx?e\\_cid=20140714Z3\\_DNL\\_art\\_1&utm\\_source=dnl&utm\\_medium=email&utm\\_content=art1&utm\\_campaign=20140714Z3&et\\_cid=DM52755&et\\_rid=584167619](http://articles.mercola.com/sites/articles/archive/2014/07/14/type-2-diabetes-insulin-leptin.aspx?e_cid=20140714Z3_DNL_art_1&utm_source=dnl&utm_medium=email&utm_content=art1&utm_campaign=20140714Z3&et_cid=DM52755&et_rid=584167619)

And this is why the epidemic of diabetes grows at an exponential rate now. They couldn't be getting it more wrong.

Also, researchers have found these adipose tissue fat cells of obesity are actually **'inflammation' cells inflating normal fat cells**. Inside these cells there are large inflammatory immune-activation biomarkers caused by the sugar/fructose.

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