



COMMON MISUNDERSTANDINGS ABOUT TYPE 2 DIABETES

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SOME COMMON MISUNDERSTANDINGS ABOUT TYPE 2 DIABETES

1. Diabetes is caused by high blood sugar

The treatment of **diabetes** is primarily centered on the control of **blood sugar (glucose)**. This idea was generally accepted in the early twentieth century is still the prevailing view of the public about the disease. In the fifties, diabetics were commonly described in nursing schools as gluttonous people, who were totally self-centered and unwilling to exercise control over their **diet**. They had become **diabetics** because they had assaulted their body by overeating and indulging in sweets...their cravings were insatiable. They were in trouble because they refused to follow their doctors' prescribed regimen. And how many times have you read similar insinuations? What a simplistic view!

High Blood Sugar is Only a Symptom!

High blood sugar is only a symptom of both type 1 and type 2 diabetes. This misunderstanding has resulted from the usual treatment regimens recommended by the U.S. Public Health service, American Diabetes Association and the American Dietetic Association, which are focused on the carbohydrate content of foods. According to commonly held beliefs, the cause of **Type 2 diabetes** is a failure of the cells to recognize the hormone **insulin**. **Insulin** is made by the pancreas and plays a major part in the body's conversion of **glucose**. It also has other

important functions. Medical researchers claim, that if you are a **type 2 diabetic**, your pancreas is still doing its job of making **insulin**. **Insulin** is supposed to tell the cell membrane to let **blood sugar (glucose)** into it. But for some reason, the cells don't listen. There are existing explanations about why. We'll talk about those later when we fully explain this process in our video series where we address the beliefs of western medicine that spawn these misconceptions.

Most of the Food You Eat Becomes Glucose

When you digest your food, it becomes **glucose**. **Glucose** is used by the body to give your cells energy. How? They burn up the **glucose**. If cells are not burning **glucose**, they are not making energy, so you start to drag...feel very tired with little effort. Your liver plays an important part in this process. It converts excess **glucose** to **glycogen** or stores it. **Insulin** tells the **liver** when it should convert sugar to **glucose** and store it as **glycogen**. It also signals the liver to change **glycogen** to **glucose** and release it into the blood stream when you need energy. When your cells fail to listen to **insulin's** signal the cells refuse to admit the **glucose** so the pancreas releases more **insulin** to signal the cells that they should let **glucose** in. Nothing happens, so you end up having both too much **glucose** and too much **insulin** in your blood stream. This is a vicious cycle. There are serious consequences to the body if this run away process is ignored. The result can be **cardiovascular disease, high blood pressure, kidney damage, eye damage, poor circulation, heart attack, stroke**...finally major organs fail and you die. But that

does not necessarily mean that **insulin** should be the primary focus in the treatment of diabetes, since it is only a symptom.

Focus on Insulin and Glucose Metabolism Fails to Address the True Cause of Diabetes

The focus on **insulin** and its role in **glucose metabolism** has failed to address the primary cause of the disease and its consequences for your body. When you are born, your cell membranes are made of flexible fats. Our cultures romance with hydrogenated fats has caused an epidemic of disease because the body incorporates those fats into the cell walls, making them rigid and unable to admit large **glucose** molecules into the cells. So a vicious cycle begins, as the body tries to provide fuel for the cells to convert to **energy**. Another consequence of this is high blood pressure. This is just the beginning of a continuous downward spiral, whose cause is not addressed by the usual treatment recommendations prevalent today. So where should the treatment focus be? We'll get to this very important issue in our coming video series.

2. Diabetes is caused by heredity.

This is a common belief. The predisposition toward **diabetes** is hereditary, but it doesn't necessarily follow that the gene which carries this tendency will be activated. There are many circumstances in life which determine if it will be activated. For example, poor diet, being a couch potato, having an abnormal amount of stress. Having genes from both sides of your family will make it more likely. If one parent is a diabetic, you are twice as likely to become one. If it is on both sides of the family,

you are an even more likely candidate! We'll look into these factors more deeply in our video series, so that you can decide how to live your life with less likelihood of this gene being activated.

Type I Diabetes (Juvenile Diabetes)

Type 1 diabetes is caused by failure of the **pancreas** to produce **insulin**. This happens when the cells which produce **insulin** inside the **pancreas** wear out or if the **pancreas** for some reason fails to manufacture **insulin**. When and whether this occurs depends on the health of the **pancreas** as life progresses. You might say that it results from a worn out or malfunctioning organ. Treatment is a combination of **insulin, diet** and **exercise**. Since our focus here is on **type 2 diabetes**, that is all we will say about it here.

3. A High Carbohydrate, Low Fat Diet Is Always Best for Diabetics.

The Basic Seven

Diet has been prescribed by doctors, as it was recommended by the **American Diabetes Association (ADA)** for some years. The **Food Pyramid** developed in the fifties and pushed by the **American Diabetes Association, American Dietetic Association** and **United States Public Health Service** has recently been redefined, so that more fruits and vegetables are recommended, but it is essentially still a high carb diet. During the fifties, high school home economics classes taught about the **basic seven**. This set of **nutritional guidelines** was developed and published in 1943 by the **USDA**, so that people could adjust their eating

habits in light of World War II's food rationing. It was soon modified to a less confusing set of **four basic food groups**. This was for benefit of many people who seemed to be confused by the original **basic seven** idea.

Food Exchanges

In nursing schools during the fifties, **diabetics** were given a diet based on **food exchanges**. These were calculated by doing a chemical analysis of the **composition of foods**. The percentage of carbohydrates, protein and fat were calculated, and converted into a **diet** based on **calories** (the amount of **energy** provided when the body burns one gram of a food as fuel to make energy). From these calculations, **dietary** recommendations were made. **Carbohydrates (sugars and starches)**- include cereal grains, milk, vegetables, and fruits. These were called **bread exchanges**. **Proteins** (meat, poultry and eggs, beans and nuts, fish and seafood were labeled **meat exchanges**. **Fats exchanges** were butter, lard, any vegetable oil, chocolate, avocados and any other fatty food. This was to make it easy to develop and explain a **diet** which specified the number of **calories** to be eaten per day, as well as, the kinds and portions of specific **foods** which were to be consumed. It was a concerted attempt to provide a **nutritious diet**, which would control **blood sugar levels**.

Modifications Toward Higher Carbs and Lower Fat

In 1950, the **United States Public Health Service**, the **American Diabetes Association** and the **American Dietetic Association** joined

together to recommend that the ideal diet should be 43% **carbohydrates**, 19% **protein**, 37% **fat** and the number of **calories** recommended was determined by the height and body weight of the person involved. These parameters have since changed in the direction of higher **carbs** and lower **fat**. At any rate, it took some detailed instruction to understand the **diets** prescribed at the time for **diabetics**. It took some doing to conform and many people failed at this formidable undertaking.

A personal note, my mother was a wonderful cook, who enjoyed every minute of her time in the kitchen. She diligently planned meals for us and particularly considered the needs of my dad and grandmother, both **diabetics**. Mama did a fantastic job of following the doctor's dietary orders for them, which often went unappreciated. Salads, and at least three servings of vegetables, plus fruit were always on the table. She was an artist at providing a delicious, nutritious, balanced diet for us. Incidentally, my father ***reversed his type 2 diabetes*** after he was treated with conventional methods for several years. **You can do it too!** Just stick with us and we'll show you how to reverse your illness in what may seem to be an impossible length of time.

4. You have to take insulin to control diabetes.

If you have **type 1 diabetes** you must take insulin or you will not live long. But **pre-diabetes** and **type 2 diabetes** may be reversed by eating the right kinds of foods, moving your body, and taking some natural supplements which will heal your body without the risky side effects of prescription drugs. We'll go into this in detail in our videos.

5. A diabetes diagnosis means you are sentenced to a regimented life, centered around and controlled by your doctor.

It is true that once you are diagnosed with **diabetes** you *absolutely must change your life style*, if you want to live a long, enjoyable life. But you don't have to become a regimented person. By becoming aware of available choices, you can be in control of your life. You are the only person who can decide just how you view this disease. There are many **alternative treatments, diets**, and fantastic **exercise** choices you can make. These will help you stabilize and may even normalize your **insulin** and **blood sugar levels**, so that you feel healthy and function well again. You'll be pleasantly surprised at how many different ways you can deal with your situation.

If you believe that the doctor knows best and decide to follow instructions without considering all your options, you will definitely become a *regimented* person. You will be totally dependent on your **health care professional**. This can result in feelings of resentment and discouragement, even irreparable damage to your body. Eventually you may decide to give up or rebel. Neither will get you what you want...a vibrant, full life. In other words, making personal, well grounded choices makes a world of difference in your attitude and in your everyday life. My **health care professional** is my partner. We have an interdependent relationship instead of a dependent one. You can choose a similar path

and reverse your type 2 diabetes in the process.

6. Being diagnosed with type 2 diabetes is a hopeless death sentence.

If you know the consequences, receiving such a diagnosis can be truly devastating...it was for me. I remember feeling first - very angry, after all I had denied myself sugary snacks, cake, pie, desserts, and other foods consistently....

Then I was in denial...This couldn't be true. I'd show everyone I could reverse this disease. I was scared silly... My grandmother had become blind with the disease...would that happen to me, or would I lose my legs...would my feet and legs turn dark, as my fathers' had, would I end up with cancer?

Self pity ...Why did this have to happen to me? I stayed on a healthy diet for years and I still have this curse!!! Discouraged..... depressed... Even though I do all the doctor tells me to do, my **blood sugar** is not adequately controlled...my blood pressure is high and I am unable to tolerate the meds prescribed for me!!! Sounds hopeless, doesn't it? Well it isn't. There are other options which may **reverse your type 2 diabetes** or at least keep it under control, so that you can live a full, productive life in spite of your type 2 diabetes.

Best of all, your armor is knowledge. The more you know about your body and its processes, the better handle you will get on all of this. You'll feel in control and that will create hope. **You will feel and be powerful.**

