

## The EPHEDRA SCAM

Super Supplement:  
CAYENNE

DETOXING  
the  
RIGHT WAY

Diagnosed  
with Type 2  
Diabetes?

Health Dangers:  
MICROPLASTICS

GARY NULL'S  
NEW FILM  
•Deadly  
Deception:  
Exposing  
the Dangers  
of Vaccines

FASTING for  
Physical  
&  
Spiritual  
Health

**NIKKI SHARP** Meal Prep Your Way to Weight Loss

**DO I REALLY HAVE TYPE 2 DIABETES?** by Denise A. Pancyrz

Do you know where you stand with type 2 diabetes? Have you been told you are pre-diabetic? Does your doctor say your glucose is normal when it's at the high end of normal range? There are tests to help determine if you have or may be on your way to diabetes.

The A1c reflects an average of your glucose levels for approximately two to three months. An A1c between 4.0 to 5.6% is considered non-diabetic. A result of 5.7 to 6.4% is considered pre-diabetic and a result at 6.5% and above may have you diagnosed with type 2 diabetes. An A1c of 7% reflects an average glucose of 154 mg/dL. The diagnosis is typically made after two abnormal test results. When your fasting blood glucose is between 100 to 125 mg/dL, this can be indicative of pre-diabetes. Above 125 mg/dL, most likely diabetes.

We have come to rely on the A1c blood test for determining type 2 diabetes. However, it is only a barometer for a high-level view of managing overall glucose trends. The A1c test cannot make an early determination, nor tell you which meal or beverage caused your glucose to spike higher than it should (above 140 mg/dL). Or, that your blood glucose is too slow to return to a normal level.

An oral glucose tolerance test (OGTT) can help determine the effect of insulin (insulin sensitivity). The OGTT is not readily ordered, possibly a missed opportunity. First, your blood is drawn to check your fasting blood glucose. You then drink a mixture of water and glucose. Two hours later your blood will be drawn again. In addition to testing insulin sensitivity, the OGTT mimics what happens after a high carbohydrate meal.

A blood glucose between 140 to 199 mg/dL, can be indicative of glucose impairment (pre-diabetes). At 200 mg/dL and above, you may be diagnosed with diabetes. Testing your insulin level can provide the earliest information. The OGTT is one test that may be well worth your time to take.

Knowing your insulin level can help you avoid beta cell burnout. Eventually, the cells in your pancreas stop working. This can occur due to the overproduction of insulin needed to help move glucose from your bloodstream to muscle and fat cells. When this happens, your stage of diabetes is an insulin-dependent diabetic. Synthetic insulin presents its own set of challenges as well - weight gain and hypoglycemia, to name a few. This can all be avoided.

Familiarize yourself with the GlycoMark test. It is a blood test that looks for a molecule when your glucose level is at 180 mg/dL or higher. The occurrences of high glucose levels are reflected over the prior one to two weeks. For men, the normal range is between 10.7 - 32.0 ug/mL. For women, the range is between 9.7 - 31.4 ug/mL. An A1c of <6.5% would result in a GlycoMark score >20. Two people with the same A1c result can have very different glucose patterns that the GlycoMark test can help identify.

Dental issues can be an early indicator before the conventional diabetes

blood tests reflect increased glucose levels. Chronic inflammation, infection, and periodontal disease can make you twice as likely to have insulin resistance. Many times, the link between the two are ignored.

Having a high glucose or insulin level is not a sugar issue. When cells have difficulty sensing insulin, you are faced with insulin resistance; a metabolic issue. Once a metabolism is impaired, glucose levels can begin to rise. This brings into question, "Why is pre-diabetes determined by glucose versus insulin level?"

Rather than making a diagnosis of pre-diabetes, I consider insulin resistance as Stage 1 Diabetes and once elevated glucose levels occur, Stage 2 Diabetes. Cancer is categorized in stages. It makes sense to clarify stages within diabetes. It would be ideal to address metabolic issues earlier than we do today.

Consider the following to begin the diabetes avoidance or reversal process:

- 1) Check your weight. High glucose and insulin levels typically increase weight, then make it difficult to lose weight. Obesity and visceral fat have been indicators toward diabetes.
- 2) Check your kitchen. Is most of your food stored in cabinets or your refrigerator? Food laden with sugar, chemicals, and preservatives may be the biggest contributing factor for diabetes, not our DNA. Your refrigerator should be filled with mostly fresh veggies and fruits and to a lesser degree, lean meat, lean dairy and wild-caught, not farmed seafood. Your cabinets should really only contain whole grains and spices.
- 3) Check your beverages. Beverages high in sugar or fake sugar contribute to an impaired metabolism. Stock your refrigerator with purified water with a few fruit slices for flavor and unsweetened black, green or herbal tea.
- 4) Check your stress levels. Prolonged stress levels can increase cortisol levels, inducing insomnia. Prolonged stress contributes to an impaired metabolism called Metabolic Syndrome.
- 5) Check your daily activity. Be sure to incorporate both weight resistance training and cardio exercises. A twenty-minute walk after a meal can do wonders. One session of exercise can improve insulin resistance up to sixteen hours when you are eating a whole foods diet.

Consider the correlation of processed foods and the increase of the diabetes epidemic. A healthy diet of whole foods coupled with exercise can start the diabetes avoidance and reversal process. I challenge you to incorporate cooked and raw vegetables into every meal, including breakfast. Chances are, you will see improvement in your glucose and eventually your weight.

*Denise A. Pancyrz is a national diabetes reversal coach, speaker, and best-selling author of "The Virgin Diabetic, Reverse the Effects of Type 2 Diabetes, Reduce Medication, and Improve Your Glucose Levels," available on Amazon. Reversing her own diabetes, Denise's mission is to educate and inspire others to do the same. For training and more information, visit: ReverseMyDiabetes.net or call (888) 848-1763.*

**CUCUMBERS: MORE THAN A SALAD VEGGIE** by Ellen Kamhi Ph.D., RN, AHG, AHN-BC "The Natural Nurse"

Cucumbers have a long history of use as both a food and healing plant. Scientists agree that this fruit originated in India, and has been grown by humans as a cultivated plant for at least 3000 years. Are you surprised to find out cucumbers are referred to as a fruit? The truth is, a cucumber IS a fruit, just like tomatoes, since "Fruit" is the part of the plant that contains the seeds even though both tomatoes and cucumbers are often thought of as vegetables. Cucumbers have been grown in the United States since the 16th century, quite possible as a result of Christopher Columbus bringing cucumbers to Haiti in 1494. Cucumbers are mentioned in the Bible in Numbers 11:5, as a food that was available to the Israelites in Egypt. Other foods mentioned along with cucumbers are leeks, onions, melons and garlic, so it might be fun to put all of these together in a delicious, nutritious biblical salad!

Some early medicinal uses of cucumber include treating insect bites and eye problems. That's interesting because to this day, putting cucumber slices over the eyes is a well-recognized cooling and relaxing spa treatment that can be easily and inexpensively used at home! An interesting fertility ritual included tying a cucumber around the waist to help induce pregnancy. It does not take a giant leap of visualization to see how cucumber can be a phallic symbol!

Today, cucumbers have been scientifically studied to determine the nutrients that they contain. Cucumbers are high in silica, which is an essential mineral that is part of the skin, ligaments, bones, muscles and cartilage tissue. In addition to silica, cucumbers are also a rich source of Vitamin C, magnesium and potassium. Cucumbers contain specific phytonutrients known as cucurbitacins. This family of nutrients are under scientific investigation for their role as cancer cell signaling pathway inhibitors. This can help the body offset the development of cancer. Cucumbers also contain compounds such as secoisolariciresinol, pinoresinol and lariciresinol, which are known as lignans. Lignans may offer the body defensive mechanisms against prostate, ovarian

and breast cancer, as well as cardiovascular health issues.

Cucumbers are included in many topical preparations. They contain nutrients such as naturally occurring ascorbic acid and caffeic acid, which aids in decreasing swelling due to water retention by drawing out excess fluids. Cucumber can also offset the inflammation associated with sunburn and other skin irritations.

Since Cucumbers are grown by conventional methods, they may be sprayed with a variety of toxic chemicals, such as pesticides. The BEST thing to do is grow your own, if possible. If bugs are an issue, make a strong garlic tea and spray the plants for nontoxic pest control. If you cannot grow your own, choose ORGANIC at your local health food market, or visit a local Farmers Market or Farm Stand and ask if the vegetables are sprayed. If you can only get commercial cucumbers, peel them well, since some of the pesticide residue will remain on the waxy covering, rather than the soft inner part.

If you make your own vegetable juice - highly recommended in any optimum wellness program - cucumbers are great! They make the juice-making process go faster, since each cucumber contains a lot of water and makes a lot of juice! Also, the alkaline pH of cucumber juice is great to help with detoxification.

Try this delicious and nutritious Natural Nurse(r) Cucumber Salad:

Cut up one peeled cucumber and mix with diced tomato and red onion. Add chopped cilantro and sprinkle with lemon juice and a splash of apple cider vinegar; it's a great healthy snack or side dish!

*Ellen Kamhi PhD RN, The Natural Nurse(r), can be heard on radio daily. She is the author of several books, including THE NATURAL MEDICINE CHEST. Dr. Kamhi has been involved in natural health care for over 4 decades. She answers consumer questions at [www.naturesanswer.com](http://www.naturesanswer.com), and has a private practice on Long Island. [www.naturalnurse.com](http://www.naturalnurse.com) 800-829-0918.*