

[CONTROL YOUR DIABETES...CONTROL YOUR LIFE](#)

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Diabetes is a disease which involves the body's inability to process or use energy- providing nutrients in food. Diabetic Patients experience a lack in their body's ability to produce enough insulin allowing glucose movement to cells, either because of a deficient amount of insulin which is made by the pancreas, or their cells lack of ability to respond to the insulin. According to the *Chronic Disease Prevention Association*, "In the last 15 years, the number of people in the United States diagnosed with diabetes has more than doubled, reaching 14.6 million in 2005".

Here are some areas of your life that need to be addressed:

LEAKY GUT: this is where undigested food materials escape from your gut into your blood stream. Several things that cause your gut walls to become more permeable are: antibiotic overuse, parasites, poor diet and high levels of stress just to name a few. I have personally found that the best and most gentle way to rid myself of parasites is through [Nature Sunshine's PARASITES](#) homeopathic tincture. Many Natural Practitioners are turning to this as it is gentle and safe on your body.

AUTO IMMUNE DISORDER: The intestinal tract condition needs to be reviewed as a leaky gut can cause immune disorders. The intestinal tract is the place in the body where germs are least accessible to control by our various immune mechanisms; parasites and yeast overgrowth are the most common provokers. If you consider that 60% of our immune system lies in our intestinal tract, then this makes perfect sense.

Now, the question is how do we fix LEAKY GUT and IMPROVE IMMUNITY? There is a product that we offer under the wellness section of our site that I personally take and that's [PRO-COLOS](#). This product has colostrum in it which has been proven to improve digestion efficiency, provide stronger gut walls, support immunity, fight infection and improve recovery from Auto-Immune illnesses. I have personally experienced amazing results in just a short period of time with my psoriasis.

DIET: The first thing you want to do is remove yeasty foods and reduce the intake of refined carbohydrates. You should consider having a delayed food allergies testing done because traditional skin tests used by allergists don't commonly reveal delayed allergies like the symptoms of migraines, depression, anxiety and eczema that come along with these delayed reactions. The best blood test is an IgG ELISA that measures levels of IgG antibodies to more than 100 foods. Also, consider detoxifying your body to get rid of unwanted metals, parasites and yeast overgrowth. The best way to do this is to consider juicing which can stabilize glucose levels and improve circulation. I went on a fast for 30 days and prior to that I was declared "Insulin Resistant" or pre-diabetic. I am happy to report that my glucose levels are perfectly normal now and I have decided to continue with the juicing benefits.

NUTRITIONAL SUPPLEMENTS: The first one that I want to address is [LIPOIC ACID](#). This super antioxidant is a sulfur-containing fatty acid that is found in every cell of the body and is

critical for energy production; it helps to break down sugar for the production of ATP (the fuel produced by our cells for energy). Lipoic acid has been known to turn off bad genes and neutralize naturally occurring free radicals. The largest benefit of Lipoic Acid for diabetics is that it boosts the burning of glucose and assists in preventing diabetic neuropathy. I personally take 300mg/day of lipoic acid and it has assisted in stabilizing my glucose levels. You should also consider the possibility of a [MAGNESIUM](#) deficiency; it may be an independent predictor of diabetes. Diabetics require more magnesium and lose more than most people; in addition, it is necessary for the production, function, and transport of insulin. Diabetic neuropathy, which most affects the feet involving symptoms of numbness, burning and pain; diabetic foot ulcers can result and all of these complications relate to magnesium deficiency. On a previous blog, I explained “metabolic panel testing” and this truly is the best way to take a look at the inside of the body to determine how much of a dose your body really requires; this is what I did and I turned my health around in 9 months. You should also consider [FOLIC ACID](#) as it enables us to keep our DNA fresh and undamaged. Finally, consider taking [FISH OIL](#) every day as it has been proven to reduce inflammation in the body. Inflammation has been known to be a root problem for many diseases.

I hope that you all find this information helpful; I thank you for taking the time to read it and be encouraged...for if you decide to “Take control of your health” you will be amazed at the positive results that follow. BE WELL!