

Blood Sugar Problems & Diabetes

When it comes to blood sugar, many people face a sometimes difficult and inhibiting challenge regardless of the diet they consume. The issue in question is that of how their blood sugar fluctuates in response to consumption of food (or the lack thereof).

Depending on the individual's specific weaknesses:

- Certain foods will raise and spike blood sugar rapidly.
- Certain foods will cause blood sugar to drop significantly within the first few hours of eating (this can also happen with fruit). This condition is referred to as "reactive hypoglycemia".
- Blood sugar will drop faster than normally following meals, forcing the person to eat smaller meals more frequently. This condition is referred to as "hypoglycemia".
- There will be an inadequate production of insulin to transport glucose across cell membranes thus insulin must be administered to bring blood sugar levels down.

Ideally, the body should be well-capable of handling and regulating the incoming sugar from non-complex carbohydrate foods, mitigating negative impact on blood sugar levels. Use the following documents to help isolate specific organ and gland weaknesses and to construct a holistic protocol:

[Download](#) 'Self-Assessment Health Questionnaire'

[Download](#) 'Initial Client Assessment'

Adrenal Glands and Pancreas

The adrenal glands are often involved in blood sugar problems due to their role in sugar metabolism through production of the glucocorticoid steroid **cortisol**. Weak adrenal glands can result in either high or low blood sugar levels.

The pancreas, in addition to producing digestive enzymes, also produces the sugar regulating hormones **insulin** (lowers blood sugar) and **glucagon** (raises blood sugar).

Hence it is important to evaluate the functions of these endocrine glands in order to specify which glands are involved.

Dr. Morse has observed that the adrenal glands are **ALWAYS** involved in type 2 diabetes (compromised sugar metabolism). In type 1 diabetes, the **beta cells** in the islets of Langerhans of the pancreas are producing an inadequate amount of insulin or has [eventually] ceased to produce any insulin. This is due to one or both of the following:

- Beta cell weakness (from genetics or acidosis).
- Compromised autonomic nervous system not permitting the beta cells to produce insulin (this is referred to as neurological type 1 diabetes).

Neurological type 1 diabetes results from inadequate production of neurotransmitters from the adrenal glands, a problem which can be amplified by liver (fatty acid metabolism) and/or parathyroid (calcium utilization) weakness.

In addition to neurotransmitters, proper fatty acid metabolism is vital to the integrity of the myelin sheath. The myelin sheath is an insulating tubular casing that forms around nerve tissue. It has the purpose of permitting electrical impulses to be transmitted fast and efficiently along nerve cells.

Calcium utilization is important for facilitating the release of neurotransmitters.

Always be sure to look for signs of possible pituitary gland weakness.

Sugar

When sugar metabolism or insulin production is compromised, consuming simple biomolecules over complex ones is key. In other words, complex carbohydrates (starches) should be phased out of the diet, as soon as possible, and replaced by simple carbohydrates from fruits and vegetables. The same goes for the simple constituents comprising fats and proteins (fatty acids and amino acids respectively). Your body copes best with simple constituents. Complex foods:

- Are more difficult to process (digest).
- Leave behind more metabolic wastes contributing to acidosis.
- Complex carbohydrates tax the pancreas significantly by forcing this gland to produce increased amounts of insulin to deal with the excess sugar.
- Ultimately hinder the body from healing and regenerating rendering these foods futile even if only to control blood sugar levels.

For additional clarification, foods conventionally considered better carbohydrate sources for diabetics, such as the following listed below, are not recommended and should be eliminated from the diet as soon as possible:

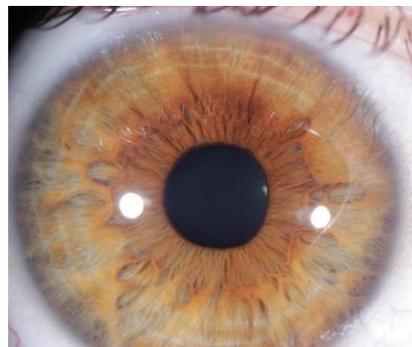
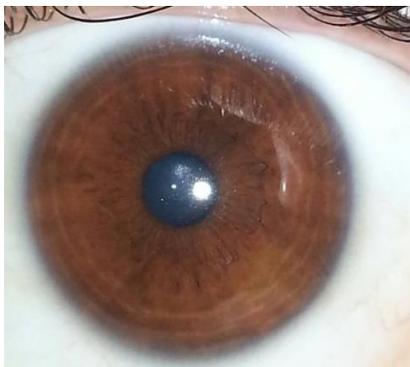
- Whole-wheat or whole-grain bread or pasta
- Steel-cut or rolled Oats
- Brown rice
- Sweet potatoes (can be used for transitioning if necessary)
- Bran flakes

Type 2 Diabetes

Dr. Morse considers type 2 diabetes the easier type to overcome compared to type 1. In most cases, a type 2 diabetic should be able to taper off of any related medications (such as [Metformin](#), [Sitagliptin](#), [Pioglitazone](#), administered [insulin](#), etc.) within 3-4 months if not sooner. It is for the same reason that a diabetic must carefully monitor their dosage needs. The amount of insulin and blood sugar medications needed usually falls rapidly (especially so if herbs and/or other healing modalities are used) once complex foods have been eliminated from the diet and replaced by fruits and vegetables. Be careful with blood pressure medications as well.

As this condition deals in adrenal gland weakness, both fruits and vegetables will affect blood sugar levels in a similar manner and one should try to find a good dietary balance and ratio between fruits to vegetables and also practice proper food combining. Certain plant foods and herbal formulas can be used to help balance blood sugar levels.

If the person has been diagnosed with diabetic neuropathy or shingles, this, again, is also indicative of compromised adrenal glands (inadequate neurotransmitter) and/or liver (inadequate fatty acid metabolism). In this case one should look for nerve rings (the pronounced white circles) in the irides:



The greater the number of rings, the more compromised the autonomic nervous system.

SUGGESTED HERBAL PROTOCOL (MODIFY IF NEEDED)
* Kidneys & Bladder Tonic formula
* Stomach & Bowels Tonic formula
* Lymphatic System Tonic formula
* Adrenal Gland Tonic and/or adrenal glandular
* Endocrine Balance
* Healthy Glucose
* Pancreatic Tonic
ADDITIONAL FORMULAS/SINGLE HERBS (IF NEEDED)
* Gymnema leaf (helps control blood sugar) (is in 'Gland Tonic' and 'Healthy Glucose')
* Moringa oleifera leaf powder (helps stabilize blood sugar)
* Brain & Nervous System Tonic II (use if nerve rings are present)
* Cayenne/Garlic Combo formula (to help bring down high blood pressure)

Type 1 Diabetes

There are two types of type 1 diabetes:

1. Beta cell weakness type 1 (considered the genetic type 1 diabetes)
2. Neurological type 1 (considered the most difficult to reverse)

To help determine whether one is dealing with beta cell or neurological weaknesses, one can:

- Check for signs of pituitary gland weakness.
- Check for nerve rings in the irides.
- Check for history of exposure to neurotoxins (anesthetics, aspartame, mercury, MSG, sodium fluoride, etc.) and be mindful of pesticides, herbicides and fungicides.
- Check for additional signs of adrenal gland weaknesses relating to the medulla region (where neurotransmitters are produced).

The longer it takes before the person takes action (following diagnosis) to reverse the condition and regenerate, the more chronic the issue will become (especially if insulin has been administered for several years) and the more difficult it'll be to restore proper functioning to cells.

[Biomagnetic therapy](#) should be explored as a means of amplifying and enhancing regeneration of cells (type 2 diabetics should look into this as well).

Type 1's should consider an all-fruit diet with short bouts (a few days) of salad intake whenever needed for the purpose of maintaining balance.

Dr. Morse has observed that some type 1's, once they pass the glucose-loading phase, are able to control their blood sugar levels without the need for insulin, as long as they remain on an all-fruit diet consisting of mono-meals, and where proper food combining is practiced if multiple fruits are mixed together in the same meal. The people that still require insulin on an all-fruit diet, despite the measures outlined above, are referred to as "brittle" type 1 diabetics. But regardless of whether brittle or non-brittle, the diet should be the same, if circumstances permit.

Glucose-loading is the initial phase a diabetic may go through once their body fat begins breaking down releasing increased amounts of ketones. Blood sugar levels will begin fluctuating. Dr. Morse suggests a watermelon cleanse during this phase.

SUGGESTED HERBAL PROTOCOL (MODIFY IF NEEDED)
* Kidneys & Bladder Tonic formula
* Stomach & Bowels Tonic formula
* Lymphatic System Tonic formula
* Adrenal Gland Tonic and/or adrenal glandular
* Endocrine Balance
* Healthy Glucose
* Pancreatic Tonic capsules and/or pancreas glandular
ADDITIONAL FORMULAS/SINGLE HERBS (IF NEEDED)
* Moringa oleifera leaf powder (helps stabilize blood sugar)
* Brain & Nervous System Tonic II (highly recommended for neurological type 1's)

Hypoglycemia

The key to working oneself through low blood sugar is to eat smaller fruit meals more frequently throughout the day to maintain blood sugar levels. The recommended diet consists of the following:

- Fresh fruit
- Dried fruit
- Fresh fruit and green juices
- Fresh salads
- (A) baked sweet potato as a side dish to salads at dinner
- Steamed vegetables

The cooked vegetables are for transitional purposes and should be kept for later in the day.

SUGGESTED HERBAL PROTOCOL (MODIFY IF NEEDED)
* Kidneys & Bladder Tonic formula
* Stomach & Bowels Tonic formula
* Lymphatic System Tonic formula
* Adrenal Gland Tonic and/or adrenal glandular
* Endocrine Balance
* Healthy Glucose
* Licorice root (do NOT take if dealing with high blood pressure)
ADDITIONAL FORMULAS/SINGLE HERBS (IF NEEDED)
* Pancreatic Tonic capsules