Part 2
The Sweetness of Life
Tools for Optimizing Blood Sugar

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Blood Sugar Regulation Epidemic

Definitions	Lab Numbers	CDC Statistics
Normal	Fasting Blood Glucose 70-85 (HgA1C <5)	
Impaired Tolerance	Fasting Blood Glucose 86-99 (HgA1C 5-5.6)	
Prediabetes	Fasting Blood Glucose 100-126 (HgA1C 5.7-5.9)	96 million (38%)
Diabetes	Fasting Blood Glucose >126 (HgA1C >6; retinopathy begins)	37.7 million (11.3%)
Undiagnosed		8.5 million (23%)

Reversal GOAL: Optimize Fasting Blood Sugar to 70-85 with a HgA1C<5 for 3-6 months

Diabetes is a SYMPTOM of a body that is out of balance

Standard American Degenerative Diet SADD

American Diabetes Association

FAD Diets

Diabetes is Reversible for most!

Carbohydrate management model is SYMPTOM management that does NOT fix the metabolic root and not reversal of the root cause. Carbohydrate management never “cures” diabetes and continues decline in long term diabetics.

MULTIPLICATION EFFECT

Quantum Biofeedback

+

Get to Know Your Client

+

Education

=

Optimization of Wellbeing

Quantum Biofeedback Opportunities and Clues!

Symptoms of blood sugar regulation issues: fatigue, exhaustion, drowsiness after a meal, constant hunger, hypoglycemia!, crave sweets, difficulty losing weight, belly fat, darkening of skin folds, Insomnia (Waking up in the middle of the night), brain fog, inability to concentrate, memory decline, excess thirst, craving bubble/soda water, dehydration (excess urination), blurry vision/failing eye sight, slow healing (illness, wounds, cuts), yeast/fungal infections, neuropathies, and more.

SOC Importance: How much or what types of sugar, Exercise, Caffeine, Alcohol, Weight, % of Plants, % Fat.

Sugar is sugar is sugar and hidden: fruit, fructose sugar, honey, maple syrup, high fructose corn syrup, energy/sports drinks, sodas, alcohol, cereal, granola, granola bars, power bars, refined flours, refined breads, white rice, sauces, shakes, Ensure, Boost, nut milks, desserts, fruit juice, kombucha.

RISK PROFILE: Sugar Regulation, Dehydration = Opportunity to optimize wellbeing

Matrix and Sarcode Patterns: Diabetes, blood sugar remedies, pancreas. liver, fast food, addictions

Clues, Causes, Aggravations: Malabsorption, Malnutrition, Deficiency of Nutrients, Excess Nutrients, Mineral Deficiencies

How Big or Real is It?

Test don't Guess

Genetic Diabetes Testing Monitors can be inexpensive or free!
Kraft Diabetes Test (Meridian Valley Labs) –Insulin production vs insulin resistance values.
HgA1C is the best long term average snapshot

Need access to testing without a practitioner?

Lifeline Screening you can order your own extra labs for HgA1C when they come to town.
Employee, Health Fair, or Gym Wellness Screenings
Labs may have an onsite practitioner so you can order your own labs.

Diabetes is a SYMPTOM of a body that is starving and needs to regain metabolic flexibility!

5 Pathways to Walk Away from Blood Sugar Regulation Issues

Pathway 1: HFCS is Sugar's Crazy Cousin. ONE SMALL CHANGE

Stop all consumption of **high fructose corn syrup**. Consider eliminating or reducing fructose sugar from fruit juice. Fruit Juices are sugar juices and stressful to the liver and pancreas.

High Fructose Corn Syrup (55% fructose sugar) cannot be metabolized or broken down like sugar by insulin so it is directly stored as fat in the liver and the body. It does not cause satiety. It causes Fatty Liver Disease at an early age without any consumption of alcohol.

Read your Labels: soda, power drinks, candy, gum, power bars, cereal, granola bars, fruit juices, sports drinks, salad dressings, ketchup, pasta sauces, seaweed salad, horseradish sauce, BBQ sauce, other sauces, shakes (Boost, Ensure), syrups, jelly, flavorings, processed foods, & potentially Agave Syrup (70% fructose sugar)

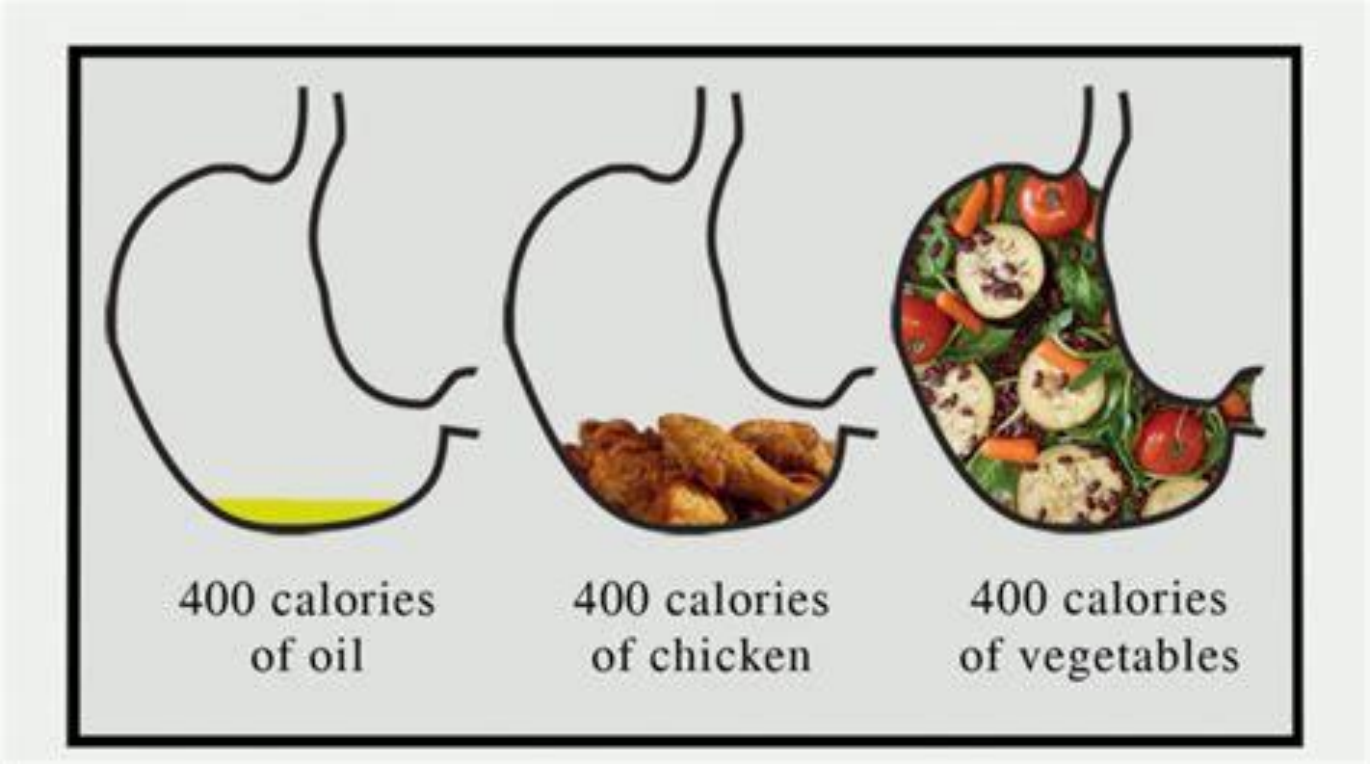
Highly linked to: Diabetes, inflammation, weight gain, metabolic syndromes, PCOS, high blood pressure, high cholesterol, gout, non-alcoholic fatty liver disease

Pathway 2: THE BODY IS STARVING: Excess MACROnutrients and MICROnutrient Deficiency

The MICROnutrient deficiency plagues of our era: Quantum Electrical Beings need Minerals!

- Processed Nutrient Deficient or Denatured Food
- Microwaved Dead, Deficient, irradiated, and Denatured Food
- Excess High Calorie Nutrient Deficient Foods and Low Nutrient Foods
- Excess consumption of High Protein Meat and Fat and Low Consumption of High Mineral Plants
- Excess consumption of cooked foods (cooking reduces or denatures nutrient profile in many foods)
- Low Consumption of living foods and high consumption of irradiated non-organic foods
- Foods grown in deficient soils (NPK fertilizers, dead soil, lack of microorganisms, mineral depleted)
- Genetically Modified Foods are not food and don't contain the same nutrients
- Foods grown or desiccated with Round-up/Glyphosate (aka mineral chelators) in plants and soils are deficient in minerals
- Lower socio-economic status in America equates with shopping at "Food Deserts" like convenient marts, dollar stores, processed foods, fast food, microwave food, junk food, cheap foods.
- Fortified Foods and Multi-Vitamins made from chemicals vs WHOLE FOOD!

You've got to work out and chew for your MICROnutrients! Eat more and weigh less!



Pathway 3: PANCREATIC DISTRESS: Digging up Roots, and Quantum Repair Please!

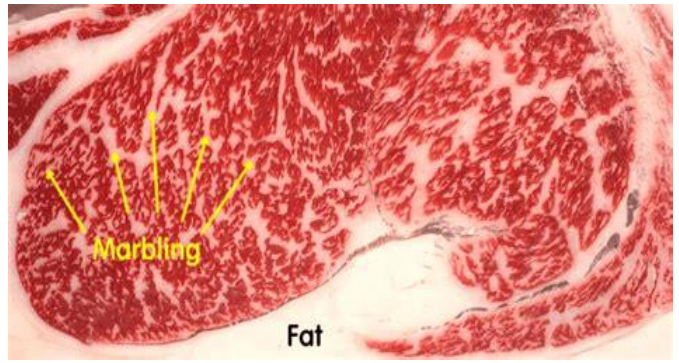
- Excess sugar in the diet is a stressor on the pancreas! It can't keep up!
- Run from the Tiger: Excess Stress, Excess Cortisol secrete sugar from the liver
- Key Mineral Deficiencies for insulin production: **Magnesium, Vanadium, Chromium, Manganese**
- Low Fiber Diet (<35gm), aka low vegetable diet creates spikes in sugar absorption rates
- Enzymes in living foods repair and protect the Pancreas: High Cooked Food Diet vs Raw Living Food
- High glycemic load meals (white starches, excess **cooked** starches, refined carbohydrates/grains)
- Excess fat, excess refined oils, excess processed oils, inflammatory oils, deep fat fryer, chips.
- Insulin Resistance causes pancreatic distress and vicious cycle of more food and insulin release.
- Scar tissue on beta cells of pancreas from intolerance/allergy to Dairy/Cow's Milk
    - Cow's milk has potential antigens that can cause anti-bodies that cross-react with the beta cells of the pancreas and destroy production of insulin. (aka Juvenile or Type I Diabetes)
    - Toxic Alloxan Exposure

Dig and Repair

- Homotoxicology (pancreas and Dairy toxins), Allergens, Mineral Profile, Cortisol, Enzymes, Stress Reduction,
- Repair: Short Sarcodes, Timed Therapies, Degen Scan, Stomach Chakra
- Homeotherapeutic Remedies, Pancreatic Glandular Enzymes, and Eat Living Food

Pathway 4: REDUCE INSULIN RESISTANCE! It's not what the ADA teaches us!

- Nutrient Deficiencies: **Magnesium**, Vanadium, Chromium, Zinc, Potassium, Vitamin D and more.
- Exercise directly bypasses insulin resistance and helps muscles pull sugar inside for up to 24 hours.
- Reduce coffee consumption as it can deplete (acidic and diuretic) and worsen insulin resistance.
- Balance hormones, especially Testosterone
- Reduce inflammation with diet to reduce insulin resistance



Insulin resistance is not always a "sugar" issue but a "marbled" FAT issue!

- High body fat, central obesity reduction releases inflammatory cytokines that interfere with insulin receptors on the **outside** of the cell.
- Fatty Liver Disease from high fructose corn syrup, sugar, or alcohol use causes insulin resistance and accumulation of excess **fat in muscle cells**.
- Excess Dietary Fat **"marbles"** the muscle cells, clogs of insulin receptors, and gums up the kinase enzyme mechanisms inside the cell and the sugar cannot get into the cell (Intramyocellular Lipids and Insulin Resistance Diabetes Obes Metab. 2004 July;6(4)239-48.)

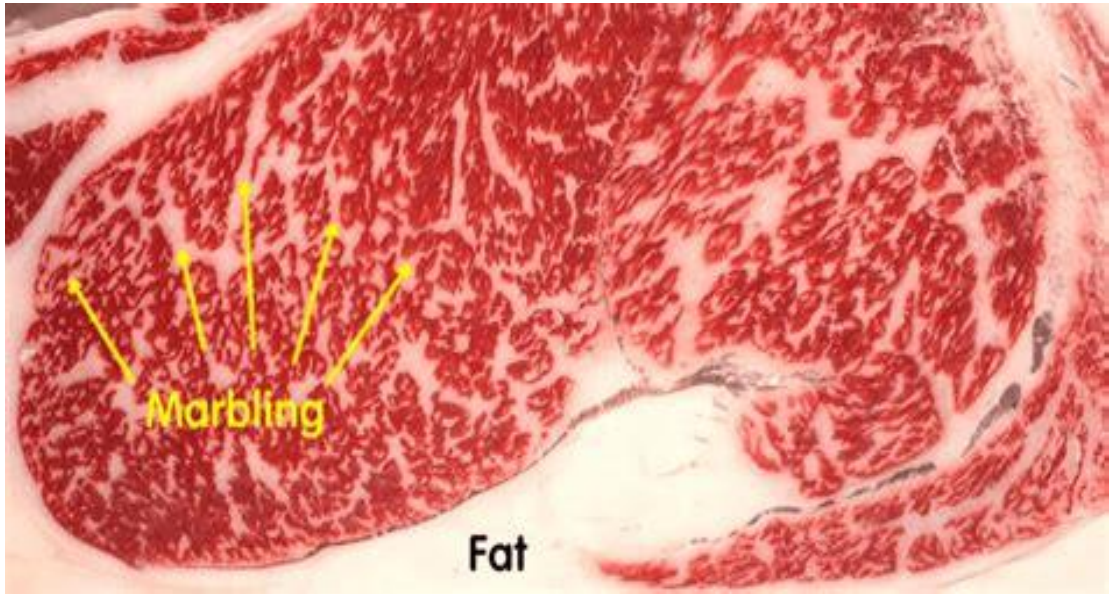
Pathway 4 cont: REDUCE INSULIN RESISTANCE: Dysfunctional FAT metabolism

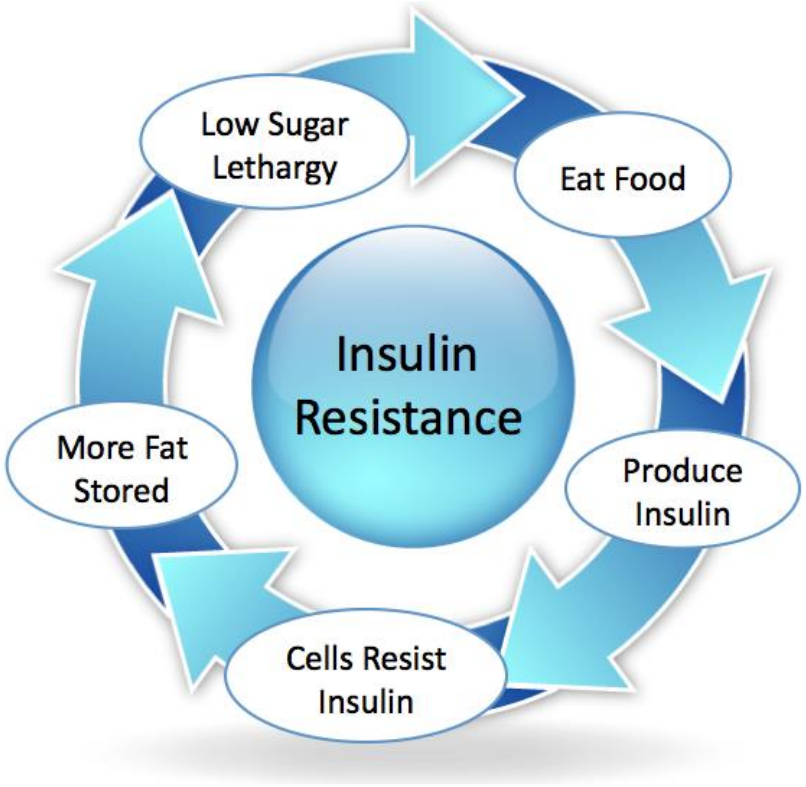
- Dr Cousens work with clients with diabetes on high saturated fat/animal protein diet increased insulin levels as much as sugar and without metabolic flexibility it worsens diabetes.
- A diet high in **cooked/denatured inflammatory oils** (frying/sauté, chips, processed foods, junk food) change cellular insulin functioning.
- Avoid Trans Fatty Acids/Hydrogenated/Partially Hydrogenated Oils (aka Shortening/Crisco/processed foods) create abnormal cell membrane structures that impair insulin and blood sugar regulation.
- Eliminate Inflammatory High Omega 6 Processed Oils, processed foods, **salad dressings**, and cooking oils: cottonseed, corn, vegetable, peanut, grapeseed, sunflower, safflower and more.

- Best Fats are uncooked foods (Raw nuts/seeds, avocados, small amounts of unprocessed olive oil).
- Bake and Steam helps to reduce the use of inflammatory cooking oils.
- How much meat and what kind?

So why don't ADA, high meat, high fat diets work for everyone?

Insulin Receptors are "clogged"
Enzyme Systems are "clogged"
Insulin cannot get into cell and creates more fat.
Sugar cannot get in the cell and creates more hunger.
Body is starving and craves eating more fat, more meat, and the cycle repeats.





Metabolic Flexibility: Feast and Famine

- Fasting (AUTOPHAGY) burns up the fat in the muscle cell and over time will re-create metabolic flexibility and stop insulin resistance.

- What is your client's Pathway(s) to health?
    - FAD diets can often worsen insulin with years of malnutrition and metabolic inflexibility

Pathway 5: HOMOTOXICOLOGY AND DETECTIVE WORK: Endocrine and Metabolic Disruptors

- Artificial Sweeteners (Splenda, Sucralose, Aspartame, NutraSweet, AminoSweet)
- GMO Foods
- Insecticides/Pesticides/Herbicides/Agent Orange/Dioxins in food and environment
- Fungus (Mold, Candida/Yeast)
- Bowel Flora Imbalances (Inflammation, metabolism, absorption of nutrients, auto-immunity)
- Hormones: EXCESS Cortisol, EXCESS Testosterone, PCOS and excess testosterone
- Xenoestrogens (Plastic drinking bottles, BPA in bottles, cans, receipts, PVC, dioxins)
- Halogens (fluoride, chlorine, bromine)
- Alloxan
- Radiation
- Allergenic Foods create inflammation
- Thyroid Health
- Inflammation
- Learn about Leptin correction
- Genetic Mutations, Ancestral Patterns, and Repair

Stuck emotions that affect blood sugar, the pancreas, weight gain, and metabolism.

You Can Heal Your Life- Louise Hay

A great need for control. Deep Sorrow. No Sweetness Left

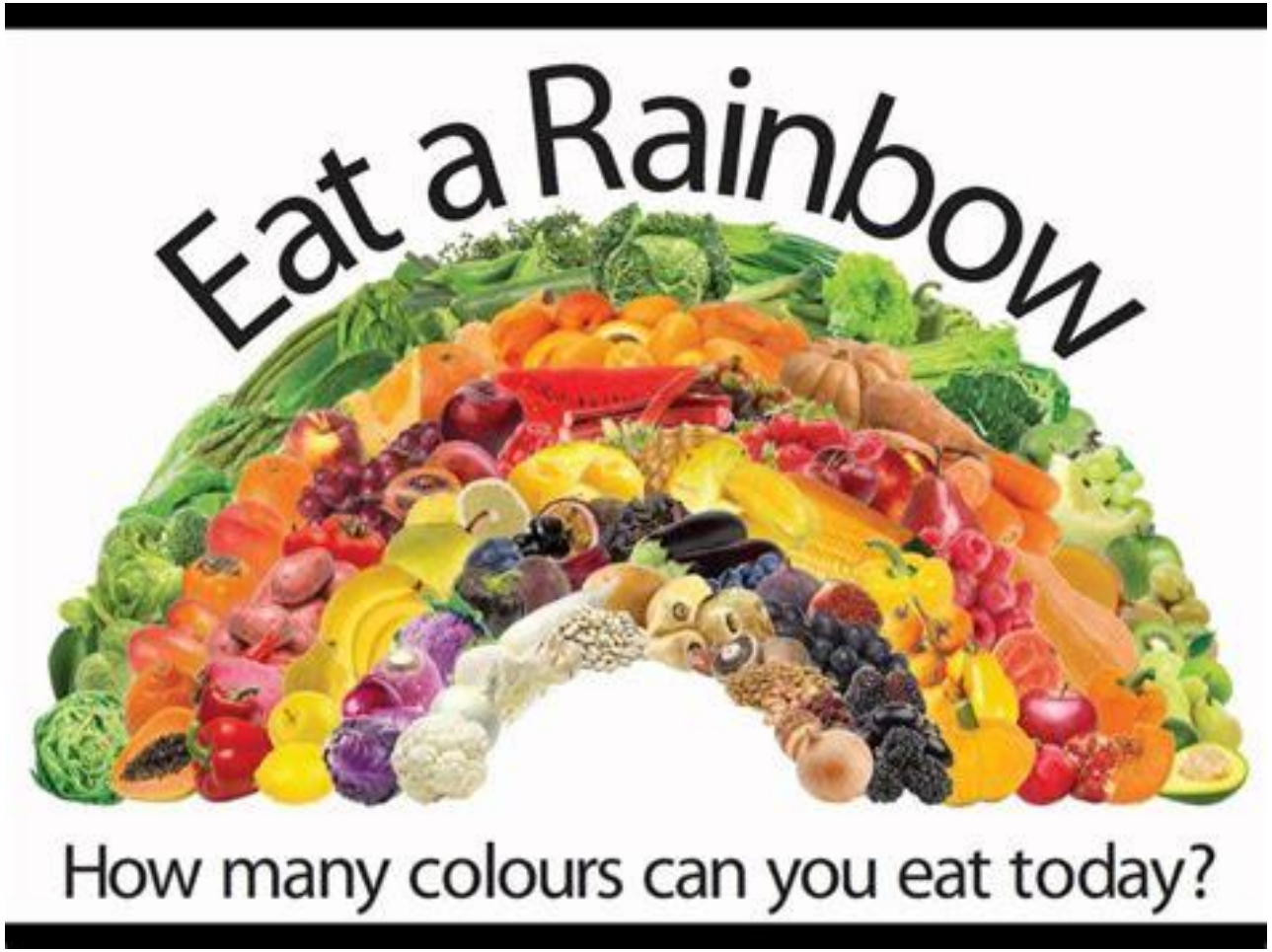
Feelings Buried Alive Never Die –Karol Truman

Severely Disappointment in life (feelings of sorrow, should have been different)
Joy of life is gone
Regret for something in the past

Metaphysical Anatomy-Evette Rose

Big Weight gain/excess fat is often linked to “insulating or protecting” yourself from others or trauma.

Break the metabolic cycle! NOURISH the body!



Case Studies

Changes in vision, brain fog, hypoglycemia?

Hospitalized for Diabetic Ketoacidosis, discharged 100 units of insulin a day.

Fasting Blood Sugars 200's-400's to 85 in 3 weeks

1 year loss of 8 diseases with plant based diet and fasting once a month.

Type I Diabetes: Insulin reduction 100 units to <30 units a day in 4 weeks

Drastic Weight Loss and Wasting Away

Fun Documentary Drama YouTube =Simply Raw: Reversing Diabetes in 30 days Dr. Gabriel Cousens

Based on the book with studies: There is a Cure for Diabetes