



HolisticHealth Bay Area

"Secrets For Healthy and Vibrant Mind and Body"

Why You Should Not Live With Diabetes

Many live with diabetes. Some exert little or no effort to resolve it, until they are at the serious stage, like losing their eyesight or leg. Many simply don't know how.

There's an old adage that says, "too much sugar is bad for you", but did you know that there's more than a granule of truth behind it?

Recent research shows that diabetes is also behind many health disorders such as weight loss resistance and infertility, so there should really be a greater motivation not to live with diabetes.

Aside from increased risk for stroke and heart attack, women (and men) should know that diabetes also causes their worst enemy—wrinkles!

How could this be? Diabetes influences many processes that damage multiple systems in our bodies through hormonal imbalance borne from high insulin levels.

Weight Loss Resistance

Studies have shown that people who live with diabetes often find it harder to lose weight. What actually happens is that high insulin levels affect the body's

adrenal and thyroid hormones, both of which affect the body's weight. For one, the adrenal hormone, known as *cortisol*, rises with an increase of insulin and in turn makes it harder to lose weight.



In addition, insulin resistance impairs conversion of the thyroid hormone T4 to T3. With poor conversion, our cells' mitochondria or energy-producing structures can't use fats for energy well resulting in easy weight gain and poor energy. This leads to weight loss resistance.

Faster Aging

From one domino effect to another, elevated blood sugar also results in proteins and lipid complexes called Advanced Glycation End products (AGE's) that significantly ages your skin—and the rest of your body!

Glycation is a reaction occurring inside the body when glucose becomes attached to proteins and lipids without the moderation of an enzyme. When glycation occurs, the red blood cells, inner blood vessels, collagen of connective tissues, and insulation of nerve cells are greatly damaged. This, in turn, damages collagen in skin and increases wrinkling and brownish "age spots".

Infertility

When you live with diabetes, elevated insulin causes disruptions and imbalance of your hormones, including sex hormones. This affects men and women differently. Diabetes causes lower testosterone levels in men while estrogen dominance occurs in women. Elevated glucose decreases a man's sperm motility, which makes it harder for the sperm to fertilize the egg. When estrogen levels are significantly higher than progesterone, the uterus' lining doesn't become thick enough for proper implantation during fertilization causing a miscarriage. People who live with diabetes also look typically older.

Balance Your Hormones

Keep insulin levels down and balance your hormonal levels by eating right and engaging in regular exercise. Best to eat are foods that do not put a high glycemic load on your system, such as vegetables, various lentils and beans. Concentrated sugary foods and processed grains are big NO-NOs! See page 2 for more information.

Stop the damage to multiple systems in your body. Contact us if you do not want to live with diabetes and you need help.

References: http://www.who.int/topics/diabetes_mellitus/en/

To Do:

Eat

Low Glycemic Foods



Glycemic Index

The Glycemic Index (GI) measures how quickly foods breakdown into sugar in your bloodstream. High glycemic foods turn into blood sugar very quickly. Starchy foods like potatoes are a good example. Potatoes have such a high GI rating; its almost the same as eating table sugar.

Glycemic Load

The GI tells you how fast foods spike your blood sugar. But the GI won't tell you how much carbohydrate per serving you're getting. Glycemic Load (GL) tells how much a gram of carbohydrate in a food would raise blood sugar. Foods with a glycemic load under 10 are good choices—these foods should be your first choice for carbs. Foods that fall between 10 and 20 on the glycemic load scale have a moderate effect on your blood sugar. Foods with a glycemic load above 20 will cause blood sugar and insulin spikes. Try to eat those foods sparingly.

FOOD	Glycemic Index (glucose = 100)	Serving Size (in grams)	Glycemic Load Per Serving
Baguette, white, plain	95	30	15
White wheat flour bread	71	30	10
Whole wheat bread, average	71	30	9
Corn tortilla	52	50	12
Coca Cola®, average	63	250 mL	16
Apple juice, unsweetened, average	44	250 mL	30
Orange juice, unsweetened	50	250 mL	12
Oatmeal, average	55	250	13
Instant oatmeal, average	83	250	30
Sweet corn on the cob, average	60	150	20
White rice, average	89	150	43
Brown rice, average	50	150	16
Apple, average	39	120	6
Banana, ripe	62	120	16
Grapes, average	59	120	11
Orange, average	40	120	4
Black beans	30	150	7
Chickpeas, average	10	150	3
Lentils, average	31	150	9
Peanuts, average	15	150	1
Green peas, average	42	50	11
Carrots, average	51	50	12
Baked russet potato, average	51	80	4
Sweet potato, average	82	150	21

Don't Miss
This Issues' Insert

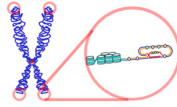
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See the GI and GL of more than 1,000 foods in the article "International tables of glycemic index and glycemic load values: 2008" by Fiona S. Atkinson, Kaye Foster-Powell, and Jennie C. Brand-Miller in the December 2008 issue of [Diabetes Care](#), Vol. 31, number 12, pages 2281-2283

Don't Let AGE's Age You

As mentioned on page 1, Advanced Glycation End products (AGE's) resulting from elevated blood sugar, significantly ages you. AGE's significantly shorten your telomeres.

Telomeres are the sections of DNA at the end of each chromosome that serve as a cap to your genetic material. Shorter telomeres accelerate aging and shorten your life.



In the February 1, 2003 issue of the journal *Lancet*, lead researcher Richard M. Cawthon, PhD stated that: "This is the first research study showing that **telomere length is predictive of survival in humans. It supports the hypothesis that telomere shortening is a fundamental process of aging, contributing to mortality from multiple age-related diseases. If this is correct, then it may be possible to extend the duration of healthy adult life using medical interventions that maintain telomere length...**"

Is there a way to test telomere length to see the effects AGE's are having on our chromosomes? Thankfully, yes there is. The SpectraCell Laboratories Telomere Test is a blood test that can give you a measure of your age adjusted telomere length.

The importance of telomere length and the SpectraCell Laboratories Telomere Test was highlighted on a recent feature spot on MSNBC Today. To view it, visit

<http://today.msnbc.msn.com/id/26184891/vp/43737929#43737929>.

New Study Shows Brain Shrinkage With High-Normal Blood Sugar Levels

People with blood sugar levels at the high end of the normal range may be at increased risk for brain shrinkage that occurs with aging or dementia, according to a new study.

In the September 4, 2012 issue of the journal *Neurology*, the findings of a 4-year study showed brain shrinkage of between 6 to 10% in 266 healthy 60 to 64 year-olds with high-normal blood sugar levels who were cognitively healthy.

The study authors concluded: "High plasma glucose levels within the normal range were associated with greater atrophy of structures relevant to aging and neurodegenerative processes, the hippocampus and amygdala...If replicated, this finding may contribute to a reevaluation of the concept of normal blood glucose levels and the definition of diabetes."

Outstanding Case of the Month

About 18 months ago, a woman in her 40's consulted me for severe chronic gastric reflux for 3 years, feeling a bad lump in her throat and chest, a 15 pound weight loss over the past year, increasing constipation, and decreasing tolerance for digesting foods high in fat. Her past medical history was positive for repeated use of antibiotics and stressful living situations as a teen and young adult. Her endoscopy and pathologic examination of cell biopsy showed pre-cancerous signs in the lower esophagus (Eosinophilic Esophagitis with Metaplasia and Barrett's Esophagus) and upper stomach.

Advanced Stool Analysis testing revealed a parasitic hookworm infection and poor gastrointestinal function. Toxic and Essential Elements and Minerals

test revealed significantly elevated tissue mercury levels, low potassium, very elevated copper, elevated vanadium and low phosphorus levels.

I prescribed an anti-inflammatory and low allergenic diet, and provided nutritional and herbal support, and specific therapeutic lifestyle changes to eradicate the parasitic hookworm infection, decrease tissue mercury levels, and improve GI function. Currently, her symptoms are all resolved except for a persistent mild lump feeling in the throat.

The most recent endoscopy report from October 2012 states: "The (esophageal) erosion was significantly smaller than previously appreciated." The most recent pathology report from October 2012 states: "No Barrett's epithelium is identified".

One of the greatest determinants of a person's health is what typically occurs between the ears.

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Dr. Doug uses proven natural methods to resolve health conditions, not just manage symptoms, so you can feel good, have more energy and enjoy life. He helps people with various chronic conditions, including hormonal imbalances, thyroid problems, adrenal/chronic fatigue, PMS, menopause-related issues, digestive issues, and heart-related issues, such as hypertension, diabetes, and metabolic syndrome.

He is a Functional Medicine Doctor, Clinical Nutritionist and Doctor of Chiropractic.

This month, as we observe National Diabetes Awareness Month, we are giving you what you need to know and what you might not know about this condition that is so prevalent in our country.

Do you know anyone who is always tired, has tendency to gain weight and has trouble losing weight, losing a lot of hair and has dry skin? He or she may be one of the millions who have undiagnosed thyroid dysfunction. Share my newly released Patient Guide to Hypothyroidism. Get a free copy at <http://hypothyroidismdiagnosis.com> or come by my office to get a print version.

Happy Thanksgiving! Enjoy the upcoming holiday celebrations, but do so without damaging your health.

thank you • merci • danke • gracias • salamat

Thanks to YOU the word is spreading! Thanks to all of my wonderful patients and friends who graciously referred me to their friends and neighbors recently! My business runs on the positive comments and referrals from people just like you! I couldn't do it without you! A special thanks to all these fine folks who referred me...

Lisa Marie Lombardi, Jennifer O'Driscoll, Amy Dang,
Dr. Matthew Rivera, Elizabeth Dalke, Jeremy Subadya

Thanks to these following patients who have recently given us great reviews on Yelp :

Marleni Moyer
Walter Bacon



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