Reversing Diabetes Naturally

Dear Center for,

We hope you enjoy this newsletter!

The NEWSTART Lifestyle Club Team

Prevention and Treatment of Diabetes

by Zeno L. Charles-Marcel, MD
Learn the difference between Type 1 and Type 2 Diabetes and what you can do to avoid this deadly disease.

**Featured Article**

**Good News for Type 1 Diabetes**

by Milton Teske, MD

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and Type 2 diabetes. Because it usually begins during childhood, type 1 is also called juvenile onset or childhood onset diabetes (although adults can get it). Type 2 is called adult onset because it usually begins in adults, although today more and more young people are coming down with this form of diabetes.

Bavarian Potatoes

by Sally Christensen, BA

A popular entree at vegetarian potlucks, this all-plant based recipe is a delicious alternative which doesn’t
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2. In a large casserole, stir together the cooked onion, sauerkraut, and potatoes mixing well.
3. Add Mushroom Gravy and stir to mix. Sprinkle paprika over top.
4. Bake 375°F for 45 minutes.

More recipes like this…
Milton Teske, MD, is a board certified emergency physician who serves as the director of the Emergency Department at Hanford Community Medical Center in Hanford, California. Doctor Teske has worked as a participating physician in the NEWSTART Lifestyle Program and has lectured around the country at Reversing Diabetes seminars.

Good News for Type 1 Diabetes

There are two completely different diseases that cause a high blood sugar. We call them Type 1 diabetes and Type 2 diabetes. Because it usually begins during childhood, type 1 is also called juvenile onset or childhood onset diabetes (although adults can get it). Type 2 is called adult onset because it usually begins in adults, although today more and more young people are coming down with this form of diabetes. Type 1 is sometimes called insulin dependent diabetes because it requires insulin injections. Type 2 is sometimes called non-insulin dependent diabetes because it is often treated with oral medications; although Type 2s can often end up on high doses of insulin-much higher than Type 1s. It may be confusing to still hear all these different names being used, but the scientific community has now accepted Type 1 and Type 2 as the correct terminology for these two diabetic diseases.

Some Good News for Type 1 Diabetics!

Type 1 diabetes is a disease where there is no insulin available. The beta cells in the pancreas have been destroyed so there is no longer a way for the body to make insulin.

Normally insulin would attach to the insulin-receptors and thus open little sugar doors allowing the cells of the body to take in the sugar they need. Let's follow through what happens when the body cannot make the insulin that it needs. As the sugar level rises in the blood after a meal, there is no insulin to open the sugar doors so the sugar cannot get into the cells. The sugar backs up in the blood and the blood sugar level gets higher and higher, much higher than normal.

What can the body do to get rid of all this sugar in the blood? It must wash it out through the kidneys and that takes a lot of water, which makes a lot of urine. But, it also dehydrates the body in the process and so we get very thirsty. These are the first symptoms of diabetes, excessive thirst, which leads to drinking a lot of water and passing a lot of urine. And, if you test the urine, it will be very high in sugar, normal urine doesn't have any sugar.

Long ago they would pour some of the urine on the ground near an anthill and if the ants would come to eat it, the diagnosis of diabetes was made.

What is happening to the body's cells in this type 1 diabetes? Without insulin to open the doors, there is no way to get sugar inside the cells. The cells are very hungry. Actually, they are starving to death in a sea of sugar.

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What does a starving cell do? It starts to disassemble and eat itself. It can start to burn proteins and fats instead of sugar for energy. But this can create some problems. Imagine you were locked in a room during a freezing blizzard with only a wood stove for heat. Now, imagine that you have run out of firewood. What can you do to keep from freezing? You could start to break up the furniture and burn it for fuel. You could tear the paneling off the walls and burn the doorframes and window frames. You could burn the seat cushions and peel up the carpets to burn. But now you have some serious problems. Not only are you destroying some important and badly needed structures, you are probably making a lot of smoke. Those seat cushions and carpets don’t burn clean. They give off some toxic fumes, and this is what happens when you burn fat without sugar. It burns dirty. Some of the toxins are called ketones and as the ketones build up in the blood, it becomes acidic and we call it diabetic ketoacidosis or DKA.

A child in DKA is very sick. Before the discovery of insulin they all died. But today we can give them IV normal saline to correct the dehydration and we can give them antiemetic medication to stop the vomiting. And, of course, we can give them insulin to open the doors and let the sugar into the cells once more. And then we can give them several
injections of insulin every day to keep opening these little sugar doors on all the cells for every meal they eat. This is Type 1 diabetes.

Who Killed the Beta Cells?

There is another question we must ask. What happened to the beta cells? Why are they dead and gone? Who killed them?

Sometimes we think it might be a viral infection that attacks the beta cells and destroys them. I met a woman once who was in an automobile accident that destroyed her pancreas and since that accident, she has been a Type 1 diabetic. But, today scientific research is pointing its finger at a new culprit, cow's milk. We now know that most Type 1 diabetics inherited a trait that causes their body to produce proteins on the beta cells, which in composition are very similar to bovine (cow) protein found in cow's milk. We have found this particular protein to be present in about 80% of the dairy herds.

So how does this work? First we need to understand how the body's immune system works. Your immune system is your body's security services' your military and police forces. It is their job to protect you from your enemies, such as, bacteria, viruses, cancer cells, or anything that is not part of your normal body.

When a baby is born it has a weak, immature immune system. So God has designed a special way to protect the baby from all of the threats from different bacteria and viruses in its environment. Mother has lived in this environment for many years and she has been exposed to lots of different bacteria and viruses. Her immune system has identified them and made antibodies against them. These antibodies are special protein molecules that are coded for a specific part of a virus or bacteria. If mother is ever exposed to the same virus again, these previously coded antibodies identify the enemy immediately and destroy it before it can spread and cause an infection. We say that she is now immune to this virus.

So how does this help her new baby? Her body packages a supply of these antibodies in her breast milk. When the baby nurses, it receives a supply of these antibodies in the mother's milk. Remember that these antibodies are made of protein. What normally happens to protein when it is eaten? When it reaches the stomach it is digested. That means that stomach acid and various enzymes cut up the protein into hundreds of little pieces we call amino acids. These little amino acids are then absorbed through the intestines into the blood and can be used by the body to make new proteins. So why doesn't the baby just digest these protein antibodies? Because mother has packaged them in special little packages in the milk so that they cannot be digested. These little packages of antibodies pass through the stomach undigested and are absorbed through the intestinal wall intact and release their whole intact antibodies into the baby's blood. Now the baby is immune to whatever mom was immune to a very nice arrangement!

So what's the problem? We are not baby cows! Mother cow packages her proteins for her baby calf and then we feed this milk to our children. Now we are releasing whole intact cow proteins into our children's blood. As our children grow and their immune systems mature, the day comes when they recognize that these cow proteins don't belong in the human body so they start to make antibodies against them. They become allergic to cow's milk. Ask an allergist what is the most common allergy in humans and they will tell you it is dairy products.

How can this cause Type 1 diabetes? Some children inherit a trait where their beta cells make certain proteins on their surfaces that are very similar to certain proteins found in cow's milk. This cow protein has been identified and it is found in about 80% of the dairy herds. The problem is that if they become allergic to the cow protein, then because it is so similar to the proteins on the beta cells, these antibodies will start attacking their beta cells and destroying them also. Research studies have shown that all Type 1 diabetics have developed high levels of this particular antibody. And, when most of the beta cells are gone, these children cannot make enough insulin anymore and now they are Type 1 diabetics.

An interesting study is to find the incidence of Type 1 diabetes in the different countries of the world and then
compare this data with the per capita consumption of dairy products in these same countries. When you plot this data, you will see a direct correlation! Those countries that have almost no access to dairy products have a very low incidence of Type 1 diabetes. As the consumption of dairy products in a country increases, so does the incidence of Type 1 diabetes. In countries like the United States where the consumption of dairy products is very high, the incidence of type 1 diabetes is also very high. Can you guess which country has the highest incidence of Type 1 diabetes? Finland, and it also has the highest consumption of dairy products.

What if I’ve been a Type 1 diabetic for many years?

What if the diabetes has been going on for a while? Insulin injections will be important to maintain the blood sugar levels in the normal range. The best diet and exercise plan to help normalize these sugar levels is the simple whole plant food diet that we share with you during the seminar and regular daily exercise. Three meals a day should be adequate. Snacks between these meals should not be necessary if you are getting sufficient complex carbohydrates and fiber in your meals. If the sugars are still dropping between meals you are on too much insulin. Exercise is a powerful medicine and if you get a jump in your sugar level, consider additional exercise to bring it down instead of increasing the insulin dose.

Type 1 diabetics who adopt this diet and exercise program typically see a reduction in their insulin dosages and stabilization of their sugar levels making it much easier to stay within the normal range.

The road back

If you will think carefully about how this disease has progressed to this point you will begin to see what all the excitement is about. What is the real problem here? Is it a lack of insulin or is it a lack of these sugar doors? There are not enough doors! The cells have removed all the doors because they aren’t hungry anymore.

So you can see that what we really need is not more insulin but more doors.

But your doctor can’t prescribe a pill or injection of new doors for your cells. So how can we get more doors back on our cells? It is really quite simple. We have to make the cells hungry! A hungry cell will make thousands of doors all over its surface.

How do we make a cell hungry? Exercise! Walk, walk, walk, walk.

And this is the simple secret that is allowing diabetics to walk away from heart attacks, dialysis, and daily insulin injections.

The rest of the story

The other half of the secret is that you have to learn to eat right so your body is not overloaded with calories. And the lifestyle treatment centers that are specializing in reversing diabetes have found that a simple unrefined vegetarian diet is the answer. In real life situations this is the diet that actually works. It allows diabetics to eat three meals a day and never go hungry and never count calories or exchanges again. This may seem surprising to some, but the proof is seen in these patients’ success.

One of these centers, Weimar Center of Health & Education in California, has developed the NEWSTART Lifestyle Program using their own special version of this diet together with walking all under close physician supervision and testing. They report 50% of Type 2 diabetics off of all medications and insulin with a normal blood sugar in just 21 days. 80% of patients with neuropathy are pain free in just 17 days! No pill in the world can do that.

If you or someone you love is a diabetic, the good news is that with an about-face in lifestyle, diabetes can be reversed. Heart attacks, strokes, neuropathy, blindness, dialysis, infections, and amputations are not an inevitable part of your future. You can literally walk away from all these. The sun of hope is shining at the end of the road when
you turnaround and walk in the opposite direction.
Bavarian Potatoes

http://newstartclub.com/recipe/142

Ingredients

- 1 large onion, minced
- 6 c. cooked potatoes, diced 1/2
- 28 oz. can sauerkraut, rinsed and drained
- 1 recipe of Mushroom Gravy
- Paprika for garnish (opt.)

Instructions

A popular entree at vegetarian potlucks, this all-plant based recipe is a delicious alternative which doesn't require canned mushroom soup. Using frozen potatoes eliminates most of the preparation time.

1. Steam onion in a little water until soft.
2. In a large casserole, stir together the cooked onion, sauerkraut, and potatoes mixing well.
3. Add Mushroom Gravy and stir to mix. Sprinkle paprika over top.
4. Bake 375° F for 45 minutes.

Serves 12

Tags: Entrées, Diabetic Friendly, Gluten Free, Oil Free, Wheat Free, German

Sally Christensen

Bavarian Potatoes | Recipes | NEWSTART® Lifestyle Club

Sally Christensen is a retired cooking instructor at the NEWSTART Lifestyle Program. She has been teaching others how to cook healthfully at NEWSTART, Reversing Diabetes seminars, and local community classes for almost 20 years. Sally was a major contributor and editor of the well regarded NEWSTART Lifestyle Cookbook. She has also done cooking shows for television, reaching audiences across the world.

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Mushroom Gravy

http://newstartclub.com/recipe/68

Ingredients
- 2 c. water
- 2/3 c. raw cashews
- 1/4 c. Bragg Liquid Aminos
- 2 tbsp. cornstarch
- 4 oz. can mushrooms, drained (save juice)

Instructions
An excellent substitute for Campbell's Mushroom Soup.

1. In a blender, process 1 cup water and cashews until very smooth and creamy. (Check to be sure there is no gritty feeling to the mixture.)
2. Add Liquid Aminos, cornstarch, remainder of the water and mushroom juice and blend well.
3. Add drained mushrooms and pulse blender quickly one time to mince mushrooms.
4. Pour gravy into a saucepan. Heat, stirring constantly until thick and bubbly.

Tags: Sauces, Diabetic Friendly, Gluten Free, Oil Free, Wheat Free, American