

DISEASE DISCUSSION

DIABETES MELLITUS-TYPE 2

Slide 1 — Introduction

Introduction to Diabetes Mellitus Type 2

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Dr. Ray Strand, a medical doctor with 35 years of clinical experience, who now specializes in the field of nutritional medicine

Published author with several best sellers in the field of nutritional medicine

Internationally renowned speaker on the subject of nutritional medicine

What Your Doctor Doesn't Know About Nutritional Medicine May Be Killing You

Slide 3 — Introduction

Lyle Mac William

President and founder of NutriSearch

Author of the ***NutriSearch Comparative Guide to Nutritional Supplements***

Slide 4 — Diabetes Statistics

- One of the most widespread diseases
- Past 35 years, number of cases increased 5 x over
- \$150 Billion per year on diabetes & complications
- 16 million people in US have diabetes
- But most people who have it, don't know
- 24 Million more have pre-clinical diabetes
- Over 80 million have insulin resistance

Slide 5 — Diabetes Reality

- It's time to rethink our attitudes towards dieting, exercise & cellular nutrition.

Slide 6 — Diabetes Complications

- Diabetic blindness
- Kidney disease
- Nerve disorders
- Heart attacks
- Strokes
- Ruptured blood vessels,
- Loss of a limb
- Accelerated aging of the large arteries
- No treatments in past 40 years have decreased risk.

Slide 7 — Silent Killer

- Diabetes diagnosis is slow
- Once diagnosed, 60% already have major disease of heart and/or blood vessels
- Insulin resistance and arterial damage in place 15 to 20 years before diagnosis
- By the time, you are diagnosed, it is too late

Slide 8 — Why the Increase?

- High-carbohydrate, low-fat diet is the healthiest...Right?
- Wrong! Not all carbs are created equal
- Different absorption rates for different carbs

Slide 9 — High-Glycemic

- White bread, white flour, pasta, white rice, and potatoes release their sugars rapidly.
- These are high-glycemic foods – spike blood sugar quickly
- Raise blood sugar faster than slapping sugar directly on your tongue
- Carbs - not the problem.
- Just processed, high-glycemic carbs are bad

Slide 10 — Low Glycemic

- Fruits and veggies are carbs, too
- Whole grains are carbs
- Complex carbs release sugars slowly
- They're low-glycemic
- Don't spike blood sugar
- You have chance to burn sugar energy before it is stored as fat

Slide 11 — Cravings Roller Coaster Ride

- Rapid rise in blood sugar releases insulin from pancreas
- Insulin controls blood sugar
- As blood sugar drops , body craves more calories & high-glycemic foods
- Repeat this pattern over and over, day after day
- 35-year carbs party has kept us on a blood sugar rollercoaster ride
- Condition called Hyperphagia

Slide 12 — Insulin Resistance

- Less sensitive to our own insulin
- Condition called insulin resistance
- It is a lot like crying "wolf" all of the time.
- 24% of the adults in the U.S. have insulin resistance

Slide 13 — Central Obesity (Killer Fat)

- Central obesity is a key indicator of Metabolic Syndrome
- Late 20's to early 30's - love handles, spare tire, or muffin top get started
- Each year it is harder to lose weight
- Called killer fat

Slide 19 — Dr. Strand's Antioxidant Recommendation

Nutritional Supplement	Breakfast	Lunch	Dinner
Antioxidant Tablet	2		2
Mineral Tablet	2		2
Calcium/Magnesium Tablet	2		2
Grape Seed Extract	1		1
Flax Seed Oil	2 tsps		
Fish Oil Capsule (may substitute for Flax Seed Oil)	1		1

Slide 14 — Other Signs of Insulin Resistance

- Slowly increasing levels of total cholesterol and triglycerides
- Very low levels of HDL or "good" cholesterol
- Hypertension
- Arterial aging, for every third birthday, add year
- By late 40's, diabetes sets in.

Slide 15 — Free Radicals and Oxidative Stress

- Blood sugar roller coaster creates free radicals
- Free radicals cause oxidative stress
- Long-term oxidative stress damages cell

Slide 16 — Antioxidants Can Help

- Antioxidants can help address free radical damage
- Chromium is needed for diabetes complications
- Vitamin E improves insulin resistance
- Low Vitamin E leads to fivefold risk of diabetes
- Magnesium deficiency can lead to diabetic blindness

Slide 17 — Diagnosing Insulin Resistance

- Look at last lipid profile from your physician
- Divide your triglyceride level by your HDL cholesterol
- Greater than 2, you are developing insulin resistance
- Example: Triglyceride level of 350 / HDL level of 35 = Ratio of 10 = Advanced metabolic disorder

Slide 18 — Why Doctors Don't Treat Insulin Resistance

- There is no drug for insulin resistance
- Western medicine is reliant on pharmaceuticals
- Insulin resistance can only be treated by lifestyle change
- Patients can be very grumpy about lifestyle change
- Doctors are doctors. They are not wardens or counsellors or therapists.