

Nutrition for Diabetes

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Note: to have optimal response, all recommendations begin with **Ultra Vites** and **Ultra Omega-Linic**.

This information is intended for the use of health care professionals. It has not been evaluated by the FDA and is not intended to diagnose, treat, cure or prevent any disease. You should consult a qualified health care provider for advice before beginning any new health care program.

This protocol address insulin resistance and Types II and III diabetes. The listed supplements may also be used in Type 1 Diabetes. Read to the end for a brief discussion of "Type III" Diabetes

1. The diet which is most effective is the ketogenic low carbohydrate or Atkins diet
2. Use a multi without iron, unless you have a specific need for iron
3. Meet or exceed (preferred) the basic nutritional requirements
4. Include essential fatty acids

Special nutritional needs of the Diabetic

Nutrient	Product	Q/Day
a good multi high in active B Vitamins	Ultra Vites*	2
high Essential Fatty Acids	Ultra Omega-Linic	4-8
Vitamin E	Vitamin E-400	1
Alpha Lipoic Acid, Cinnamon, Chromium, Berberine	Ultra DM Complex II	2am/2pm
Calcium and Magnesium 1:1 ratio	Calcium D Chelate	2
	Ultra-Mag Chelate (250 mg)	1
Vitamin C	Vitamin C-500 or Ultra-C 1000	1-2
Vitamin D3	Vitamin D3 5000	1-2
	or Vitamins D3 + K	
Coenzyme Q10	Ultra-CoQ10 100	1
If digestion is a problem	Enzymes Plus with meals	3/meal
	Ginger	2/meal
Probiotics	Ultra 4x6 Probiotics	1
Monolaurin	Ultra-Monolaurin	3 or 4 scoops

* Use a multi without iron unless iron is indicated.

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The first step in the nutritional support of a person with blood sugar problems is to exceed **all** of the basic nutritional requirements for a person of his or her age. Certain nutritional supplements are then added or increased in order to correct the problems and complications associated with abnormal glucose metabolism.

Persons I have treated who have abnormal glucose metabolism have good results when they switch to a low carbohydrate diet and use the nutritional supplements I recommend. Many Type 2 insulin dependant diabetics have found that insulin is no longer required, or that the dose could be reduced. All of the complications of diabetes can be prevented or greatly reduced if these recommendations are followed.

DIET

The diet which is most effective in controlling obesity, insulin resistance, and abnormal glucose metabolism is the ketogenic low carbohydrate or Atkins' diet. See my protocol "Low Carbohydrate Nutrition". *It is so effective that one should consider reducing the dose of insulin by one half when the diet is started.* This is especially important if the carbohydrate level is reduced to 20 gm or less. The blood sugar levels should be closely monitored.

Be aware - many of the 'so called' low carbohydrate diets for diabetics do not adequately limit daily intake of carbohydrates. The daily intake should be 40 or 50 grams of net carbs after the desired weight is obtained. To calculate net carbs subtract fiber from total carbs.

If you have abnormal glucose metabolism it is likely that you have other metabolic difficulties. **Ultra Vites**, my multi, has recently been reformulated to provide the active forms of the B Vitamins. In addition, the essential fatty acids in **Ultra Omega-Linic** are especially important because they are not a normal part of diets that emphasize carbs over fats.

The antioxidant properties of **Vitamin E 400** are important when taking high levels of poly unsaturated essential fatty acids, especially in persons with Diabetes, and those prone to cardiovascular disease.

I formulated **Ultra DM Complex** to help persons with type II diabetes and insulin resistance. Each two capsules contain 300 mg Alpha Lipoic acid, 500 mg Cinnamon and 100 mcg GTF Chromium. The recommended dose is two capsules twice daily. Each of these ingredients has been shown to help normalize blood sugar levels. The new formula, Ultra DM Complex II includes 300 mg Berberine.

Alpha Lipoic Acid has been found to be very useful in controlling blood sugar and weight in insulin resistant or type II diabetics. The recommended dosage of 300 mg twice daily is a rate-limiting process, and increasing the dosage does not increase the effect. If glucose lowering drugs are being taken, their dose may have to be adjusted because of the blood sugar controlling action of Alpha Lipoic Acid.

Cinnamon can be used to moderate blood sugar. In a study of type II diabetics the use of cinnamon reduced the mean fasting serum glucose (18-29%), triglyceride (23-30%), LDL cholesterol (7-27%) and total cholesterol (12-26%) levels; no significant

changes were noted in the placebo groups. Changes in HDL cholesterol were not significant.

The chromium in this product contains preformed GTF. GTF is a coordination complex between chromium, nicotinic acid and the amino acids glycine, glutamate, cysteine and glutathione. GTF potentiates the effects of insulin. It improves the uptake of glucose into the cells and lowers blood sugar. Some individuals can utilize dietary chromium and use the basic components to synthesize GTF in their own bodies. Others have to consume *preformed* GTF.

Berberine has been shown to regulate glucose and lipid metabolism. It may be more effective than other treatments for Alzheimer's. It may also benefit Schizophrenia treatments.

OTHER CONSIDERATIONS

Calcium and Magnesium should be considered because they are most often missing or under-supplied in the diet.

Alpha Lipoic acid, Coenzyme Q10, Vitamins C, and E are antioxidants. These nutrients are critical for diabetics who are at particular risk of free radical damage.

Vitamin D3 (cholecalciferol) is often deficient. This is particularly true in Northern climates and in people who get little or no sun - or use sunscreen to excess. **Vitamins D3 + K** should be used because of Vitamin K's importance in bone health. If anticoagulants are being taken consider **Vitamin D3 5000** or talk with a health care provider. Recent studies indicate that increasing the daily levels of vitamin D3 caused a decrease in the incidence of Type I Diabetes.

Pay special attention to problems with digestion, and problems that may occur after a course of antibiotics.

Diabetics are subject to increased risk of infections. These infections are often severe and life threatening. **Ultra-Monolaurin** is useful because of its anti bacterial and anti viral properties. Monolaurin controls pathogenic bacteria without compromising the normal flora in the gastro intestinal tract. It has been used to control candida, herpes and other viruses. If there has been a course of anti biotics **Ultra 4x6 Probiotics** is necessary in order to restore normal flora in the GI tract.

Enzymes Plus with meals will aid with protein digestion, and digestion in general. **Ginger** increases the motility and gastric emptying, thus reducing esophageal reflux.

Special considerations for Diabetic complications

If diabetic retinopathy, neuropathy, nephropathy or atherosclerosis is present, consider expanding the above protocol.

Nutrient	Product	Q/Day
high levels of preformed long chain poly unsaturated Essential Fatty Acids (LC-PUFAs)	Ultra Omega-Linic	8-12
high levels of antioxidants	Vitamin E 400	2
	Ultra CoQ10 100	1-4
	Ultra C-1000	1-8
xanthophylls (zeaxanthin, lutein) and vitamin C	Ultra-Vision	1
OPCs and anti inflammatories	Inflamease	2 - 3 x per day

As stated above, the first step in the nutritional support of an individual with blood sugar problems is to exceed all of the daily nutritional requirements for a person of his or her age. Certain nutritional supplements are then added or increased in order to correct the problems and complications associated with abnormal glucose metabolism. High levels of Essential Fatty Acids (EFAs) and anti oxidants are very important.

Do **NOT** use aspartame a.k.a. **Nutrasweet** (avoid diet pop and other products containing artificial sweeteners) as the side effects can cause symptoms that mimic diabetic neuropathy and other diabetic complications. See my article entitled "Sweet Poison".

NSAIDs, both prescription and over the counter, can cause *severe* cardiovascular complications and should be avoided. Large doses of Ultra Omega-Linic will often be **more** effective at relieving pain than NSAIDs. It might take 2-3 weeks to achieve maximum pain relief. I have found Yucca, 2 of them 3 or 4 times per day (as needed) to be a very effective reliever of pain and an excellent alternative to NSAIDs.

Another anti inflammatory for your consideration is **InflamEase**, which contains Burdock, BioVin and Pineapple.

- *Burdock* has a hypoglycemic action that has been used to control blood sugar.
- *BioVin®* supplies OPCs from grape seeds - Proanthocyanidins have been shown to strengthen capillaries; they help prevent platelet aggregation, thereby preventing blood clots and other heart disease complications.
- *Pineapple* (bromelain) stimulates fibrinolysis and has excellent antiinflammatory properties.

OTHER PROTOCOLS

"Eye Nutrition" features **Ultra-Vision**, and discusses nutritional ways to preserve vision in age-related and diabetic-related eye problems.

"TYPE III" DIABETES

This disease, newly recognized by some, is a condition where the brain loses its ability to utilize glucose as an energy source, and brain cells start to die. Fortunately, the brain cells can use ketones as an energy source. Medium chain fatty acids are normally metabolized to ketones, and are thought to prevent or delay problems such as dementia and Alzheimer's.

Medium chain triglycerides (fatty acids), such as those found in Coconut oil and Ultra Monolaurin, (a 90% pure distillate of coconut oil), are metabolized to ketones which the brain cells readily use for energy. This is thought to prevent the death of the neural cells caused by their inability to utilize glucose.

These statements have not been evaluated by the FDA. Products are not intended to diagnose, treat, cure or mitigate any disease.