

Diabetes

National Estimates on Diabetes

Total Prevalence of Diabetes in the United States, All Ages, 2005

Total: 20.8 million people, 7 percent of the population have diabetes.

Diagnosed: 14.6 million people

Undiagnosed: 6.2 million people

Diabetes is reaching epidemic proportions among children, as well as among adults, here in the US and across the world. It's a cruel disease that causes nerve damage, heart attacks, kidney failure, liver failure, amputation, blindness, and even premature death!

To order the version you want please click on the order button below!

To Order HCG Click [HERE!](#)

If you are a Diabetic we can not stress enough the importance of being on Mazu Gold, the Handcrafted Nutrition that we all need.

DIABETES

Reduced Fat in Liver & Pancreas

A mouse study showed that ECE reversed fat deposition in liver and pancreas cells. In addition, this same study showed that ECE served to markedly inhibit inflammation in the pancreas. A recent Harvard (Joslin School of Diabetes) mouse study directly implicates excessive fat deposition in the mouse pancreas for turning on the inflammation pathway, resulting in full-blown type II diabetes and insulin insensitivity in the mice.

Aldose Reductase Inhibition

When blood sugar's become elevated, the enzyme aldose reductase converts surplus glucose into the sugar alcohol sorbitol. Sorbitol can build in critical cells and cause damage. Recent research found that animals lacking in aldose reductase were protected from the retinal complications of diabetes. ECE compounds have been found to be potent aldose reductase inhibitors, which may be of benefit for patients with metabolic syndrome, syndrome X, or diabetes.

For the complete study from the University of Washington please click here

and then go to www.whenhealthmatters.mazuglobal.com for the whole story

TESTIMONIALS

Hi, my name is Jan Blackburn and I was diagnosed with type 2 diabetes in 2001.

By 2002 I had to take 10 mg of Glipizide tablets, then by 2005 I was taking 1-10mg Glipizide tablet in the morning and 1 at night.

When the end of 2005 came I was taking 10 units of Lantus (a long lasting insulin) and also the Glipizide. 2007 was the addition of the Humalog a fast acting insulin.....

In 2007 the Lantus insulin gradually went up to 80 units at bedtime.

So now I was taking 10 mg Glipizide twice a day, 7 units of Humalog before lunch, 7 before dinner and 9 before bed and of course the now 80 units of Lantus at bedtime.

I was not feeling real well by that time. One morning I prayed and said God the insulin and pills are killing me, tell me what to do how will I know that you are telling me, how will I know it is you and not me.

When I arrived at church that morning, my sister looked at me and said you look terrible. I said yes I know the insulin and pills are not helping. She said, you need to talk to CarolAnn she has lost 60 lbs.

I thought to myself, yea, sure another weight loss program. She said , well CarolAnn is a diabetic and she was on insulin and now she doesn't have to take it anymore.

I looked up and said Thank you God, he gave me his answer.

That was the start of my wonderful journey. HCG was the answer. CarolAnn gave me all of the information I needed to get started. I could not believe the immediate results. Every day I lost weight.

The first thing to go was the Glipizide and then the Humalog and then the Lantus. I was using a cane to walk as I had a pinched nerve in my back which was causing drop foot. Then the cane was no longer needed. All of these things were GONE in two weeks.

I lost all of those meds and also 43 lbs.

I am now going to start my second round and then will soon be at my ideal weight. Not only did I lose the weight and all of the other things but I was regaining my confidence.

I feel GREAT!

"When Health Matters" Thank you with all my heart.

Jan Blackburn, www.youravon.com/janb

I feel I have Cured My Type 2 Diabetes.

by Robert E Robeson

I was diagnosed with type 2 diabetes over 10 years ago. Following is the story of where I am at after reading, learning, studying anything I could get my hands on. I feel I have cured my Diabetes or at least eliminated all signs of it.

What do I mean by "I Cured My Diabetes?"

I have what is call the Dawn Syndrome, which means my blood sugar reading are high in the mornings (dawn) and would come down during the day.

So before I was cured, here is what I had.

After 10 years and eventually reaching my Maximum Dose of Glyburide and Glucophage (metformin) plus Lisinopril for High Blood pressure and Lovastatin for high cholesterol here is where I was at:

- I had Morning mg readings of 220-250 mg taking full dose of 2 Prescriptions.
- Daily I would get my mg down to about 110-120 mg through diet, exercise and Prescriptions.
- My A1C test were around 6.7 to 7.4 (testing twice a year)
- My blood Pressure was around 140' over 90's. Taking 1 Prescription.
- My Cholesterol was in the 300's taking prescriptions.
- I tired easily.
- I had bad days where I just did not feel like doing anything
- I had low mg days where my mg was below 70 and I felt real light headed and faint.

Now remember all this is with maximum drugs.

Now that I am cured here is where I am at:

- Morning readings of 80-90s
- Daily reading around 80-90s
- Average reading of 95
- A1C of around 4.7 – 5
- Blood pressure of 120's over 70's
- Cholesterol in the 200s
- I have not seen a triple digit reading in months now!

All this without any drugs, no meds of any kinds for months and without eating a restrictive diet. I eat a normal healthy diet.

I am not a Doctor or healthcare professional in anyway, but with those numbers, I believe it would be hard for anyone to test me and say I have Diabetes. I may still have the underlying cause (I don't know) but with those numbers my chance for complications will be minimized and I should be able to live a full healthy life.

I did this with the information that is in this book. I believe it is a MUST read for anyone with type 2 diabetes or anyone wanting to improve their overall health.

NEW HOPE FOR DIABETICS!

This eBook is the most IN YOUR FACE, UP FRONT, NO HOLDS BARRED information available today. Diabetes is not the "take 2 pills and live a happy normal life" that we are led to believe.

Diabetes is reaching epidemic proportions among children, as well as among adults, here in the US and across the world. Its a cruel disease that causes nerve damage, heart attacks, kidney failure, liver failure, amputation, blindness, and even premature death! The time has come to do something about it.

This eBook is a distillation of 10 years of extensive research by medical experts put together into what is, in my opinion, the best way to live with diabetes. Being diagnosed with Type 2 Diabetes almost 10 years ago I started my quest for a cure! Using the information in this book I believe I have cured myself of Diabetes. It truly is " New Hope for Diabetics" .

This book has greatly extended the quality of my life, if not directly saving it.

It truly is " New Hope for Diabetics"

If you have Diabetes or know anyone that does, this is a MUST read!! Please let's stop this deadly epidemic in its tracks.

I have cured my type 2 Diabetes.

I was diagnosed with type 2 Diabetes about 10 years ago.

At first I just listened to my doctors that told me there was no cure for diabetes and I could treat my diabetes with diet, exercise and pills and live a normal life.

The Doctors sent me to Diabetic schools, one that taught us what Diabetes is and how best to treat and live with it and the other taught nutrition, mostly low fat eating and the best way to eat as a Diabetic.

One of the things they taught me was that Type 2 Diabetes is a progressive disease and things would continue to get worse and worse, so they would continually changes my meds.

And, just like they said as the years went on, my blood sugar went up and up so they increased my meds.

Not Satisfied with what I was taught at the schools I went to, I set out to do my own research.

Things I learned were a bit scary like all the drugs have bad side effects, even death as they kill off organs.

That once you reach the limit (Maximum Dose) of one drug they have to switch to another drug until it is no longer useful. They keep this up until they run out of drugs to switch to. This usually happens in 1-20 years. Then there is not much they can do.

That any blood sugar reading over 140 is harmful and that an average reading of 139= an A1C test of 6.9 that is why you want your A1C under 7.

And that Diabetes has horrible side effects that include but not limited to:

- Blindness
- Kidney Failure
- Liver Failure
- Amputations
- Stokes
- Nerve Damage
- Heart Attacks
- Death

So if you can keep your blood sugar under 140, your A1C under 7 and keep an active lifestyle you should be fine for a while. But time and this disease marches on and you will end up with these complications. Unless you die (from one of these complications or accident) early before they set in.

So the way I saw it, the only way to not get any of these complications or dying a slow horrible death was to get rid of this debilitating disease that they said has no cure.

So for the last 10 years or more I started reading anything I could on diabetes, I found out that a cure was developed and our government paid them 30 million dollars to keep it off the market. I found people are being cured of type 2 diabetes every day.

So after 10 years of research and many interviews with many doctors and healthcare professionals I have finally cured my diabetes.

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- Now remember all this is with maximum drugs

Now that I am cured here is where I am at:

- Morning reading of 80-90st Daily reading around 90-100
- Average reading of 95

- A1C of around 4.7 – 5
- Blood pressure of 120's over 70's Cholesterol in the 200s

Being a commercial Driver (truck driver) I had to get a DOT physical every year (a Diabetic can only get a DOT for 1 year)

However, since curing my Diabetes I now have a 2 year DOT Physical. Here is where I stated on my Medical form that I no longer have Diabetes. How cool is that?

All this without and drugs, no meds of any kinds and with out eating a restrictive diet. I eat a normal healthy diet. I don't workout at gyms or even a home gym, which would be beneficial to overall health, but I am active

I am not a Doctor or healthcare professional in anyway, but with those numbers, I believe it would be hard for anyone to test me and say I have Diabetes. I may still have the underlying cause (I don't know) but with those numbers my complications will be minimized and I should be able to live a full healthy life.

If you have Diabetes or know anyone that does I hope you to can find these kinds of results!

New Hope for Diabetics

The first draft.

By Robert E Robeson

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What are triglycerides?

Triglycerides are a type of fat found in your blood. They are a major source of energy and the most common type of fat in your body.

When you eat, your body uses the calories it needs for quick energy. Any extra calories are turned into triglycerides and stored in fat cells to be used later. The excess calories are stored as fat regardless of what kind of food you eat—fat, carbohydrate, or protein. If you regularly eat more calories than you burn, you may have high triglycerides.

In normal amounts, triglycerides are important to good health. When triglyceride levels are high, it is not clear whether these high levels directly increase your risk for heart disease. But high triglycerides are often part of a group of conditions called metabolic syndrome.

Metabolic syndrome is the combination of high blood pressure, high blood sugar, too much fat around the waist, low HDL ("good") cholesterol, and high triglycerides. This syndrome does increase your risk for heart disease as well as for diabetes and stroke.

Triglycerides are measured as part of a blood test that measures your cholesterol. Normal triglyceride levels are below 150. Levels above 200 are high.

What causes high triglycerides?

Obesity, poorly controlled diabetes, underactive thyroid (hypothyroidism), kidney disease, and regularly eating more calories than you burn can cause high triglycerides.

Certain medicines may also increase triglycerides. These include tamoxifen, steroids, beta-blockers, some diuretics, estrogen, and birth control pills. Drinking a lot of alcohol may also cause high triglycerides.

Certain types of high cholesterol and high triglycerides run in families.

What are the symptoms?

High triglycerides do not usually cause symptoms. People who have a family history (genetic cause) of very high triglycerides may have visible fatty deposits under the skin called xanthomas.

In rare cases, people who have very high triglycerides may develop inflammation of the pancreas (pancreatitis). This can cause sudden, severe abdominal pain, loss of appetite, nausea, vomiting, and fever.

How can I lower my high triglycerides?

You may be able to lower your triglycerides by eating fewer calories and increasing your activity. Reducing fats in your diet and not drinking alcohol may also help.

If increasing your activity and watching calories do not work, you may also need medicine. Medicines called statins are commonly used to lower LDL ("bad") cholesterol. But drugs called nicotinic acids and fibrates seem to work better for lowering triglycerides. If you have high triglycerides, high LDL cholesterol, and low HDL ("good") cholesterol, it may help you to take a combination of medicines, such as a statin and a fibrate.

If you are overweight we urge you to lose the excess pounds. But not only that we will show you how. If you have tried many diets and they do not seem to work for you or your weight goes up and down, then we have the cure! The Dr. Simeons hCG Protocol, the weight loss cure!

Blood pressure

Tooth health

Foot care

Skin Care

Exercise, build muscle

Attitude

Stress

Chapter 5

Weight loss, a must if you are overweight even just a little!

Achieve your proper weight!

Jenny Craig

Dr. Atkins

South Beach

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Low carb.

Low fat

Macrobiotics

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Exercise properly

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Foot care

New Hope for Diabetics

The condensed version which is the the final Chapter from the above Book

By Robert E Robeson

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Preface

The first thing I did was to start improving my overall health.

To start improving my health, I stopped putting toxins into my body.

I used cleanses to remove as much of the toxins as I could from my body!

I improved my diet

Increase your Monounsaturated Fat

Foods to avoid:

Limit the following foods:

Here is the skinny on Fiber:

I started adding Supplements.

A note on Supplements:

Then I changed what I drink and when I drink it.

Here are some very important notes on water.

The environment:

Remember the basic rules of 3's.

Exercise

Sleep:

How much and when?

I did what I could to lower my stress.

Here is a simple, quick stress test.

Weight loss

Since I had been near 300 pounds most of my adult life, and dieting all that time (30 plus years) I thought I would be in for some real hard times.

To recap, this is what I did:

How to maintain a good healthy weight for life!

References