



## **Diabetes, Nutritional and IV Therapy Program**

Diabetes is today one of the more common problems seen in medical practices throughout the US and the rest of the world. Diabetes is a genetically-based nutritional deficiency syndrome. That is, in order to get diabetes you first have to have a gene that predisposes you to diabetes and next you have to eat a diet that promotes diabetes. No one gets type 2 diabetes unless that have a gene predisposing them and then they eat a diet that triggers the diabetic condition.

Up until a few years ago type 2 diabetes was most commonly seen as an "age-onset" problem. That is, young people did not get diabetes. Rather it developed slowly with age and then sometime after 50 years of age in a few people, and after 60 to 70 in many more people, diabetes would suddenly show up. This was a clue that was missed by most physicians and researchers that something other than genetics was operating here. While we had know for a long time that the individual's diet played an important role, the two and two of it was not put together until recently.

We know that diabetes is not caused by eating normal healthy foods, but rather that it is created by the fact that we are eating so few normal and healthy foods. This factor is tied to the epidemic of obesity that now rages through our country, Today we are seeing 7, 8, 10, 15 and 20 year-old diabetics. As little as twenty years ago diabetes in children of these ages was an extremely rare occurrence. Now it is so common that there is hardly a practitioner that does not have a large number of young diabetics in his or her practice with the exception of those doctors who do not see children. The age of onset of diabetes is moving down and the complications of long-term diabetes are increasing rapidly.

### **What About Medication?**

It should be clear to any diabetic that medication can be used to lower and control blood sugar and that well-regulated blood sugar levels can to a degree reduce the complications of diabetes. Medications do not cure diabetes, they merely bring it under control. Because of this many diabetics soon find themselves taking one, two, three, even four or more different medications and some having to use insulin in order to control their blood sugar. There are many risks and complications for the long-term diabetic. It is also true that many diabetics will ultimately suffer complications and problems of diabetes much earlier then did their diabetic parent, grandparents and great-grandparents.

### **What Are Some of The Complications of Diabetes?**

The most common complications of diabetes read like a Who's Who List of medical nightmares. Heart attack, stroke, amputation, kidney failure and blindness are the most significant complications, yet there are a host of lesser complications including impotency, leg and hand pains, loss of feeling and sensation in feet and hands, yeast infections, increased risk of infection, slow

wound healing, and the list goes on and on.

Needless to say taking medications and suffering from either the major or minor complications of diabetes do not lead to a scenario of increased quality of life with aging. For many people aging with diabetes is a nightmare and a lesson in loss of control, doctors offices, medications, injections, frustration, and humiliation.

### **What More Can Be Done To Treat or Even Reverse Diabetes?**

Diabetes is a nutritional deficiency syndrome this should be a clue that optimal prevention must require understanding what these deficiencies are and how they can be reversed. While the basic problem is your genetics, at least directly, the reason diabetes most often occurs is that it is triggered by nutritional deficiencies created when we eat the poor quality of food sold and served in the US. The reason diabetes is a major medical problem at this time is because the nutritional quality of the American diet has significantly diminished over the past 50 years. With the onset of World War I, people moved off of the farms and into the city for jobs and to help with the war effort. Soldiers were at that time fed the first processed foods and "farm fresh" slowly became a slogan plastered on labels with no truth or meaning.

With the onset of World War II this process was accelerated and by the end of the war tens of millions of our "boys" come back from overseas, now fully indoctrinated in eating processed and refined foods three times a day and this process had worsened almost on a daily basis. Starting during the mid 1960's and certainly by the end of the 1980's the American diet had become almost entirely made up of processed and refined foods and farm fresh food no longer had any meaning for more than 95% of the US population. Since the 1980's the rate of heart disease, stroke, diabetes, high blood pressure and chronic diseases of all type, especially related to nutritional deficiencies are increasing steadily in an almost landslide proportion.

### **Can Diabetes Be Cured?**

While doctors hate it when someone asks if a disease "can be cured", the truth is the genetic predisposition toward diabetes cannot be cured, but the disorder of diabetes caused by inadequate nutrition can be cured. Even if diabetes is not cured, only controlled, the complications of diabetes can be all but eliminated and rendered non existent if the control is done correctly.

### **What Needs To Be Done?**

If you're a diabetic, you need to learn what and how to eat the right foods to reverse the nutritional deficiencies which have triggered your diabetes. In order for you to completely undue these nutritional deficiencies which are causing your diabetes, you need to be on the correct formulation of foods and supplements that can speed up the reversal of the nutritional changes that have triggered your diabetes. To do this, you will need to make a number of lifestyle modifications that will support permanent reversibility of your diabetes. What else?

In order to return to normal and eliminate your diabetes you will need to establish a regular daily exercise program, eat a fresh organic food – healthy diet, use appropriate nutritionals, supplements,

herbs, and if necessary consider dietary restrictions and even possibly herbs or medication to control high cholesterol and high triglycerides. You must bring your high blood pressure under control and any consider all risk factors that can lead to kidney damage, and changes that cause peripheral neuropathy.

If you are not already a diabetic but have a family history of diabetes, elevated blood sugar or are over-weight you need to know everything our diabetics must know so that you can prevent becoming a diabetic.

### What If I Already Have Complications From My Diabetes?

You should know about all of what we have said above and also:

- **Chelation:** Prevention of heart disease, peripheral vascular disease, kidney disease and possible blindness, heart attack and the values of chelation in reducing these risks.
- **Plaquex:** Atherosclerosis causes not only risk of heart attack and stroke but loss of kidney function. Plaquex, a potent chelating agent, can maximize reduction and elimination of atherosclerotic plaque.
- **Hyperbaric Oxygen Treatment (HBOT):** With any sore, injury, or infection the diabetic risks gangrene and amputation. Healing these sores and localized infections is essential for preventing gangrene and amputations, HBOT can help to do this. HBOT promotes healing and repair of injured areas. For the diabetic who recently suffered a stroke it can be an essential step in maximizing healing and recovery along with physical therapy of viable functioning.

### I Have Not Yet Had Any Complications How Can I Prevent Them from Occurring?

The answer to this question is simple. Here are ten things you can do to minimize or eliminate complications:

1. Get your blood sugar and diabetes under control
2. Reduce your blood sugar to the lowest and healthiest level possible
3. Lose weight, if this is necessary
4. Control your blood pressure
5. Lower serum cholesterol and triglyceride levels
6. Create a regular exercise program
7. See a podiatrist every 3 to 6 months to have toe nails cut professionally
8. Have a retina exam by an Ophthalmologist at least once a year
9. Eat the healthiest diet possible to minimize the amount of medication and maintain normal serum blood sugar levels
10. Work with a caring and supportive physicians and medical staff to help you attain these difficult goals.

**What we at the Preventive Medicine Clinics of the Desert can do for you:**

**Nutritional Therapy**

We can help you create the exact right diet for you. This will help you to eat the healthiest, tastiest diet possible to minimize blood sugar levels, and reduce or eliminate complications of diabetes. We can help you lose weight, find the exact right supplements to help you manage your diabetes and we can help you to better control your blood sugar, cholesterol and triglycerides to attain the most optimal levels available to you.

**Create a Fun Exercise Therapy Program**

We can first evaluate your ability to exercise and make sure that you are physically fit and capable, that exercise will not be harmful for you. If you are physically challenged, we can help you create an exercise program that takes into account your limitations and your abilities.

**Chelation, Plaquex, Vitamin-Mineral Immune Infusions, HBOT**

Here at the Preventive Medicine Clinics of the Desert we have all of these capabilities already as part of our daily practice of medicine. With our background and clinical programs directed at prevention, we are the ideal medical practice resource for diabetics who desire optimal control and the least possible complications possible. We can help you prevent and treat early any complication or risk of diabetes.

**How Can I Learn More About Our Diabetes, Nutritional and IV Therapy Programs?**

Preventive Medicine Clinic of the Desert give frequent lectures on Diabetes, Nutritional and IV Therapy Programs with open question and answer sessions. If you would like to start on our Diabetes, Nutritional and IV Therapy Programs, or look into it in greater detail than call us or come in. More importantly, take the opportunity to personally visit with and find out if you are a candidate for Diabetes, Nutritional and IV Therapy Programs. If you or a family member are a diabetic and wish a good and positive, long-term professional relationship with competent and caring physicians then we can help you. Call us at 760-320-4292 and make an appointment to learn more. Thank you!