DIABETES DEBACLE
WHAT DOCTORS DON'T WANT YOU TO KNOW
IMPORTANT INFORMATION-follows

The list price of this book is $49 but you’ve been given a complimentary copy due to importance of its contents. If you feel this information has helped you please share with other people you know that are suffering with Diabetes.

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About Yuri Elkaim, BPHE, CK, RHN

Coined a "rogue" nutritionist and inspiring fitness expert, Yuri has helped more than 500,000 people worldwide lose weight, get in great shape, eat healthier, and have a much better understanding of their health.

He’s a Registered Holistic Nutritionist, Certified Kinesiologist, a High Honours graduate in Physical Education and Health, and a former professional soccer player.

He is the professor of Super Nutrition Academy, the author of Eating for Energy and the Total Wellness Cleanse, and the creator of the revolutionary iPod workouts Fitter U, Treadmill Trainer, and the Amazing Abs Solution.

Yuri is a two-time New York Times Best Selling author, and his programs have been featured across North America’s media including Dr. Oz, the Doctors, Breakfast Television, Perfect Fit, A-Channel Morning, CTV news, e-Talk Daily, Global News. He’s also a frequent contributor to numerous magazines including Maximum Fitness, VIVA, Impact magazine, Wish, and Fitness Business Canada - just to name a few.
It’s Sad But True...

Type 2 Diabetes *amazingly* now afflicts 1/3 of the North American population.

For a disease that 100% reversible through diet and exercise alone, it’s pretty sad that we’ve gotten to this point.

When people think of epidemics, they often think of infectious diseases such as SARS, HIV, or the flu. However, the prevalence of Type 2 Diabetes is now at epidemic proportions.

In the United States alone, diabetes *accounts for over $130 BILLION of health care costs and is the fifth leading cause of death.* The number of new cases being diagnosed continues to rise. It has been estimated that of the children born in the year 2000, 1 of 3 will suffer from diabetes at some point in their lifetime.¹

In the past, type 2 was rarely seen in the young, hence its original name of “adult-onset diabetes”. But now type 2 diabetes is increasingly being diagnosed in young adults and even in children as young as 10 years old!

In 1990, 4.9% of the American population was diagnosed with diabetes. This increased to 7.9% by the year 2001 - and it’s still on the rise (see graph below). Notice the rise in obesity at the same time.

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Why Type 2 Diabetes Has Skyrocketed...

Well, it’s really quite simple...

We’re fatter and lazier than ever before. We eat MORE man-made foods that are packed with sugar, artificial preservatives, and chemicals. We eat FEWER natural whole foods and we don’t exercise as much as we should.

As much as like to be more diplomatic about this topic, the truth is that our lifestyle has caused this disease - nothing else. Sure genetics might play a tiny role, but in 100% of the clients that I’ve worked with, lifestyle modifications ALONE have been enough to completely reverse their Type 2 Diabetes.

And you can do the same.

As long as you’re serious and willing to put in the work.

Because the alternative is that you let your doctor impose upon you the latest drug-of-the-week. One that will do far more damage than good. And one that will NEVER solve the problem.

**Anti-diabetic drugs are nothing more than a band-aid solution.** Even though they promise to control your blood sugar levels or make your cells more sensitive to insulin, the reality is that these promises come at a huge cost to your health.

So why put your body and health at further risk with damaging pharmaceuticals when the solutions to defeating Diabetes are just a grocery store and pair of running shoes away?

As world-renowned holistic nutritionist, fitness expert, and health coach, I’ve helped more than 65,000 people prevent disease, lose weight, and overcome all sorts of health conditions.

And I want to do the same for you. Because you deserve it.

But I want you to understand that I will NEVER lie to you nor will I give in to the nonsense that continues to circulate in the medical community about how to prevent and treat disease.

Doctors treat disease but have no clue about preventing disease through nutrition and exercise. That’s where I come in.

If you’re happy with your current situation and only want to follow your doctor’s one-sided advice then that’s fine. You might as well stop reading right now.

But if you feel sick to your stomach about the fact that you were recently diagnosed with diabetes or having been struggling with it for far too long, then I urge you to pay attention to what I’ll be sharing with you in this special report.
I don’t have diabetes. And I’ll tell you right now...I never will because it’s completely in my hands. I am responsible for my health. My actions today determine how healthy I will be in the future - nothing else.

But my father developed diabetes when he was 40 years old. No surprise, it was solely due to the fact that he ate a poor diet, was stressed out, smoked and drank too much, and didn’t exercise enough.

Thankfully, upon working with a nutritionist and making some very simple changes to his diet and lifestyle habits he was back to normal within less than ONE year.

And believe me, you can do the same.

As much as diabetes is as fun as a screaming child, it is also catastrophically dangerous if prolonged. The good news is that it is one of the EASIEST diseases to completely reverse.

So put a smile on your face and get ready for a new and healthier tomorrow.

**Let Me Be Frank**

Regardless of what you may have heard, you cannot successfully treat the underlying cause of diabetes with drugs, regardless of most doctors tell you.

If we could, why would continue see alarming diabetes trends like this:
And this is in spite of the fact that according to the medical community and specifically a recent study in the journal *Pharmacoepidemiology and Drug Safety*...

“Over the last decade, guidelines for the treatment of type 2 diabetes have increasingly favored tighter glycemic control, necessitating the use of more aggressive pharmacological therapy.”

Not surprisingly, the results of this large study among 67,981 diabetic patients from 2000 to 2006 revealed that there was a substantial increase in the prescription rate of anti-diabetic medications.

Overall, there were 9.6 prescriptions/patient-year in 2000, and this had increased to 14.8 prescriptions/patient-year in 2006.

The greatest increase occurred in the prescription of metformin (Glucophage), which surpassed sulfonylureas (ie. Orinase) as the most commonly prescribed anti-diabetic medication among patients with type 2 diabetes in 2002.2

You would think that MORE drugs being prescribed would lead to less diabetes, right?

But we know that that hasn’t happened. Not for you, nor for millions of sufferers.

That's because they do little more than fatten the wallets of crooked pharmaceutical companies.

**The Scary Side of Pharmaceuticals**

I’m not a conspiracist or whistle blower but when you consider that the American Diabetes Association is heavily funded by 23 of the world’s biggest pharmaceutical companies, you may even reconsider some of the advice you get from these “anti-diabetes” organizations.

Yes, their intentions are good but I wonder if the $140,000 they received from GlaxoSmithKline (manufacturer of the dangerous Avandia) in 2010 for advertising in the Diabetes Forecast magazine would have influenced any kind of editorial discretion relating to the pharmaceutical ads they were running.

All I’m saying is be careful about the information you are exposed to.

I too have an agenda.

I don’t have any drugs to sell you but I sure as heck want to educate you PROPERLY on how to overcome diabetes naturally and live with incredible health.

In the meantime, let’s look at why you don’t need drugs to defeat Diabetes.

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Avoid Avandia

It shouldn’t even be available anymore based on what I’m about to share with you, but, lo and behold, it still is.

Avandia supposedly works by making diabetes patients more sensitive to their own insulin, helping to control blood sugar levels.

In fact, most conventional treatments for type 2 diabetes utilize drugs that either raise insulin or lower blood sugar.

Avandia, for example, reduces your blood sugar by increasing the sensitivity of your liver, fat and muscle cells to insulin.

Aside from its associated side effects part of the problem is that diabetes is not strictly a blood sugar disease. It’s got more to do with faulty insulin regulation and communication.

Drugs like Avandia have dangerous side effects, including causing extensive heart problems that have killed literally thousands of people. In fact, **Avandia has been linked to a 43 percent increased risk of heart attack and a 64 percent higher risk of cardiovascular death** compared to patients treated with other methods!

Concern about these adverse effects has reduced the use of Advandia despite its apparent sustained effects on glycemic control.

But check this out...

The drug is currently the subject of over 13,000 lawsuits against GlaxoSmithKline.

As of July 2010, GSK has agreed to pay over $520 million in settlements on more than 11,500 of these suits. That’s a lot of moola.

The drug is controversial in the U.S. and many experts have concluded that Avandia caused more deaths than other drugs like pioglitazone (Actos), and have recommended it be taken off the market.

Not surprisingly, an FDA Food and Drug Administration panel disagreed (eventhough they feel GSK may have broken the law by failing to provide proper information about the drug), and it remains on the market in the U.S., subject to significant restrictions.
A Time Magazine report described a critical moment in 2007, when GSK executives convinced FDA officials that data on Avandia’s heart risks were inconclusive, despite having lots of information pointing to the drug’s risks.

Time reported that the executives neglected to tell the FDA, among other things, that the day before the 2007 meeting, “the company had produced a preliminary draft report that showed patients on Avandia had a 46% greater likelihood of heart attack than those in a control group.”

GSK defended Avandia as safe, and told Time that “the facts will support our position.”

Time Magazine’s story describes a mix of industry pressure, FDA uncertainty and GSK misinformation that kept consumers in the dark about Avandia for over a decade after its regulatory approval in 1999.

Such examples of the drug industry’s outmaneuvering FDA regulators are disturbingly common.

Considering that more than 140 million Americans take at least one prescription drug in any given month, and they rely on the FDA to ensure those drugs are safe, that trust, the story of Avandia illustrates, is a gamble.

**Actos**

Actos is the trademark name in the USA, Canada, the UK and Germany for Pioglitazone, the tenth-best selling drug in the U.S. in 2008, with sales exceeding $2.4 billion.

Although relatively safer than Avandia with respect to cardiovascular health, it has been found to be associated with bladder tumors and has been subsequently withdrawn in some countries.

On June 9, 2011 the French Agency for the Safety of Health Products decided to withdraw pioglitazone in regards to high risk of bladder cancer and...

On June 10, 2011 Germany's Federal Institute for Drugs and Medical Devices also advised doctors not to prescribe the medication until further investigation of the cancer risk had been conducted.

On June 15, 2011 the U.S. FDA announced that Actos use for more than one year may be associated with an increased risk of bladder cancer, and that the information about this risk will be added to the Warnings and Precautions section of the label for pioglitazone-containing medicines.
Again, if I had the choice of dealing with Diabetes naturally or through drugs, I would definitely choose the former. Wait a second, I do have the choice. And so do you.

**Bye-Bye Byetta**

The U.S. Food and Drug Administration (FDA) plans to strengthen warnings about life-threatening pancreas problems linked to the type 2 diabetes drug Byetta, after receiving two reports of deaths and four other hospitalizations in Byetta users.

All six patients had hemorrhagic pancreatitis (inflammation of the pancreas with bleeding) or necrotizing pancreatitis (in which the inflamed pancreas destroys itself).

The four survivors were still recovering at the time that the FDA learned of their illness.

Byetta, given by injection, was approved by the FDA in 2005. Last October, the FDA noted 30 reports of acute pancreatitis (sudden inflammation of the pancreas) in Byetta users.

According to BNET, it costs up to $225 a month, and is up to 10 times more expensive than generics. It’s no wonder that the average annual health care cost for diabetics is $11,744.3

In the meantime, the side effects of Byetta, as the above report reveals, are steep. The most common side effects, according to the drug’s patient information are nausea, vomiting, diarrhea, dizziness, headache, feeling jittery and stomach acid. Byetta can also cause abdominal pain, and possibly life-threatening pancreatitis.

Pancreatitis is usually marked by abdominal pain, nausea, vomiting and fever, and it can lead to potentially fatal complications including:

- Infection
- Respiratory failure
- Shock (extremely low blood pressure that can cause death within minutes)
- Pseudocysts and abscess, which may require surgery to treat

If pancreatitis becomes chronic, it can actually trigger several diseases, one of which is diabetes.

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3 American Diabetes Association
Sounds like a good trade-off to me...NOT.

**Januvia**

The FDA also recently approved Januvia, the first drug in a new class of diabetes medications known as Sitagliptins.

Januvia works by enhancing natural body processes that keeps blood glucose at a safe level. The drugs **block the action of an enzyme called dipeptidyl peptidase 4, or DPP-4**. DPP-4 inactivates the hormones that stimulate the production of insulin.

However, the DPP-4 enzyme is also involved in the suppression of certain malignancies, particularly in limiting the tissue invasion of tumors.

Thus, **inhibiting the DPP-4 enzymes may allow some cancers to progress**. A study of DPP-4 inhibition in human non-small cell lung cancer (NSCLC) concluded "**DPP-4 functions as a tumor suppressor, and its downregulation may contribute to the loss of growth control in NSCLC cells.**"⁴

There have also been several reports of pancreatitis (some fatal) in people treated with Januvia and the U.S. package insert carries a warning to this effect.⁵

I hope you’re starting to see a trend with these anti-diabetic drugs.

Is the information that I’m presenting to you biased? Are my opinions of pharmaceuticals overlooking their possible benefits?

No and no.

I’m presenting the information to you as it has been shown in the research. The only thing I have to gain from you not taking these drugs is the reassurance that you will be around for much longer time (and in greater health) to live your life to the fullest.

Is that ok with you?

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The Truth About Insulin

The medical community views Type 2 Diabetes as a disorder of glucose metabolism.

Which it is, but only SECONDARY to the fact that insulin resistance is the main problem.

When your cells no longer respond to insulin, your blood sugar will obviously remain elevated because the cells cannot remove it from the blood.

So instead of wasting your time, money, and health taking drugs that attempt to keep your blood sugar under control, you are better off getting to the root of the problem.

It’s ironic that diabetics have been told that they can (and should) eat meals multiple times day that turn into sugar and even sugar itself, as long as they take enough insulin to lower their blood sugar!

That's absolutely ludicrous.

The importance of limiting the intake of sugar and foods that turn into sugar has been almost totally ignored. There has been virtually no recognition that high levels of insulin are at least as much of an insult to your health as high levels of sugar.

With blinders on, drugs have been and are still being given to lower blood sugar, even though they essentially whip the islet cells of the pancreas to produce more insulin. These unfortunate, overstressed islet cells have been producing excess insulin for years and often decades to try to compensate for the insensitivity, the resistance of the body's cells to insulin's signal.

If you (or any other diabetic) inject yourself with insulin, your pancreas inevitably receives the signal to produce LESS insulin. It’s your basic negative feedback loop.

It’s the same reason why bodybuilders who take testosterone end up with “smaller gonads”. They no longer need them to produce as much testosterone... and so they shrink.

So now your pancreas produces LESS insulin and your cells are still not responding to it.

The reason that obesity and diabetes go hand in hand is because insulin levels run rampant in those who are overweight. It follows that blood sugar problems will eventually occur - it’s only a matter of time.

Too much insulin is something we see when you eat pure sugar or refined carbohydrates. It’s caused by a quick spike in blood sugar as a counter measure to remove the excess sugar out of the blood and into the tissues.

And that's what insulin does.
It STORES things in the body.

It stores sugar in your liver, muscle, and fat cells and it also increases your fat cells uptake of fatty acids from the blood.

That’s why insulin is known as an “anabolic hormone”...

It builds up. Hormones like epinephrine, glucagon, and cortisol do the opposite.

So that begs the question...

Why on earth would you take MORE insulin if all it’s going to do is make you store more sugar and fat, ultimately making you fatter?

Wouldn’t it make more sense to get more active and eat better so you can lose excess weight and improve insulin sensitivity as a result?

Because that’s what happens when you lose weight.

**Taking more insulin doesn’t solve the problem.** It only exacerbates how it was created in the first place...

Too much insulin.

Having too much insulin in your blood desensitizes your cells to insulin itself. It’s like drinking coffee every day. At first, you feel the effects of the caffeine but with constant exposure you become “immune” to its effects, needing more and more to experience the same caffeine kick.

Are you with me?

**But Is Insulin the MOST Important Player in Diabetes?**

Well maybe not.

That honor actually goes to leptin, because it is the hormone that is largely responsible for the accuracy of insulin signaling, and whether you become insulin resistant or not.

Leptin is produced by the body’s fat cells and tells your brain that you are full (saying “stop eating”) or that you need more food/energy (signaling you to "be hungry"), and most importantly, what to do with the energy already there (reproduce cells or focus on cellular repair).

There is compelling research indicating that the two most important organs that determine whether you become diabetic or not are your liver and your brain. And, it is their ability to listen to leptin that will determine this.
Studies have shown that leptin plays significant if not primary roles in heart disease, obesity, diabetes, osteoporosis, autoimmune diseases, reproductive disorders, and perhaps the rate of aging itself. All of these diseases are associated with systemic inflammation, a result of having high levels of leptin.

Guess what else causes elevated levels of leptin?

Being overweight.

To my knowledge there are no drugs that deal with leptin resistance - the body’s inability to “listen” to leptin - and therefore the only known way to reestablish proper leptin (and insulin) signaling is via diet and exercise.

But what else do you really need?

In Sum

I hope this report has shed some light on the reality of preventing and treating Type 2 Diabetes and that in almost 100% of the cases, the use of pharmaceutical drugs is NOT needed.

Of all the lifestyle diseases that plague our modern world, Diabetes is by far the easiest to reverse. All it takes is the right plan to follow and commitment to staying the course.

What Next?

Now, if you like this kind of stuff and have found that my argument for not using health-damaging drugs resonates with you then I know you’ll really benefit from the “Defeating Diabetes” nutrition and exercise plan I’ve put together for you.

In fact, this is a plan that my personal clients would pay over $250 to receive but I’m doing something really special for you. It’s my way of saying THANKS for reading this report and showing that you’re truly committed to overcoming this far-too common disease.

Plus, you don’t know me in person, so this is the least I can do to gain your trust and show you incredible results where you have probably struggled in the past.

Click here for your SPECIAL “Defeating Diabetes” package