

Diabetes Overview

Provided by



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Table of Contents

Symptoms	3
Symptoms of Diabetes & Impaired Glucose Tolerance	3
Symptoms of Hypoglycemia or low blood sugar	3
Who is at risk?	4
Causes:.....	4
Resulting Condition:	4
Diabetes Facts:.....	5
Is there any Hope?	5
You do have a choice!.....	5
What happens if we don't eat enough green foods?	6
Can Scoop of Greens help diabetics?	6
So, what do you see as the problem & solution?	6
The Problem is:	6
The Solution for Diabetics is to:	6
How can we stop this rise in disease?	7

Are you Hungry? Tired? Overweight? Stressed?

**You may have a blood sugar handling problem:
Diabetes, Hypoglycemia, or Impaired Glucose Tolerance**

Symptoms

Symptoms of Diabetes & Impaired Glucose Tolerance

1. Frequent and urgent urination
 2. Increased thirst, increased hunger
 3. Sudden unexplained weight loss
 4. Weight gain
 5. Feeling of weakness or tiredness
 6. Blurred vision
 7. Dry and/or itchy skin
 8. Tingling or loss of feeling in hands or feet
 9. Slow healing cuts or sores
- Or...
10. Feeling shaky
 11. Sweating
 12. Dizziness
 13. Weakness or overwhelming tiredness
 14. Rapid heartbeat
 15. Numbness or tingling in mouth or lips
 16. Hunger

Symptoms of Hypoglycemia or low blood sugar

1. Crying
2. Irritability and/or anger
3. Drowsiness
4. Mental confusion and/or difficulty thinking
5. Poor coordination
6. Blurred vision and/or headaches
7. Slurred speech.

**If you have three or more of the above symptoms,
you need to be checked for diabetes.**

Who is at risk?

Everyone who lives and breathes needs to be concerned about hypoglycemia and diabetes. Energy is produced from glucose and glucose is produced from our food. If we are not eating properly, we are not producing efficient energy. Then we begin storing fat, and we set the stage for illness and disease. Any time one of our basic needs is out of balance, the body is under stress and cannot function properly.

Most people walk around every day in some state of blood sugar imbalance. The symptoms of diabetes and hypoglycemia are a clear indication that the body is not processing or metabolizing glucose properly.

The most overlooked symptoms are fatigue, depression, stress, and obesity.

Causes:

The main causes of diabetes are heredity, immune system, and viruses. There are other contributing causes including: obesity, lack of exercise, and most importantly improper nutrition resulting from the over consumption of sugar, processed, chemically treated, overcooked, high fat, high glycemic, packaged, fast food – nutrient deficient food. This leads to poor health, improper digestion, blood sugar problems, and obesity.

Nearly everyone at some point in their life has experienced hypoglycemia or low blood sugar, they just don't recognize it. The causes are: excess consumption of sugar and starchy foods, eating at wrong time, skipping meals or snacks, and for diabetics – taking too much insulin, and extra exercise without additional food.

Resulting Condition:

Over consumption of high carbohydrate, high glycemic, and sugary foods feed unfriendly bacteria resulting in an overgrowth of yeast, candida, parasites, and poor digestion. In order to have a healthy digestion the body must be able to breakdown, absorb, and transport nutrients properly.

The increase in blood sugar stimulates the need for insulin (which carries the glucose from the bloodstream to the body cells). The release of insulin activates the release of LPL – Lipoprotein Lipase (think of it as the “gatekeeper to fat storage” and Lipo = Hippo!). Excess sugar marshals an army of insulin and LPL, which results in fat storage and elevated blood sugar levels.

This prolonged excess sugar will raise the blood sugar levels and the insulin will drop it very low, often below where it was before, which results in the body's demand for sugar (energy) thus the cycle starts over again.

The body must remove this excess sugar by any means possible. It does so by trying to eliminate from the kidneys (excessive urination), which causes the heart to pump much faster, the increased demand for

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water (excessive thirst). The body gets its signals crossed in that there is increased hunger to provide much needed energy to convert the blood sugar into glucose and transport it to the cells, yet the digestive system actually slows due to the excess sugar. End result is a rollercoaster cycle of high and low blood sugar levels and neither state is healthy.

Diabetes Facts:

Diabetes is a disease that affects over 20 million people in the U.S and 300 million worldwide. It is the third leading cause of death and is the major cause of: blindness, heart disease, kidney failure, amputations, and digestive disorders. It is the leading cause of obesity, high cholesterol, and high blood pressure.

Nearly half of those with blood sugar problems don't know it!

Unfortunately, the symptoms of dangerous blood sugar problems – frequent urination, unexplained thirst, or tingling in the hands or feet – can go unnoticed for years. Being overweight is the “trigger that causes a sugar imbalance to show itself.”

Is there any Hope?

It is important to understand that: diabetes, impaired glucose tolerance, and hypoglycemia, can be prevented, managed, and controlled! However, it begins and ends with digestion. You must have a healthy digestive system in order for your immune and endocrine system to function properly.

You do have a choice!

You can take control of your health by making the proper choices. To talk about 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. Green foods are essential for a healthy digestion.

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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. 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 Scoop of Greens help diabetics?

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, lignans, 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.

So, what do you see as the problem & solution?

The Problem is:

1. Lack of Education on the cause, treatment, management, and prevention of diabetes.
2. Blood Glucose Testing is vitally important for early detection and management. You cannot simply go by how you feel.
3. Improper nutrition.
4. Digestive Disorders are the number one precursor to diabetes and the most over-looked and misdiagnosed.
5. Lack of digestive enzymes from green foods
6. Choice - What we choose to eat and drink determines our health.

The Solution for Diabetics is to:

1. Test Blood Glucose 4 times per day (before each meal and bedtime)
2. Eat 3 meals and 3 snacks per day. Eat every 2 – 3 hours – based on a Balanced Nutritional Plan, mainly whole foods: whole grains, vegetables, legumes, and fruit.
3. Include green foods – living foods in your nutrition daily.
4. Limit consumption of: processed, packaged, fast food, breads and refined flour, meat (to 1-3 oz. per meal), dairy, carbonated sodas, alcohol, and sugary foods.
5. Drink plenty of water (at least half your weight in ounces of water).
6. Exercise regularly (at least every other day).
7. Have an A1C blood test taken every 3 months.
8. Take medications as prescribed.
9. Consult regularly with your Healthcare provider team.
10. Stress Control – get plenty of rest, return to simpler living, focus on what's right and not what's wrong, use the health you have!

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REMEMBER: The above is also true of everyone who lives & breathes!

How can we stop this rise in disease?

In order to combat the rise of modern degenerative diseases like diabetes, hypoglycemia, and other blood sugar handling problems, we must consume living foods that are uncooked, un-pasteurized, and minimally processed. The body needs whole food nutrition that comes only from plants in order to survive. We are not consuming enough deep leafy green vegetables, which are a critical element in diabetic and overall human nutrition.

We need to daily consume whole foods, living foods, and green foods. Unfortunately, our soils are deficient in major trace minerals; therefore the best way to receive these proper nutrients is in pure whole food concentrates, such as Scoop of Greens. This is important especially if you are not consuming the recommended 5 servings of fruits and vegetables daily.

There is hope – diabetes and many other diseases and illnesses can be prevented, managed, and treated as well as, contributing causes such as obesity and stress. By returning to the basics of simpler living, total well being can be achieved. Screening is a necessary first step in an effort to detect diabetes at an earlier stage, before the onset of serious complications.