

**Diabetes** and **Hypoglycemia** are conditions of epidemic proportions that respond well to the interventions we use at this office. These metabolic syndromes are a direct result of poor diet. The customized wellness program and therapeutic nutritional treatments we design help stabilize blood sugar levels and reduce insulin resistance.

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## Type II Diabetes

Current estimates reveal that over 11 million Americans suffer from Type II Diabetes, also called Non-insulin Dependent Diabetes Mellitus (NIDDM). NIDDM develops over time as the stresses on the metabolism overwhelm the body's blood sugar balancing mechanisms. The good news is that NIDDM is largely a preventable illness. Unfortunately, for many people the information that they need to prevent its development is not readily available and/or recognized by the traditional medical community in the United States.

Type II Diabetes is traditionally considered "adult-onset" and Type I "juvenile-onset". In Type I Diabetes the ability of the pancreas to manufacture the hormone insulin has been destroyed either by auto immunity or viral infection. On the other extreme, Type II diabetics are oftentimes producing more insulin than required for proper blood sugar balance. This overproduction of insulin is usually due to a condition of insulin resistance where the insulin hormone cannot properly attach to the cell receptors of the muscles, liver and adipose tissue. In turn the blood glucose stays high, stimulating more insulin to be released. Over time the endocrine system (pancreas, liver, adrenals, etc.) "wear out." Consequently, restoration of proper blood sugar balance and glandular health will require great patience. In general, the longer a condition is ignored or not properly treated – the longer it will take to regain optimal health.

The constant high levels of blood sugar and insulin lead to many health problems. Specifically, increased risk of stroke, heart disease and hypertension. Also, many individuals will develop high cholesterol and triglycerides. Obesity (high levels of body fat due to a sedentary lifestyle) is an underlying problem for the development of NIDDM. In fact 80 to 90% of Type II diabetics are overweight. People who have suffered with uncontrolled hypoglycemia for many years are also at increased risk.

### Diet

The greatest tool for preventing and reversing NIDDM can be found in the dietary choices that we make each day. The traditional American diet is one of the main reasons why the incidence of Type II diabetes is on the rise. The American diet is; overly refined, lacking sufficient fiber, loaded with excess sugar and salt and full of artificial colors and/or preservatives. The important thing to remember is that Dr. Bonnet wants his patients to follow the most wholesome diet that can be reasonably maintained. An overly restrictive diet will lead to a "pleasure deficiency." This is not the path to optimal health!

Here are some general guidelines to keep in mind when planning your diet:

1. Consume frequent small meals (4 to 6 versus 3 “square” meals.)
2. Consume high fiber foods such as; whole grains, beans, legumes, vegetables and fruits. (A separate handout covers the specifics of high fiber foods).
3. Consume foods low on the Glycemic Index (GI). The GI rates many foods and their effect on blood sugar levels. (A separate handout also provides information of the specifics of the GI.)
4. Reduce refined food consumption, i.e. candy, cookies, cakes, chips, etc.
5. Learn to substitute high sugar foods and beverages with lower sugar alternatives. For example, choose sparkling water or diluted fruit juices over sodas.
6. Use unrefined oils for salads and cooking such as: olive, sesame, grape seed, canola or flax. Saturated fats and hydrogenated oils like butter and margarine place more stress on the metabolism of a diabetic.
7. Consume large amounts of garlic and onions as they are beneficial for blood sugar control.
8. Consume modest amounts of meat, poultry and eggs. Protein helps to slow the digestion of carbohydrates helping to minimize the rise in blood sugar.

## Supplements

Along with a wholesome diet, nutritional supplementation has also been shown to improve blood sugar control. Even if you are consuming the most wholesome, organic diet available, the amounts of nutrients you will obtain from food is still insufficient.

Dr. Bonnet has found the following supplements to be the most beneficial for improving blood sugar control:

1. Chromium
2. Vanadium
3. Alpha Lipoic Acid
4. Magnesium and Vitamin B6
5. Zinc, Manganese
6. Vitamins C, E and Carotene

Dr. Bonnet treats each patient individually through a specially designed supplement program. Specific blood, hair and urine testing are performed to determine the initial status of each patient. Follow up

testing is done to monitor progress. Also, specific homeopathic remedies are utilized to stimulate the process of healing and recovery.

It is vital that people with Type II diabetes understand that the complications of high blood sugar are severe and extremely debilitating. Through a comprehensive treatment plan which utilizes diet, supplementation and homeopathy the risk of diabetic complications such as; kidney damage, nerve damage (neuropathy), retinopathy, foot ulcers, blindness, stroke and depressed immunity can be prevented.

Sources:

Challem, Jack: Micronutrient Treatment of Diabetes, Nutrition Science News, November 1996.

Hackman, Robert: Insulin Resistance: Nutritional and Herbal Solutions, Nutrition Science News, May 1996.