

I am continuing an article series on a new common sense, science based approach to restoring and maintaining health. First I want to share more examples of why our current approach is not working. Last week I gave an example of how heart problems can develop. This week I want to talk about diabetes.

It is well known that diabetes is largely a lifestyle disease and that we are heading toward an epidemic in the U.S. Sally's story will help to explain why this happens.

Sally's mom had a lot of stress, with her job and family issues. Initially she tried to encourage Sally to eat right, but eventually she gave in to Sally's requests and started letting her eat and drink whatever she wanted. It was just easier that way.

As a result, Sally ate mostly processed or fast foods and she drank chocolate milk at school and soda at home. The low nutritional value of the food she ate began to gradually inhibit her body from producing the proper enzymes and she gradually developed chemical imbalances in her body that were not detected by her pediatrician.

The sugar was kept in check by her pancreas as it pumped out large amounts of insulin. Over time however, her cells became less sensitive to the insulin and her blood sugar began to creep up. Her doctor discovered this and just before her 40th birthday, he prescribed a medication to help control her blood sugar.

This seemed to work, her lab results were coming back within normal limits. Although her doctor told her to reduce her sugar intake, since the medicine seemed to be working, she didn't feel the need to. What the medicine did was force the sugar out of her blood stream and into her cells. The doctor was only concerned with the sugar in the blood as this is the only thing he could measure. What he failed to consider was the effect that all that sugar was having on the cells that didn't want it or need it. Well some of it was turned into more fat. The rest caused a variety of imbalances and cellular pollution that disrupted all types of body functions. It was a gradual process, so Sally didn't realize her body was essentially aging more rapidly as a result of the sugar overload.

The medication also reduced her ability to absorb vitamin B12 so she began to notice being more fatigued which made her want to be less active which in turn caused her to gain even more weight.

I could keep going and discuss all of the other effects that excess sugar consumption has on the body and all the medications that she would eventually be prescribed to deal with the consequences of her dietary and treatment choices, but I hope you get the picture. Stay tuned next week for further discussions on this issue.