

*God be merciful to us, and bless us, and cause His face to shine upon us.*

*That Your way may be known on earth, Your saving health among all nations. Psalms 67:1-2*

## Is There Hope for the Diabetic?

Diabetes mellitus represents an accelerated aging disease. This disease can affect every organ system of the body through its primary effects upon the circulatory, nervous, and immune systems.

Why does this happen? Diabetes mellitus, type 2, represents an over-fed state. The cells of the body are not hungry and resist being fed. This describes insulin resistance. As a result, the blood sugar levels rise, since the cells resist further intake of the glucose.

When a baby is full, the feeding is over, and likewise with the cells of the body. By analogy, the bottle represents the insulin, and the milk represents the blood sugar.

In order to feed cells that are not hungry, more insulin is recruited to "force" feed these cells. And this is exactly where the problem lies. Excess insulin is atherogenic. This means that insulin in excess directly promotes the vascular disease of atherosclerosis. As atherosclerosis reduces blood flow, the corresponding organs are compromised and decline (accelerated aging) in function follows, slowly or abruptly.

The diabetic has a five times increased risk for a heart attack, compared with the non-diabetic, primarily because of the accelerated rate of atherosclerosis.

High blood sugar is the result of insulin resistance, not the cause. If the focus in treatment is control of high blood sugar levels, then extra insulin is required. This is treating the

problem with the problem. The extra insulin is followed by hypoglycemia, requiring further feeding (for an already over-fed state), and more need for insulin, then hypoglycemia or more snacks, then more insulin, followed by more food. This is a vicious cycle that can and must be turned around.

Lifestyle intervention is the only basis for effectively reversing the insulin resistant state. Then there is a basis for reversing the vascular, neurological, and immune problems associated with the disease.

The lifestyle intervention involves healthy

### Principles for Healing

1. "There is a way that seems right to a man, but in the end it leads to death" *Proverbs 14:12, NIV.*
2. "Why spend money on what is not bread, and your labor on what does not satisfy? Listen, listen to me, and eat what is good, and your soul will delight in the richest of fare" *Isaiah 55: 2, NIV.*
3. "And the Lord God commanded the man, 'You are free to eat from any tree in the garden; but you must not eat from the tree of the knowledge of good and evil, for when you eat of it you will surely die'" *Genesis 2:16-17, NIV.*
4. "You have made known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand" *Psalms 16:11, NIV.*

## Today's Promise

*Bless the Lord, O my soul, and forget not all His benefits: Who forgives all your iniquities, Who heals all your diseases, Who redeems your life from destruction, Who crowns you with lovingkindness and tender mercies, Who satisfies your mouth with good things. Psalm 103:2-5*

living according to the creation model in combination with recommended physiotherapies.

## **N Nutrition**

Eat high-fiber, whole-plant foods.  
Avoid refined processed foods.

## **E Exercise**

Walk as possible three times a day.  
Work up to daily sum of 3–5 miles.  
Walking is best, but other exercise is okay!

## **W Water**

Drink water.  
Fruit is much better than fruit juice.  
Avoid refined sugar drinks.

## **S Sunlight**

Expose your skin to sunlight and lower blood sugars, cholesterol, infection risk.

## **T Temperance**

Avoid overeating.  
Choose an active lifestyle.  
Avoid stimulating influences.  
Keep your lifestyle with regularity.

## **A Air**

Breathe fresh air.  
Avoid polluted air!

## **R Rest**

Early to bed favors healing best.  
Keep your appointments with the Great Physician.  
Benefit from a massage or hydrotherapy treatment.

## **T Trust in God**

Trust God's way, rather than the common way.  
Consult with physicians that treat you God's way!

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## **Living Proof**

Wonderful healing has been observed for so many people with diabetes, especially those with end-organ complications from diabetes. Not every case is a cure, but consistently, the best opportunity for recovery will only occur in the context of proper lifestyle. Necessary medical care should be added to this foundation of healthful living and physiologic therapeutics.

We have witnessed:

1. necessary weight loss (25-100+ lbs.)
2. effective control by lifestyle without meds
3. reversal of diabetic neuropathies
  - a. restored hearing loss
  - b. restored digestive motility (peristalsis)
  - c. recovered normal sensations in legs
4. improved kidney function
5. improved wound healing
6. reversal of symptomatic vascular disease
  - a. angina from coronary artery disease
  - b. healing ulcers from poor circulation
  - c. relief to degenerative joint disease
7. recovered immune function
  - a. avoidance of past history of recurrent infections
8. arrested progression of retinopathy
9. improved energy and mental health
10. significant help for the type 1 diabetic
  - a. reducing insulin requirement
  - b. reducing the complication rate

The Battle Creek Lifestyle Health Center offers intensive two-week lifestyle programs that establish a basis for reversing diabetes and its complications. The lifestyle program provides multispecialty medical consultations, specific physiologic therapeutics, and lifestyle education and training. Out-patient consultations with our doctors can also be arranged.

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