

# Questions & Answers

## Diabetes & Digestion

Provided by



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## How is Diabetes and Digestion related?

Diabetes is a disease that begins and ends with digestion. It is a serious chronic condition, where the body either doesn't make, or properly use insulin. This causes the sugar to build up in your bloodstream instead of going into the cells of the body. This means your body can't make the energy it needs from the food you eat. Proper digestion is a crucial element in the metabolism of glucose and transport of nutrients. Digestion is the most important component in the treatment and management of diabetes.

## Define Digestion

Digestion is the process by which food is broken down into absorbable units. The digestive system itself encompasses all the organs and glands associated with the ingestion and digestion of food. In order to have a healthy digestion the body must be able to **breakdown, absorb, and transport** nutrients properly.

The objective of a **healthy digestion** is the ability to produce secretions needed to breakdown food into usable nutrients. Food, drinks, and nutrients are consumed simply to change them into energy. The body converts **carbohydrates into glucose, protein into amino acids, fat into smaller particles (essential fatty acids and lipids)**. Energy comes from glucose conversion of the things we consume. A healthy digestion facilitates this process.

## What role does our food play?

**"Food"** is defined as nutritive material taken into the body for the maintenance of life and growth/repair of tissues. Nutrition begins with food. Foods that are eaten on a regular basis make up a diet. With the help of the sun, plants make their food from chemicals in the earth, water, and air. Animals – human beings included – cannot make their own food but must eat plants, other animals, or both.

Our food is made up of many components that, when combined in appropriate proportions, provide a complete diet. Each category has a different function in the regulation of growth, and repair of the body. The science of **Nutrition concerns everything that the body does with food in order to live, function, grow, and heal.**

## What does the body need?

### The Body Needs:

**Water** – 60% of the human body is made up of water. It flushes toxins, wastes and cellular debris from our systems, while transporting nutrients, vitamins, minerals, proteins, and sugars for assimilation.

**Protein, Carbohydrates, and Fats** are nutrients that are chemical substances obtained from food and used in the body to provide energy, support growth, maintenance, and repair of the body's tissues. **Fiber** is needed to provide roughage and bulk for digestion.

**Vitamins and Minerals** – Vitamins are organic compounds and function as coenzymes and others acts as antioxidants. Minerals are inorganic compounds and considered essential. Both are necessary in varying amounts. They have many roles as ions in body fluids to regulate the activities of many enzymes, maintain acid-alkaline balance, transfer of essential nutrients and involvement in growth process.

**Beneficial Bacteria** – A healthy intestinal tract supports a thriving bacterial population that normally does the body no harm. A balance of beneficial, neutral and harmful bacteria comprises the intestinal flora. Beneficial flora is required for bacterial fermentation of dietary fibers, which result in short-chain fatty acid production, that support the production of new cells, which are vital in rebuilding the intestinal tract. Beneficial bacteria are important for a healthy digestion.

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All these are derived **FROM: Whole foods, living foods** that are uncooked, unpasteurized and minimally processed. Living foods contain an enzyme complex capable of digesting itself while contributing excess enzymes toward relieving stresses at the cellular level. To function properly, our bodies require the essential nutrients found only in 100% Plant Based Whole Foods.

## How would you describe the average persons food consumption?

While food consumption is important – many people make **poor food choices** and **portion sizes**. For example: eating 12 – 16 oz. of meat versus 1 – 3 oz., which is the maximum amount the body can digest at one time!)

- **Improper nutrition** results from **overconsumption** of nutrient deficient food (such as processed, high fat, high glycemic, packaged, and fast food).

For example in one fast food hamburger, you would be consuming 46 grams of carbohydrate, 25 grams of protein, and 26 grams of fat. (That's saturated fat.) Undigested fat can circulate in your blood, build up on your artery walls and wreak havoc on your body! Just imagine how much fat you consume in one day, or one meal and what effect it has on your body.

- **Undercooked Meat** leads to an unhealthy digestive system.
- The one common denominator between most diseased and ill people is the **lack of vegetables (Specifically – deep leafy green) and fruit.**

**Green Foods** are a valuable source of nutrients that aid in digestion and provide:

1. Chlorophyll
2. Enzymes
3. Trace Minerals
4. Alkalizing elements
5. Lightweight proteins

- **Overcooking** destroys pH, enzymes, and vitamins.
- **Lack of Fiber** causes most cases of constipation and is the leading contributing cause of most digestive disorders.
- **Lack of Water** is the number one cause of digestive disorders. Without water there is no *absorption* or *transport* of nutrients and no *elimination* of wastes. Without water, there is no life!!!

## The average American diet is obviously not what it should be. What are some other causes of an unhealthy digestion?

**Improper food consumption** results in unhealthy **digestion** and leads to **Food Borne Illness**.

Contributing causes are:

- Over consumption of foods, which are unable to be digested and/or feed unfriendly **bacteria** resulting in an overgrowth of **yeast, candida, and parasites.**
- **Parasites** feed on RBC's and produce wastes that are toxic resulting in health problems.

Other causes, which can be seen in the blood using darkfield microscopy, include:

- **Plaque** which is a result of undigested fat and toxins.

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- **Uric acid crystals** formed from *excess protein, carbonated drinks*, and contaminated water.
- **Undigested fat and protein** is a result of many things including lack of enzymes from green foods.
- **Toxins** or intestinal toxemia may result, as the bacteria present in the gut act upon undigested food.

## What are the resulting conditions?

**Food Borne Illness** results from impaired digestion and can affect other areas of the body including the **immune system** and overall health.

Results include: Maldigestion, malabsorption and abnormal gut flora and ecology, as well as many complex chronic illnesses and symptoms, lie at the root of most common gastrointestinal complaints. Without healthy digestion the body cannot function properly and degenerative diseases like diabetes can ensue.

Commons causes of Food Borne Illness include:

- **E. coli, Salmonella, H pylori, parasites, candida, yeast, and bacteria,**

An imbalance in these microorganisms can cause:

- **Leaky Gut** which is a harmful condition in which the mucosal lining of the intestinal tract becomes porous and irritated. The results are digestive disorders, a weakened immune system and ultimately, chronic illness and autoimmune diseases.
- **Irritable Bowel Syndrome** is intestinal inflammation, which can result from food choices.

Other reasons include:

- **Nutrient Deficiency, which** is the primary cause of poor health and illness.
- Like a river, your **bloodstream** is the *fluid of life* that flows through your body. Without blood, the human body would stop working because *blood supplies our cells with much needed energy*. Its most vital functions include *the transportation of oxygen* from your lungs to your body's tissue and *carbon dioxide* from your body's tissues to your lungs. *Blood also carries food and water to cells, removes harmful wastes, distributes heat produced by working muscles, and transports nutrients and hormones throughout your body.* It plays a critical role in fighting disease.
- **Blood toxicity** results from improper elimination such as poor nutrition, undigested food, lack of adequate amounts of water, lack of physical activity, ignoring the call to eliminate, emotional and mental distress, extrinsic poisons (such as tobacco, coffee, alcohol, chocolate, sugar) and medications.
- **Malnutrition** is the number one result of an unhealthy digestion. When compromised, the body cells are unable to receive appropriate energy and nutrients in order to fuel, repair, and rebuild the body.
- Lack of **Exercise** and **Stress**

When the balance has shifted to an abnormally large presence of undigested food, bacteria, parasites, and higher pathogenic forms in the blood, there is poor health resulting from improper food choices which leads to food borne illness, impaired digestion, and ultimately – **CHRONIC DISEASE** is the end result.

## What can be done?

In order to **prevent** an unhealthy digestion and food borne illness, **restoration of homeostatic balance** must take place.

This is accomplished by:

- Following Food Safety Procedures
- Drink plenty of **Water**
- Consume: **Whole Foods, Living Foods, and Green Foods**
- Include **Fiber** daily
- Consume mainly: **Vegetables, Whole Grains, Legumes, and Fruit**
- **Limit consumption** of: processed food, sugar, meat, dairy, alcohol, and caffeine
- **Detoxification** may be needed in order to remove build up of toxins in your digestion, blood, and vital organs of the body.
- **Exercise** is important in helping to remove toxins from the body, to improve weight, as well as emotional and physical well-being.
- **Stress Management** is a necessary component to physical health. Stress affects every cell and tissue in the human body by breaking down the immune system. Stress hinders proper digestion, absorption and elimination of nutrients by throwing the digestive system out of balance.
- **Get plenty of rest and sleep** to allow your body and mind time to regenerate!
- By returning to the **basics of simpler living** – Total Well-Being can be achieved! Combining good foods, digesting well, and eliminating wastes can result in vibrant health. Remember, to treat the whole person! Make positive changes to a healthier diet! Examine your life, relationships and work in an effort to reduce stress!

## What can you tell us about Whole Foods?

In the United States, the richest country on Earth, people are dying from malnutrition. And this is a problem that affects not only the poor, but also people of considerable wealth. Humans require more than just empty calories. We need highly nutritious whole foods that can be easily assimilated without stressing our systems. To survive and work properly, our bodies must have the essential nutrients found only in whole foods and green foods. But in this world of processed foods, nutrient content is sadly lacking and diseases are on the rise.

The Diabetes Resource Center emphasizes the consumption of whole foods - not only as a means to treat diabetes and other diseases, but also to promote total health and well being. Knowing which foods to eat, when to eat them, and how much to eat, can help you take control of your body and your life.

## Why do you feel Green Foods are so important?

To talk about healthy digestion, a balanced diet and about eating right is absolutely impossible, if we do not include green foods on a daily basis. Many elements found in green foods are not typically found in other foods. In fact, green foods can help balance the effects of all other food within our physiology.

Green foods provide numerous beneficial nutrients that are missing from other foods including: 1) **chlorophyll**, which helps to detoxify and oxygenate the body. 2) **Enzymes** which are responsible for virtually every chemical reaction at the cellular level, and 3) **trace minerals** which are typically missing from our foods due to the sad state of mineral depleted soils around the world. In fact, trace mineral deficiencies are thought to contribute to many diseases in the world today. 4) Green foods are also a rich source of **vegetable proteins**. These lightweight proteins enhance the immune system, increase reproductive functions and serve as the building blocks for lean connective tissue. Strong connective tissues increase the strength of our skeletal and muscular systems, and make us less susceptible to the stresses that life puts on our bodies. 5) Lastly, green foods help to **alkalize**, or neutralize acids and thus help to *restore* the body's natural pH balance.

## What happens if we don't eat enough green foods?

If we fail to eat whole foods and quality green vegetables on a daily basis many valuable *cleansing, building, and eliminative* functions fail to work properly. Let's face it, if you consume dead food you end up with dead cells devoid of energy and nutrition and eventually become sick and diseased. If you consume whole foods, green foods, and living foods you end up with energy, nutrition, and life!

## Can Whole Food Concentrates help diabetics?

Yes! Take **Scoop of Greens** for example. **Scoop of Greens** is a whole food concentrate that combines different specialized green food concentrates gathered from nature. **Scoop of Greens** provides the richest source of nutrients found in nature through 100% pure plant based whole foods. **Again, diabetics need pure whole plant based food of which the body can easily absorb and assimilate.**

Taken together, the nutrients provided by 100% plant based whole food concentrates like **Scoop of Greens**, which naturally contains essential vitamins, minerals, amino acids, essential fatty acids, fiber, a rich source of chlorophyll, trace minerals, and enzymes, that are necessary to life, and the ability to help regulate the bodies pH balance, better blood glucose control can be achieved, and some illnesses prevented leading to a healthier life. *These vital nutrients are a necessary component in complete nutrition*, and that is why **Scoop of Greens** was awarded the U.S. Seal of Approval as a beneficial food acceptable for diabetic consumption.