Concerned About the Diabetes Epidemic? You Can Prevent It!

Today in America, the average person has a 1 in 3 chance of developing Diabetes.

Nearly 10% of Americans have been diagnosed with a form of Diabetes, which is 29 million people!

Considering that in 1890, less than 130 years ago, only 3 out of every 100,000 had Diabetes, that is an epidemic of epic proportions!

In fact, I guarantee there will be people who read this article who are at risk for developing Diabetes and they don’t even know it. Unfortunately, that’s just looking at the odds because it’s so incredibly common.

Are You at Risk for Developing Diabetes?

When a person’s body is unable to produce enough (or any) insulin, the result is higher levels of glucose (which is sugar) in the blood.

High levels of blood sugar are meant to be tightly regulated by the body, just like blood pH, the most vital number in your body.

And when you are pumping your body with damaging acids every day, it constantly drains your body’s own resources – the buffer system, your minerals (from your bones, muscles, joints, organs, and mouth) – all in an effort to keep that blood pH tightly regulated.

The same goes for your blood sugar levels. When you have high blood sugar levels from sugar and grains in your diet, it wreaks constant havoc on the body. It can damage nerves, vision, the heart and coronary system, limbs, and digestive system.

People can live with high levels of blood sugar for years or even decades without developing symptoms of Diabetes, but the damage is already being done.

Here are the common warning signs that you are headed for Pre-Diabetes or Diabetes:

- unexplained weight gain
- dark patches of skin around the neck or under arms
- painful, numb, or tingling hands, feet, or limbs
- reproductive system problems or unexplained hormonal changes
- changes in appetite or thirst
- fatigue that doesn’t go away
- dry, itchy skin
- frequent infections (anywhere on or in the body)

Even if you don’t have any of these symptoms, it’s possible you’re living with elevated glucose levels, so if you have any issues with blood sugar regulation, you have a history of eating a lot of sweets (even if you don’t anymore), or you have a family history of Diabetes, talk to your doctor about checking your glucose levels.

**The Good News About Diabetes**

It’s hard to imagine that there’s any good news about this epidemic that shows no signs of stopping or even slowing down. In fact, it’s the 7th leading disease killing Americans today.

However, I want to assure you there is good news, even if you’re part of the 1 in 3 Americans at risk for developing Diabetes.

There is a cure for Diabetes, and it’s worked for thousands of patients all over the world often in as little as a month or two. It’s not a miracle pill. In fact, conventional treatment of Diabetes actually does more harm than good.

It’s simple changes to diet, supplements, and lifestyle that can make a huge difference in the quality of life and even extend the length of life for people with Diabetes. That’s what I’m going to tell you about today.

By the way, I want to note that we’re focusing on Type 2 Diabetes here. Type 1, which typically develops in childhood and is an autoimmune disease, is often helped by dietary changes but cannot be reversed.

**The 4 Step Plan to Prevent or Cure Diabetes**

**Step 1: Cut Out Harmful Foods**

The most important step in reversing a diagnosis of Diabetes or preventing getting it in the first place is to stop eating foods that make it worse. Don’t worry – there are plenty of good, healing foods in step 2 that we’ll replace these with.

- **Grains, Gluten and Refined Carbs** – All carbohydrates are converted to sugar once they enter the body, so even whole grains are harmful to someone suffering from Diabetes. Once insulin levels get under control, quinoa and sprouted grains can be added back into the diet, but at first, it’s best to remove all grains.

- **Sugar** – Just like all sugar is acidic, all sugar also converts to glucose. So it’s vital this is the first thing cut out of your diet. This includes fruit, fruit juice, soda, desserts, candy, and processed snacks, even if they claim to be Diabetic-friendly. Eventually, you may be
able to return to eating a small amount of fruit each day but always in the way I recommend, which is with alkaline foods to balance the acids.

- **Alcohol** – Like sugar and carbohydrates, alcohol spikes blood sugar.

- **Dairy products** – Because dairy triggers immune system sensitivities similarly to gluten, it’s best that acidic foods like milk, cheese, yogurt, and ice cream, which in the case of the last two also have sugar, be removed completely, especially while the gut has a chance to heal.

- **Too many Omega 6 Fatty Acids – Canola, Vegetable, and Soybean Oils** – These oils come from GMO plants, which have been linked to kidney and liver disease and make Diabetes worse. Check labels on any other processed foods because many include these oils.

**Step 2: Add in Healing Foods**

Now that all the bad stuff that’s making Diabetes worse or more likely has been removed, you want to replace it with foods that are going to naturally nourish your body and promote healthy glucose levels.

- Dark, leafy greens
- Avocados
- Broccoli
- Almonds, cashews, and other tree nuts
- Flax, hemp, chia, and sunflower seeds
- Green beans
- Coconut oil
- Organic, wild-caught Alaskan salmon
- Coconut
- Cinnamon
- Parsley
- Turmeric

One more note here on foods to add in... Many Diabetes patients incorporate more and more protein in their diets as they cut carbohydrates. It’s not necessary to increase protein levels because the Standard American Diet (SAD) already has more protein than adults need.

Instead, replace carbohydrates with as many vegetables as you’d like to eat.

**Step 3: Get Moving!**
Believe it or not, exercise is key in balancing blood sugar levels and insulin sensitivity. Day to day, and especially over time, getting the body moving will make a big difference in its ability to heal itself.

The two best exercises for reversing Diabetes are walking, which should be part of your daily routine, and rebounding. If you’re not familiar with my favorite acid crushing exercise, the rebounder, or mini trampoline, NASA did a study and showed that the rebounder is 68% more effective as a cardiovascular exercise and for weight loss compared to running without the harsh effects on your joints.

**Step 4: Supplement Your New Lifestyle**

It’s necessary to supplement your diet with a few things that your body can’t get enough of based on what you eat alone.

- A good quality fish oil supplement to ensure you get enough Omega 3 Fatty Acids (3,000 mg. daily for adults – but always check with your Health Care Practitioner).
- A larger dose than usual of Vitamin D supplement (5,000 IU daily).

A magnesium supplement will help increase insulin sensitivity and balance blood sugar. The best one you can take is **Alkamind Daily Minerals** because it will ensure you’re getting enough calcium, potassium, and sodium bicarbonate, in addition to magnesium, so you’re fighting acid at the same time that you’re fighting Diabetes.