

High Blood Sugar...The TRUE Story PREVENTING and REVERSING Diabetes, or Just Getting Healthy Lots of Lies, Adverse Marketing Measures and a Real Epidemic (Compiled from various sources)

Where do we even start?

- Diabetes is the #1 cause of Erectile Dysfunction, but most men don't believe it
- High blood pressure has as much to do with SUGAR as SALT despite what you have been told, and TOO LITTLE salt in the diet can actually speed up insulin resistance, leading to diabetes
- Cardiovascular Disease & Stroke → insulin and glucose in the blood lead to small dense type "b" LDL (cholesterol) that leads to plaques; So, SUGAR, not simply saturated fat, as we have been made to believe, leads to damage
- Why? → Glucose (AKA "Sugar") is prone to oxidation, which leads to high blood sugar that makes the blood thicker/sticker and leads to destruction of our blood vessels, heart, and other tissues
- Diabetes attacks everything → Eyes, Kidneys, Liver, Muscles, Nerves, and Blood Vessels

But your NOT convinced!

- Dementia and Alzheimer's disease → this is essentially insulin resistance in the brain
- Cancer Cells → can only use GLUCOSE as fuel; Dr. Otto Warburg first talked about this in the 1920s when he found that 80% of all cancers have glucose/insulin as instigating factors (I fasted and ate mostly fats during my own cancer treatments and I believe it had a lot to do with my recovery)
- Inflammation/Chronic Disease/Auto-immunity → due to GLUCOSE; try cut out all non-vegetable sugars and go ahead and keep eating the high antioxidant/high fiber fruits like berries (blue, rasp, black, straw, etc.)
- Depression/Anxiety → Insulin prevents amino acids from crossing the blood-brain-barrier
- Weight gain → Insulin prevents fat from being burned → It is in fact a growth hormone (not necessarily a good thing)
- Once insulin enters your bloodstream, fat burning stops

Tell Me More

- Adrenal glands and fatigue → cut out the carbs and aim for 7 to 9 hours of sleep per night
- If your blood sugar is elevated over 120, this causes your White Blood Cells (WBCs) to drop up to 75% of their protective immune fighting power over four hours → increased illness
- Hormone problems → increased estrogen / decreased testosterone for MEN (obviously bad) / menstrual irregularities

What Was Done In The Past?

- Prior to artificial insulin, diabetes was treated with a HIGH FAT DIET (Ketogenic). Then insulin arrived and took over, but it did not actually CURE the disease, instead it caused someone to stay DEPENDENT on the drug. Even Type I diabetics, who do not produce insulin, can live longer and better lives by managing their diets and thus decreasing the total amount of insulin they require daily.

How do you measure my blood sugar?

- 3 typical ways: 1) Fasting glucose; 2) Triglycerides; 3) Hemoglobin A1C

Tell me the secret DIET doctor?

- It isn't perfect, but some variation has worked for thousands of patients → 70% FAT, 8% CARB, 22% PROTEIN; less insulin use, and potentially complete cessation for those using it. To truly reverse the disease depends on how much pancreas you have left (cells die off as we get older and with disease progression).

The Obesity Epidemic – What Happened?

- Up until the year 1970, only ONE in SEVEN American's were OBESE (expected to be at 50% by the year 2030) → Then we were told "Saturated Fat" would clog our arteries → The initial food pyramid (with 6 to 11 servings of grain type carbs, and only TINY amounts of fat) was created and it led to our destruction → The worst epidemic ever was unfolding and it wasn't truly the consumers fault → I ate carbs like crazy believing that LOW FAT, HIGH CARB was the way to go, especially as an athlete → BIG MISTAKE, and it has taken some time to reverse this trend
- The original pyramid, that a very smart woman created, involved only 2-3 carb servings, 5-9 vegetable servings, 5 to 7 oz. of protein, sugar < 10%, white flour RARELY or NEVER, with 4 tablespoons of cold pressed fats like olive oil → But this

was never brought to the general public's attention → The USDA hired the woman, and it became MORE about FARMERS than HEALTH. It had a lot to do with politics, marketing and scant evidence.

-We were told to eat: PASTA, BREAD, CEREAL and NO EGGS, BUTTER or WHOLE MILK

-But Fats don't trigger insulin release, and they don't break down into sugar

-Processed foods → The SUGAR and SALT combination → Dopamine release by the brain and thus ADDICTION

-Eating LOW FAT for any period of time can damage your metabolism for years, can throw off a woman's menstrual cycle, and definitely decreases testosterone

Exercise Works and here is Why? Plus, you don't need hours and hours of it

-Exercise burns glucose, if you don't burn it off, it ends up burning you

-It is the number one insulin blocker; it forces insulin into the cells and out of the bloodstream

-Intensity is more important than time → you don't need to do a 60-minute cardio workout; think about 20 to 30 minutes of moderate to high intensity circuit type training where you incorporate as many muscle groups as possible (this is why CrossFit has many benefits if you do it the right way, and if you don't you will likely need to see a sports medicine physician like myself for other reasons (i.e., that aching back, pulled muscle, damaged ligament/tendon, etc.)

-Blood sugar is lower with INTENSE exercise for even SIX minutes as compared to 30 minutes of MODERATE exercise

-The so-called 7-minute workout that became popular really does work → essentially you do 30 seconds of high intensity exercise (based on what HIGH intensity means for you) followed by 10 seconds of low intensity, then 30, then 10, back and forth until you get to 7 minutes; with this, there really is no excuse to not fit in exercise each and every day; and you can change this up, doing 30 seconds high, 20 seconds moderate, 10 light, and so on and so forth

-FOUR basic exercises to get you started → 1) Air Squats or Lunges, 2) Get-ups off the floor, 3) Wall Pushups or floor pushups, 4) Air Punches or Windmills; adapt any of these as needed; start with just 10 reps of each exercise, and increase intensity by total number of sets in an allotted amount of time, or increasing your reps and or sets; alternate exercise with a 20 to 30 minute vigorous walk

-Doing even just 5 to 10 minutes of morning exercise can have a huge positive impact on your blood sugar and if you can fit in another 5 to 10 minutes at night (possibly a 10 to 20 minute walk right after you wash the dishes after dinner...yes, the dishes, not throw away the fast food items) you won't believe how much it will help you → your liver ends up running out of sugar to dump into your bloodstream

Nutrient Deficiencies

-Low level deficiencies in such vitamins and minerals as: Zinc, Magnesium, Selenium, Iron, B-vitamins, and Chromium have been implicated in degenerative diseases to include diabetes

-Metformin, which some have called a wonder / anti-cancer drug, may lead to B12 deficiency

-Soy is hard to digest and can lead to thyroid issues and poor nutrient absorption (if you use any Soy, choose the fermented types such as Tempeh or Miso which can promote good gut health)

So Which Fats Do I Choose?

-Saturated fats like coconut and those found in meats are not as bad as we have been told

-Get in the habit of buying the following oils → Avocado, Olive, Peanut, Sesame, and Coconut

-Lard is not as bad as we have been told → it is actually a mono-unsaturated fat like olive oil

-STAY AWAY FROM → Trans fats, hydrogenated fats/oils

-Absolutely limit / Don't use → Corn Oil, Canola Oil, Vegetable Oils → They are NOT safe → Lead to free radical formation, and a LEADING CAUSE OF HEART DISEASE → But you would NOT know this from all the marketing we receive and my wife and I both wasted plenty of money on such oils over the years

-You CAN in fact get all the energy/calories you need from FATS and PROTEINS

-A HIGH FAT DIET is in fact UNHEALTHY when you also eat a HIGH CARBOHYDRATE DIET → Thus in a nutshell: HIGH FAT + HIGH CARB = HIGHLY BAD; but HIGH FAT (good fats) + LOW CARB = HIGHLY GOOD DIET

-Nuts (various types) are what I would call a perfect snack, you just have to be careful to not eat too many servings per day (I have this problem)

Tell Me More About Sugar

-Fructose (sugar) goes to your liver just like alcohol → Leads to an increase in Triglycerides, Visceral Fat (around your organs), and plaque formation in your arteries, and YES, a FATTY LIVER (Non-alcoholic fatty liver disease or NAFLD)

-There are over FIFTY (50!!!) different names for sugar; No wonder it is so confusing

-Glucose → leads to insulin resistance → DAMAGE

-Technically all SUGARS are bad → But MODERATION is key

-But you must also stay away from MOST artificial sweeteners: ESPECIALLY ASPARTAME, and ACESULFAME K

-SAFE ALTERNATIVES: Stevia, Xylitol, Monk fruit (previously used for constipation and longevity)

-Sugar is essentially EQUAL to cocaine and nicotine → they go after the same part of our brains

-Causes lots of flatulence (gas) and bloating

Things to Get Rid of OR try to NEVER Buy Again (that is hard for all of us)

-The seed oils I spoke about earlier; Fruit Juices; Instant mixes like macaroni and cheese, or those just add water blends; candies, cookies, chips (especially hydrogenated types); soft drinks; refined/bleached flours; frozen dinners

The American Diabetes Association Conundrum

-Recommend 45 to 60 grams of carbohydrates per meal → and this is WHY people STAY diabetic → this may be too many carbs for even the highest level athlete

-Keeping people diabetic but they appear healthy by treating their blood sugar levels with insulin

-THIS MY FRIENDS IS THE HIDDEN AGENDA

So, I am asking for a "friend," what can I do now? Some things to get me started?

-First of all, don't over think this, and take it slow. It won't be perfect and you may slip and fall after taking on this new challenge, but that is okay. The key is that you START and learn as you go.

-The goal for the first ONE to TWO weeks → 100 total grams (or less) of carbohydrates per day (not counting green leafy vegetables or other non-starchy veggies)

-A great idea for a meal → An egg omelet with spinach, avocado, perhaps some tomato (essentially no bad carbs, and ZERO toward your 100 for the day)

-Start by eating something every two to three hours (if you must) and then extend the time between meals as your blood sugar evens out; eventually you can get to the point of fasting (see below)

-The occasional indulgence is OKAY

-Be mindful of donuts, cakes, chips and going to parties; if you do indulge, regroup the next day; stay away from the kitchen or break-room at work

Foods that can help increase circulation

-Green Tea, Garlic, Blueberries, Beets, Cocoa: all are powerful antioxidants (and also termed pre- and pro-biotics)

A little bit about Intermittent Fasting and Time Restricted Eating

-You don't have to do it every day; alternate day fasting will actually shock the system more and lead to better health outcomes and it is much easier than following a specific diet. It teaches your body to burn fat, not muscle; makes it easier to burn fat; improves insulin sensitivity and leads to an increase in natural growth hormone, which helps us stay young.

-Fasting does not simply mean no food at all → some consider fasting to be less than 600 calories for men and less than 500 calories for women on a given day.

-A typical program may involve 5 days of normal eating with two days of fasting/calorie restriction. Some people, myself included, enjoy doing a 24-hour water only fast one day per week. Men have been found to tolerate fasting more than women, which is likely due to women experiencing more frequent episodes of low blood sugar when fasting.

-Don't attempt to fast if you are TOO fatigued; may indicate your Adrenal glands are TOO stressed.

What has fasting proven to help with?

-Prevention of cancer - Increased lifespan / longevity -Chemotherapy works better -Alzheimer's disease

Things to consider

-Keeping a journal → Circle the sugars you eat during week 1 → During week 2 circle sugars & carbs → see the change

-If you drink soft drinks, cut them down progressively → week 1 you are drinking 6, then week 2 only 5, then 4 and so on.

-Adding ½ to 1 teaspoon of apple cider vinegar to your water each day may help with digestion (weak stomach acid leads to constipation and digestive issues → but many physicians tell their patients just the opposite as they just don't know).

-Athletes don't need excessive carbohydrates while training → it's FALSE marketing → energy stays more stable, with longer endurance once a proper fat and protein diet is maintained

-It generally takes about 2-weeks to get used to a higher fat/higher protein diet with exercise → may feel more fatigued and realize you cannot go as far or as long with your workouts → this is expected and will get better with time

-Alcohol actually has more calories than carbohydrates at 7 calories/gram; it is implicated in insomnia as it may help you fall asleep but often causes you to wake up during the night

-This all takes time, most commonly 12 months to two years for those who have and want to REVERSE diabetes → it all comes down to how much insulin resistance you have

Consult with a medical healthcare provider for medical advice, diagnosis, and/or treatment. The material within this guide is for informational purposes only.