

Here's Your FREE Diabetes Report:

"How to Beat the 2 Deadliest Causes of Type 2 Diabetes: Bad Food & Bad Medicine!"

By Patrick Lecky,
Adapted from "The Diabetic Warrior Newsletter"

Diabetes Once Controlled By Diet

Prior to the discovery of injectable insulin and oral anti-diabetic drugs, diabetes was controlled by diet. **What else was there?** There was even a primitive but effective forerunner of today's glycemic index that ranked foods according to how much sugar in the urine spilled over. This diet treatment did not work on Type 1 Diabetics. That's because the distinction between Type 2 diabetes caused by *ineffective* insulin and Type 1 caused by *insufficient* insulin was not understood for another 28 years.

Then in 1922, Best, Banting and Macleod demonstrated the value of injected insulin. Pharmaceutical giant Eli Lilly rushed to manufacture it. Still, during the 30's, 40's and 50's injected insulin often killed the patient, most of them Type 2's. Since insulin therapy was not an option for the majority of diabetics, during this period many controlled their disease through food alone. It was only in the 1950's when blood serum insulin tests were technically possible that the metabolic nature of Type 2 Diabetes was discovered. With the realization, the race was on to find drugs to capitalize on this bonanza.

Endless Drug Treatments Make Drug Companies Rich!

In 1955, the first oral anti-diabetic drug was brought to market and medical interest in a dietary solution to Type 2 diabetes evaporated. The drug needed to be taken indefinitely, it treated the obvious symptoms but did not cure the root cause of the disease, it was patentable, economical to produce and easy to store. Also, side effects could be justified since the disease was considered worse. Can't you just smell the profits? This jump-started the diabetes industry and treating the disease became the only accepted medical therapy. Patients were trained to accept endless drug treatments for the rest of their lives.

No one even broached the subject of a possible cure, since continual treatments would make the pharmaceutical companies and the medical establishment very, very wealthy indeed. It has worked out very well for them - but not for us. Now when a diabetes medication no longer controls your symptoms there is a whole galaxy of drugs to choose from. Your remaining years can be spent trying one drug after the other. Let's explore those next.

The Dangers of Anti-Diabetic Drugs (Oral Hypoglycemic Drugs)

If you are a Type 2 Diabetic, please remember that when a hypoglycemic drug is used to decrease your blood sugar, it has no effect on your high insulin levels. In fact, some drugs stimulate your pancreas to produce more insulin - effectively wearing out that overtaxed organ. Remember also that excess insulin is just as damaging as excess glucose.

Drugs also have no effect in correcting the insulin resistance of your body cells. This can only be accomplished by eating PRIMAL foods and whole food concentrates that your body is genetically designed to assimilate. Since drugs have no effect on the root cause of the problem, your diabetes will continue to worsen and you'll need more and more of the hypoglycemic drug. When the drug fails, blood sugar control is lost and you'll experience continually high blood sugar levels. At this point, you may be placed on another drug, which may seem to be effective for a time - but the cycle is destined to repeat itself.

Avoid Kidney Failure and Liver Damage!

When high blood sugar levels are continuous over an extended period - kidney failure is a real danger. If you've reached this point, only dialysis can save you. Hypoglycemic drugs are also designed to disrupt your liver's function. Here's how. As with all toxins introduced into the body, hypoglycemic drugs are detoxified by the liver and then sent to the bowels or kidneys for elimination. Now, this would naturally make the drug ineffective because the liver would neutralize it before it could work. So to circumvent this natural function, the dosage of the drug is intentionally increased to overpower the detoxifying effect of your liver.

Thus, high glucose levels damage the delicate tubules in your kidneys and high drug dosages injure your liver. Isn't that special? Conventional medical proponents argue that high glucose levels would damage your liver and kidneys anyway so the use of synthetic drugs is justified. Oh really? Why should you pay to take a toxic, synthetic substance that will destroy your body as effectively as high blood sugar when there are safe, natural PRIMAL foods that will truly help you?

With continuing drug treatment, many systems in your body may malfunction. In response, your doctor may put you on more and more medications. Besides hypoglycemic drugs, many Type 2 diabetics are taking drugs for defective liver and kidney function, high blood pressure, high cholesterol and many other conditions. As you can imagine, this is a goldmine for the pharmaceutical companies and the medical community. **Listen, with rare exceptions, the grim truth is that conventional drug treatments will rush you toward an expensive, precipitous decline resulting in disability and finally death.**

The Dangers of High Blood Insulin Levels

Canadian researchers Banting, Best and Macleod received the Nobel Prize in 1922 for saving the life of a 14-year-old girl who was dying of diabetes. It worked because she just happened to be a Type 1 diabetic. It was luck. Type 2 diabetes was just then becoming the major epidemic it is today, but the distinctions between the two types remained a mystery. As the years passed it was noticed that insulin did not work for the majority of diabetics, so the medical community fell-back to the use of diet in the control of this mounting epidemic. Then with the advent of very profitable oral hypoglycemic drugs in 1955, diet therapy was abandoned for good.

Today, with the differences between the two types of diabetes known, insulin should be realistically reserved for Type 1 Diabetics, but it is often given to Type 2's also.

What most diabetics don't know is that the onset of diabetic symptoms may have been delayed for months or perhaps years because the pancreas was over-secreting insulin to control high sugar levels. Typically, symptoms appear only when the loss of blood sugar control has become damaging. However, the excess insulin also results in injury, especially to your blood vessels. The combination of high blood sugar and high insulin levels promote serious complications. According to Thomas Smith in his book, *Insulin: Our Silent Killer* © 1998, 2000 Valley Tech, Inc., Loveland, CO 80537, those complications are:

"High cholesterol, atherosclerosis, high blood pressure, slow healing, neuropathy, micro-vascular disease, stroke, numbness or tingling in the extremities, blurred vision and possible glaucoma to the point of blindness, gangrenous lesions usually starting in the extremities and skin infections."

To this list I can add sexual dysfunction and gum disease. It makes no difference if the high blood insulin results from injections or is secreted by your own pancreas. The damage is the same. Understand that most of the above complications result from injury to your arteries and veins by continual exposure to high blood levels of both glucose and insulin.

WARNING: The dangers of hypoglycemic drug therapy and insulin are real - but only attempt to get off drugs or insulin with the help of your doctor. Please search for a physician that knows the value of PRIMAL foods, whole food concentrates, vegetable juicing, dietary supplements and exercise.

Scientists Are Finally Getting It Right!

After years of bitter fighting, the scientific consensus has finally vindicated Dr. Robert Atkins and Dr. Weston Price who contend that it is carbohydrates like pasta, rice and bread and not dietary FAT that makes us fat and diabetic! As detailed in an article published by the New York Times entitled; "What If It's Been a Big Fat Lie?" (July 7, 2002, by Gary Taubes), the longest running health study ever conducted which included nearly 300,000 people costing in excess of \$100 million has some startling data to share. The spokes-person, Walter Willet, chairman of the Department of Nutrition at Harvard School of Public Health says this study thoroughly trounces the thirty-year dogma that low-fat is good for you. In fact, he says that "the idea that all fat is bad for you; the exclusive focus on adverse effects of fat may have contributed to the obesity epidemic."

Willet touches on a very salient point. We are still at the epicenter of a obesity epidemic that experts say started around the early 1980's - which also marks the rise of intense advertising by the \$1 trillion food industry touting low-fat, high sugar foods. The nearly \$10 billion a year spent on ads convinced American that they could now eat as much no-fat or low-fat foods as they wanted without gaining weight. What their advertising failed to mention is this tremendous level of processed sugar and carbohydrates turn to body fat once consumed and the chemical additives and preservatives are many times worse than the "fattening products" they replaced. This period also ushered in the meteoric rise of Type 2 diabetes among adults and for the first time, doctors are also diagnosing Type 2 diabetes in children! Remember, Type 2 diabetes is frequently a consequence of obesity.

77 Million Americans Clinically Obese!

Katherine Flegal of the National Center for Health Statistics says that the percentage of obese American stayed relatively constant through the 1960's and 1970's at from 13% to 14%. By the end of the 1980's however that figure zoomed up to range between 21% and 22%. Nearly one in four Americans was obese. This phenomena continued through the 1990's until today 27% of Americans are obese. The hard numbers tell a dismal story. Today, 77 million Americans are clinically obese and a further 184 million Americans are overweight and unhealthy. What this means in human suffering is staggering.

Furthermore, low-fat diets in clinical trials have proved to be horrendous failures. And this is exacerbated by the fact that the percentage of fat in the American diet has been declining for over 20 years! Americans are even smoking less, but the incidence of heart disease has not declined. As Willet muses, "It appears that something else bad is happening."

According to Paul Zane Pilzer, author of *The Next Trillion*, (© 2001 ZCI, Inc., VideoPlus, Inc., Dallas, TX), children are a favorite target of the food industry. As a result, the number of overweight kids has nearly tripled in number. But, that's only one facet of the problem. In a very sinister move, food industry lobbyists have pushed through mandatory school lunch programs that act to addict children on processed and fast foods. Schools now have fast food franchises that double as cafeterias. Vending machines in schools sell sugar-laced or aspartame saturated sodas that are nothing more than liquid candy.

And when children eventually get sick, the \$1.4 trillion medical industry seemingly comes to the rescue. For example, government-sponsored programs created by the pharmaceutical giants put millions of children on expensive and dangerous drugs to combat the behavioral problems fostered by a high-sugar diet. To control hyperactive children for example, Ritalin is prescribed and in many cases parents have actually been threatened with losing custody if they refuse to give them the drugs!

We Are Getting FAT and SICK By Eating the Wrong Stuff!

There is talk in some scientific circles of blaming the rise in obesity on the thrifty gene. This as yet undiscovered gene is supposed to help us store body fat in times of excess and was an evolutionary advantage for our Paleolithic (old stone age) ancestors who had to survive frequent famines. They say that in our over-abundant, toxic food environment, this gene is redundant and wreaking havoc. There are two reasons why this theory is unappealing to me.

First, by blaming a genetic component, it absolves us from any personal responsibility in controlling our food intake. One might say, "Well, if I'm genetically designed to get fat - what can I do to combat it? I might as well give up and enjoy it!" Secondly, even when our Paleolithic ancestors had excess food, they weren't eating refined sugar, processed foods and carbohydrate products! Your ancestors did not evolve for untold millions of years to consume a diet high in starches or sugars. You just don't have the equipment to handle it without developing disease.

Grains - The Root of the Problem!

The root of this problem actually goes back 10,000 years ago to the dawn of agriculture. After our Paleolithic ancestors hunted many large game animals to extinction, they had to learn farming and animal husbandry. This ushered in the Neolithic era (new stone age) when the cultivation of grain-based food crops high in carbohydrates began. Wheat, barley, millet, oats, rice, etc., loaded with starches and concentrated sugars became the basis of our diet and had an immediate detrimental impact on our Neolithic ancestors. Paleontologists can actually tell whether human remains are Paleolithic hunter-gatherers or Neolithic farmers. The bones of the hunter-gatherers are minerally dense and robust. Whereas the bones of the farmers are thinner, less sturdy and the height averages about 6 inches less. In addition, most of the hunter-gatherers still have most of their teeth; the farmers rarely have all their teeth at death.

Today, the problem is worse. Grain-based crops still form the base of our food supply, but now they're refined and processed. That means most of the minerals, vitamins, essential fatty acids, enzymes, trace elements and other nutrients have been processed out to extend shelf life. All that's left is naked sugar and starch and most microbes can't survive on these nutritionally bankrupt concoctions. This benefits shelf-life. Take wheat for instance. Just read what Paul A. Stitt, a biochemist has to say about the milling process in his book, **Beating the Food Giants**, (Natural Press, P.O. Box 730, Manitowoc, WI 54221-0730, p127).

"The milling process destroys 40% of the chromium present in the whole grain, as well as 86% of the manganese, 89% of the cobalt, 68% of the copper, 78% of the zinc, and 48% of the molybdenum. By the time it is completely refined, it has lost most of its phosphorous, iron, and thiamine, and a good deal of its niacin and riboflavin. Its crude fiber has been cut down as well. White flour is wheat flour that has been plundered of most of its vitamin E, important oils and amino acids. Yet all of these nutrients are needed for a satisfied, healthy body."

"You Can't Eat Just One!"

This loss of nutrients during the refining process also benefits the food industry in another very sinister manner. Paul A. Stitt reveals there is an organ located in the hypothalamus at the base of your brain that researchers call the **appestat (appetite thermostat)**. It monitors your blood for nutrients that your body cells need to thrive. The appestat controls food cravings and only when there are at least 51 nutrients (maybe more) present at optimal levels will you feel full and satisfied. You'll feel hungry if even one nutrient is missing.

Here's how the food industry manipulates your appestat to make you overeat. They simply process out most of the nutrients! Your senses of taste and smell will detect very small amounts of the nutrients your body needs. This triggers your appestat to impel you to eat more and more of that food in a vain attempt to fill the deficit. It never happens. In one sitting you may finish the whole bag of potato chips or a box of cookies. Sounds familiar? Now you know the truth behind the slogan: "You can't eat just one!"

What you get is excess sugars, hydrogenated trans-fatty acids, preservatives and additives instead of real nutrition. Your blood sugar and insulin levels soar, which leads to the storage of body fat. This is all the more damning because for many years, public health officials along with the processed food industry drummed into Americans to consume exactly those foods that would make us fat and diabetic. The truth is that excess carbohydrates without essential fatty acids and other nutrients act to make you hungrier and then heavier which leads to obesity, then diabetes then heart disease.

Grain Consumption And Diabetes

Dr. Mercola in his new book; The No-Grain Diet, explains in a very concise fashion how a high-carbohydrate diet can lead to diabetes over time.

"If you regularly consume grains, sweets, and starches, and avoid exercise, your weight will escalate while your insulin levels rise. As your tissues become progressively more tolerant to higher levels of insulin, you may develop what is termed "insulin resistance", a condition where your tissues have absorbed all the insulin they can retain. This entire syndrome can frequently lead to diabetes, and it's no surprise that 17 million Americans, nearly 7.3 percent of our population, are diabetic with an astounding 33 percent rise in the prevalence of the disease between 1990 and 1999."

So What Should You Do?

Purge your refrigerator, your freezer, and your cabinets of processed, refined, canned and packaged foods. Get rid of the sugar, concentrated starches, white flour, pasta, breads, white rice, and commercial vegetable oils (except virgin olive oil). Be ruthless. Your life is at stake.

Next, bolster your mind. Read health books, health newsletters and health magazines. Educate yourself. Remember, the processed food and fast food industries are spending \$10 billion a year on advertising to get you to eat their products. You have to block their messages and fortify your resolve to be healthy and fit. The more you read, the more you'll understand, and the less likely that you'll backslide.

My purpose is not to turn you into a raving health-food fanatic, shunned by friends and family. No, simply lead by example and keep your own counsel. When your loved ones see your transformation - better muscle tone, weight loss, better fitting clothes, happier disposition, reduction in complications, better blood sugar control, more lust for life - those who are interested will ask you what you've done. It happened to me when I lost 119 pounds.

Some folks were open to my message, others were not. Why couldn't those few see the light? This really angered me when the people I wanted to help the most - my father, mother and brothers wouldn't embrace the message. But, then I learned that everyone embraces the truth only when they are ready - and some never will. I was the same way. I had no desire to eat better until my health was declining due to diabetes. Others will face this same challenge and still do the wrong thing. It's their decision.

My Introduction to Diabetes

My name is Patrick Lecky and I was diagnosed with diabetes in the summer of 1988, immediately placed on insulin and told that I had to take it the rest of my life. I was never informed that there were two types of diabetes. I didn't know about anti-diabetes drugs and was never told that diabetes was once controlled by diet. I was never given a glycemic index of foods or offered any literature or counseling. That same day, I was sent to a pharmacy recommended by the doctor to purchase supplies. The insulin, blood glucose monitor, syringes, test strips, etc., set me back over \$600. The pharmacist was missing a leg. He said he lost it due to diabetic complications so I better be consistent in taking my shots.

I Take Insulin and Blow-Up to 300 Pounds!

For over 10 years I was very consistent in taking my insulin shots. In fact, I took insulin until I tipped the scales at almost 300 pounds. Insulin triggered my body to store excess carbohydrates as body fat. It slowed down my metabolism so I burned less fat and packed on more. Insulin is known as the FAT hormone and it increased my appetite, so I gained still more. Obesity promotes insulin resistance of the body cells so I needed more insulin just to metabolize the same amount of sugar. Therefore, the heavier I became, the more insulin I needed. And the more insulin I took, the heavier and more insulin resistant I became. Sounds like a real life "Catch 22", doesn't it? Believe me, insulin therapy does nothing to cure diabetes. Today I weigh 181 pounds and am INSULIN-FREE. My salvation began with an incident that solidified my resolve to take control. You see...

**...My Diabetic Complications Were Growing Worse -
But, My Doctor Said There Was Nothing More He Could Do.
So I Decided that There Must be Something I Could Do!**

Listen, I was already a diabetic for five years when my legs started to tingle & throb all night. Each leg would get a jolt that ran up from my ankles to my knees every other second. In the morning my legs were so numb, my wife said it looked like I was walking on stumps!

Then my eyesight began growing dimmer and both my kidneys began to hurt. My doctor said that I was experiencing retinopathy in my eyes, peripheral neuropathy in my legs and the beginnings of kidney failure. Besides eating a high fiber diet, monitoring my blood glucose level, taking insulin shots, exercising, perhaps laser surgery for my eyes, and later dialysis for my kidneys - my doctor confessed there was nothing more modern medicine could do for me. I went into a deep depression for about a week. Then I got mad and...

...I Decided Not to Succumb Without a Fight!

So, I went on a reading binge the way a great white shark goes on a feeding frenzy! I read that the tingling was only the first stage. Soon the disease would progress to severe pain. When the nerves are finally destroyed, my legs would become weak, more susceptible to infection, ulceration, gangrene and finally amputation.

I was terrified, but I kept searching. I read that my body's natural reaction was to clear all the excess glucose from my blood stream. As a result, my kidneys excreted an enormous volume of urine containing the blood sugar. And that's why my symptoms were excessive thirst and frequent urination. While this immense urination eliminates excess glucose, it also provokes tremendous losses of the minerals chromium, zinc, magnesium, potassium, calcium and vanadium, the vitamins B1, B6 and B12 as well as the amino acids L-carnitine, taurine and L-arginine.

Avoid These Devastating Complications!

Experts now contend that the loss of these critical nutrients leads to the deterioration of the eyes, and kidneys as well as damage to the nerves and blood vessels. You should know that diabetes also promotes abnormal triglyceride levels which substantially increases your risk of developing atherosclerosis. This is one reason why diabetics have a danger of heart attack more than 400 percent above that of non-diabetics. The chilling fact is that cardiovascular disease accounts for 80 percent of all diabetic deaths.

But, that's not all. As mentioned before, unchecked nutrient depletion can lead to amputations of the legs. Today 56,000 amputations a year are the result. Diabetes is also the leading cause of blindness and kidney failure among adults in the U.S.

Are Anti-Diabetic Drugs the Answer?

Then I considered taking oral anti-diabetic drugs, until I uncovered this grim truth. Diabetics taking these drugs are 2.5 times more likely to die from heart disease than when treated by diet alone. There's more. You may experience side-effects such as jaundice (liver problems), anemia, skin rashes and in rare cases, death. But, the real problem confronting type 2 diabetics is insulin resistance. And, this is one reason why anti-diabetic drugs are a dead-end! That's because your pancreas is probably producing insulin at top capacity! Most of these medications work by stimulating your pancreatic cells to produce even more insulin. Taking something to stimulate a drained pancreas results in loss of insulin-secreting beta cells making you more diabetic.

The drugs also increase fatty acid uptake in muscles and fat cells making you gain weight more easily. And with more weight you have increased insulin-resistance and become more diabetic. What a vicious cycle! Oral anti-diabetic drugs are another "Catch 22".

The sad truth is that both oral anti-diabetes drugs and insulin can speed aging, hasten complications, damage your liver, heart and other organs and rush you toward an early, painful death. No thanks!

My Only Chance of Avoiding Complications Was to Restore Insulin Sensitivity and Eliminate ALL MEDICATIONS!

At once, my mission became clear. I had to find natural substances that would replenish nutrients lost through the urine and help my body restore its full function.

Listen, I'm not a doctor or an alternative health professional. I'm a regular joe - who happens to suffer with diabetes like you. But, I'm also a nutritional writer. In the course of my research I discovered various ways to regulate my blood sugar naturally and also reverse or prevent a host of dire complications.

I share your pain, your uncertainty. I have the disease and I fight it every day. It took me over ten years to gain this crucial knowledge but, with it I've fought the battle and won! What I discovered is known only to a select few.

The total solution to diabetes is simply FOOD! Supplements are just in addition to FOOD! Today, I publish a newsletter called The Diabetic Warrior and also a book compiled from that newsletter called "**How To Fight Type 2 Diabetes & WIN!**" The core of my message revolves around...

MIRACLE PRIMAL FOODS & SPECIAL HEALING PROGRAMS THAT CAN HELP YOU TO BANISH DIABETES, LOSE WEIGHT AND AVOID OR REVERSE AGONIZING COMPLICATIONS!

Don't say YUCK! Don't conjure images of giving up all the foods you love. Listen, if you take insulin, anti-diabetic drugs or supplements without addressing diet and weight loss, the disease will eventually take hold for good! If you've been doing that plus eating refined, processed, packaged high-sugar foods, the disease will progress until you suffer ghastly complications.

I've been INSULIN-FREE for over seven years now and I've lost 119 pounds by doing less exercise than before I lost the weight! My kidneys don't hurt at all. My eyesight has stabilized, I never get the severe, debilitating head aches caused by high blood sugars that I did before. My legs haven't tingled in almost 4 years!

I never get low-blood sugar - the sweats, the shakes or fatigue. And I don't have the desperate urge to urinate every 30 minutes or less. My blood sugar averages from 80 mg/dl to 120 mg/dl. I have a demanding life and live it to the max. I've grown stronger and more alert. My life is my own. Let me help you do the same.

**To find out more about
"How To Fight Type 2 Diabetes & WIN!" please
log on to: <http://www.diabeticwarrior.com>**