

Questions & Answers

Diabetes

Provided by



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What is Diabetes?

Diabetes 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.

How serious is diabetes?

Diabetes is a disease that affects 20 million people in the U.S. and 300 million people worldwide. It is the third leading cause of death and is the major cause of: **blindness, heart disease, kidney failure, amputations, and digestive disorders**, which are the result of long-term complications.

Who is at risk?

Everyone who lives and breathes needs to be concerned about diabetes. Energy is produced from glucose and glucose is produced from 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. If any of our basic needs is out of balance, the body is under stress and cannot function properly.

What are the Types of Diabetes?

There are two forms of diabetes:

Type I: *insulin-dependent diabetes (also known as juvenile diabetes).* The body produces little or no insulin. This means the sugar cannot enter cells to be used for energy and the blood sugar level remains high. Type I diabetics must take insulin shots to live. Type I accounts for about 10% of all diabetics, mainly children and young adults. Symptoms usually appear suddenly and can occur at any age.

Type II: *adult-onset diabetes, was once referred to as non-insulin dependent diabetes.* The body may make insulin, but it either doesn't make enough or can't properly use the insulin it makes to control the level of sugar in the blood. As a result, little or no sugar gets into the body cells – this causes the sugar to build up in the blood.

Type II diabetes can be controlled with diet, however, many may have to take diabetic pills (oral hypoglycemic agents), or in uncontrolled circumstances, insulin. Type II often occurs in older diabetics. However, there has been a rise of young children developing Type II diabetes.

What are the Symptoms of Diabetes?

The symptoms of Type I diabetes usually appear very quickly:

- Increased hunger
- Increased thirst
- Increased urination
- Sudden weight loss
- Fatigue

The symptoms of Type II diabetes usually develop over a long period of time. Often people have very mild symptoms or no symptoms at all.

- Increased hunger, thirst, urination
- Blurred vision
- Fatigue, feeling tired
- Numbness or tingling in hands or feet
- Frequent infections

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- Impotence
- Dry itchy skin
- Slow healing cuts or sores.

If you have three or more of these symptoms, you should be tested for diabetes.

What are some of the other blood sugar handling problems?

Gestational Diabetes develops in women who are pregnant. Approximately 2 – 3% of all women develop Gestational Diabetes, and about 35% may have the possibility of later developing Type II diabetes.

Impaired Glucose Tolerance (IGT): affects nearly everyone. The body has either too much or too little insulin. Neither state is healthy. Continuous cycles of rollercoaster high and low blood sugar levels can develop into **hypoglycemia** and diabetes. It can be prevented, managed, and controlled. Nearly everyone at some point in their life has experienced low blood sugar (known as hypoglycemia), they just don't recognize it.

What is Hypoglycemia?

Hypoglycemia occurs when **blood sugar** (or glucose) **drops too low** and the brain does not get adequate fuel. Insulin-dependent diabetics can experience hypoglycemia if insulin levels are too high. **Hypoglycemia can also occur in healthy people** if they have consumed a large amount of high glycemic carbohydrates, such as fruit juice. The fruit juice triggers the release of a large amount of insulin, which then pulls too much glucose from the bloodstream, resulting in hypoglycemia. It can occur quickly and if not treated immediately, a person with hypoglycemia may become unconscious.

What is Blood Sugar?

Blood sugar is basically **the fuel that runs the body**. The brain and nerves depend upon normal sugar levels to function properly. When blood sugar is out of normal balance, many types of symptoms develop because nearly all tissues in the body depend on it to function.

Diabetes is a condition in which the blood sugar level is too high; **Hypoglycemia** is a condition in which the blood sugar is too low. The pancreas secretes insulin to lower and use blood sugar; the adrenal glands and pancreas produce hormones to raise the blood sugar level. In the case of hypoglycemia, if still more sugar is needed, some other adrenal gland hormones convert fat and protein to sugar. In the body's effort to maintain proper blood sugar levels, the glands that regulate it may become stressed and cause symptoms.

So, what you are saying is that anyone can have a blood sugar handling problem?

Most people walk around every day in some state of blood sugar imbalance. The symptoms of hypoglycemia and diabetes are a clear indication that the body is not processing or metabolizing glucose properly. The most overlooked symptoms are **fatigue, depression, stress, and obesity**. There is a direct correlation between obesity and insulin insensitivity. However, you do not have to be 50 to 100 lbs overweight to have a blood sugar problem. If you are overweight, you have a 200% greater chance of developing Type II diabetes, which usually manifests itself with hypoglycemia first. Left undiagnosed, untreated, and unmanaged, **hypoglycemia can turn into diabetes**.

What are the symptoms of hypoglycemia?

- Feeling shaky
- Sweating
- Dizziness
- Weakness and/or overwhelming tiredness

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- Rapid heartbeat
- Numbness or tingling in mouth or lips
- Hunger

Other symptoms that may come on more slowly are:

- Crying
- Irritability and/or anger
- Drowsiness
- Mental Confusion and/or difficulty in thinking
- Poor coordination (may result in trouble walking)
- Blurred vision and/or headaches
- Slurred speech.

What causes hypoglycemia and low blood sugar?

There are several physiological reasons such as hyperinsulinemia and functional hypoadrenia, however, some common everyday causes are:

- Taking too much insulin if you are a diabetic
- Eating at the wrong time
- Skipping meals or snacks
- Extra exercise without additional food

There are other contributing causes including improper nutrition.

It sounds like Diabetes and Hypoglycemia are directly related to nutrition.

Yes! Often hypoglycemia is simply the result of inadequate dietary intake. This may happen in weight reduction programs such as low-carbohydrate diets. Also, inadequate fat and/or protein in the diet can contribute to hypoglycemia, because these items are used in forming new sugar in the body when sugar stores are low.

Malabsorption is a type of hypoglycemia caused by lack of normal digestive activity in which food is not absorbed and used properly.

As equally detrimental to the diabetic are high protein diets, which place a person in a state of ketosis. Sure - weight loss is possible, but a side effect to this is an excessive rise in blood sugar levels and stress on the kidneys, not to mention possible life threatening situations for the diabetic. Proper nutrition is the most important element in controlling diabetes and blood sugar handling problems.

What causes diabetes?

There are several different causes of diabetes such as: **heredity, immune system dysfunction, and viruses**. There are other contributing causes including: obesity, lack of exercise, and most importantly **improper nutrition**, resulting from the *overconsumption of processed, chemically treated, overcooked, high fat, high glycemic, packaged, fast food, all of which are nutrient deficient food*. As well as lack of whole foods.

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 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.

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 Whole Food Concentrates help diabetics?

Taken together, the nutrients provided by 100% plant based whole food concentrates like **Scoop of Greens**, which naturally contains essential vitamins, minerals, lightweight vegetable proteins, 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 and solution for diabetics?

The Problem is:

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

The Solution for Diabetics is to:

- **Test Blood Glucose** 4 times per day (before each meal and bedtime)
- 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.
 - 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.
- Drink plenty of **water** (at least half your weight in ounces of water).
- **Exercise** regularly (at least every other day).

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- Have an **A1C** blood test taken every 3 months.
- Take **medications** as prescribed.
- Consult regularly with your **Healthcare provider team**.
- **and 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!

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. Unfortunately, as I said earlier, 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.

Tell us about Diabetes Resource Center.

Diabetes Resource Center, Inc. is an independent organization of health care providers dedicated to improving the quality of life for diabetics and others. We provide: **Education, Resources, Referrals, and Support** for diabetics, non-diabetics, their loved ones and health care providers. We also conduct **Research**.

Our mission is to reach out and help others unconditionally. To teach diabetics and non-diabetics how the choices they make each day affects their overall health. To educate on the basics of simpler living for **diabetes, nutrition, fitness, and stress control**.

By educating the world we feel that diabetes can be prevented, managed, controlled and possible reversed. By the Grace of God, we intend to return hope, faith, and healing to the nations.

Our programs are designed for anyone desiring a higher level of health and well being with a balanced integrated program. Education is provided via books, tapes, videos, individual or group counseling, seminars, and workshops both nationally and internationally.

What is YOUR mission?

God has blessed me with knowledge and experience that has led me to bridge the gap between the health care professionals, food manufacturers, and diabetics. Diabetes, Cancer, and other diseases, do not have to be a death sentence, nor do they have to rob you of your life, health and hope. **It is a matter of choice beginning with your mindset and your nutrition.** Again, diabetes can be treated, managed, and yes, prevented!

My role has been and always will be education. *As a diabetic of over 29 years, I have been blind, lost the use of my legs, been in numerous comas, have had congestive heart failure, kidney failure, a heart attack, and serious digestive disorders.* By the grace of God, I have been healed! I have a reason for my hope and joy! As long as I have breath, I will teach others that this does not have to happen to them and that **they have a choice in everything they do.**

Is there anything else you would like to tell your listeners?

YOU are the most important person taking control of your health. *The choices you make each day affect your overall health and life.* What you choose to eat, drink and think, dictates your Total Well Being. Like all living creatures, we have basic needs in order to exist. The human body needs various substances from the environment in order to grow, reproduce and survive. We need oxygen, water, food, shelter, clothes, and love. Anytime one of these basic needs is out of balance, the whole body suffers – physically, emotionally, and spiritually. **A life continually out of balance results in various stages of disease, illness and stress.** Part of simpler living begins with being able to sort values, what matters and what doesn't.

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Thank you for listening. If I have touched but one life today, I have accomplished my mission. I pray that God will bless you and keep you in His grace, mercy, peace and love. (Until we meet again, *Somewhere in the Journey*, this is Sandy Corlett. You can reach Diabetes Resource Center, Inc. at: sdcorlett@bellsouth.net or 770-277-3337, 800-354-0004, www.diabetesresourcecenter.org, for any of our tapes, books, or more information.)

My Story - Tell us a little about yourself.

"I have been a Type I, insulin dependant diabetic for over 29 years. I did not get diabetes due to heredity, my immune system, from a virus or being overweight. I developed diabetes at the age of 18 due to an accident that occurred when I was a child. At the age of one, I was run over by a car, leaving me with a crushed pelvis and two broken legs. I was severely handicapped, spent six months in a body cast, and was never supposed to walk again. During the next 29 years, I suffered many debilitating conditions from the long-term complications of diabetes. ***I have been blind, lost the use of my legs, been in numerous comas, have had kidney failure, congestive heart failure, a heart attack, and serious digestive disorders.*** For years I was robbed of all hope as physician after physician told me that I was a brittle diabetic and the best I could hope for was sugar levels to remain around the 200's. Well, they were wrong, **and by the grace of God I was healed!** I give Him all the glory, honor, and praise. I have a reason for my hope and joy!

My role has been and always will be education. As long as I have breath, I will teach others that this does not have to happen to them and that they have a choice in everything they do."

– Sandy D. Corlett, Pres. Diabetes Resource Center, Inc.