

Diabetes, Fate comes down to Fat!

Fat blocks sugar from doing its job.

Fat filled blood from a diet too high in fat and proteins, blocks the critical sugar from our food to directly and quickly benefit the organs, glands, nervous system and brain. Fat in the blood also makes it very difficult for the hormone insulin to attach to sugar and take that glucose to tissue cells to open up and receive that sugar so it can perform its critical, life-sustaining role as fuel to keep us alive. This is not to be confused with overweight and harboring deposits of fat in the body, even a thin person can have this challenge. We are talking about the fat in the diet, filling the blood stream, that has not yet settled in the body.

Know this: if the ratio of fat in a diet is high, regardless of how award-winning or trendy the diet is, a sluggish, stagnant liver will continue to worsen over time from a high-fat, high protein diet. Even as blood sugar readings are stabilizing, by lowering your sugar/carb intake, the real blood sugar issues will continue to build silently and rear its ugly head the minute you do indulge in sugar and carbs, while type 2 diabetes, pre-diabetes, insulin resistance, hyperglycemia, hypoglycemia are under the radar, quietly wearing your liver, pancreas, and adrenals down.

Sugar, Carbs, and No exercise reveal the problem

Diabetes doesn't begin from sugar, carbs, and no exercise, they *reveal and contribute* to the problem, but they are not the core cause. It begins as a liver problem in a very early state, a sluggish, stagnant, or pre-fatty liver. One of the critical jobs of your liver is to save your pancreas—to protect this delicate flower, like a guard, so you don't get diabetes.

The liver's glucose store is a high piece of preventing diabetes. Our livers take glucose from the food we eat and store some of it fresh and ready to be used. It stores the rest as glycogen to be released into our bloodstream to stabilize our blood sugar when we haven't eaten.

Liver is forced to give up its sugar reserves

If the liver weakens because of high-fat foods, pathogenic activity, toxic heavy metals or other poisons, it can't store glucose and glycogen like it used to. In addition, it's forced to use up any reserves as fuel to deal with the overload of both troublemakers and responsibilities as it tries to keep so many critical functions in the body going. Imbalance of blood sugar begins with your liver losing its sugar supply. Beaten down, and out of balance, your liver's reserves will drop until it doesn't have enough glucose and glycogen to protect your pancreas anymore. Without the liver offering glucose between meals to keep the blood stable, the pancreas feels the pressure and loses its stability, resulting in highs and lows in its insulin production. Elevated fats in the bloodstream make the job much harder if not impossible. As a result, the pancreas weakens, insulin production lessens, and insulin resistance hits a crisis point. Blood sugar will become unstable. That's when hypoglycemia can occur, or you're on your way to developing full-blown type 2 diabetes.

Adrenaline – When your liver’s storage banks run out of sugar, and there’s not enough sugar in your bloodstream, your adrenals have a built-in protection mechanism of releasing adrenaline for your body to use as a non caloric sugar replacement.

We don’t want the adrenals to have to use this adrenaline, as the pancreas is scorched by it. The liver then has to spend its energies sponging up this extra adrenaline. Both the pancreas and liver are compromised by the body having to send out this this “non-sugar replacement emergency help.” Ever feel that adrenaline rushing thru your body, and you just can’t fully relax? This wearing down of the liver’s ability to store glucose, and with the pancreas weakened, and the adrenals over extended for years, the stage is set for hypoglycemia or diabetes. For many women, it’s around age 30 and for men it’s usually around age 40, that the adrenals reach a weak point, they too, unable to fill in for glucose anymore.

To Prevent this: increase healthy carbs, natural sugars, and more oxygenating exercise.

To Reverse this: To save your adrenals, liver and pancreas, and put yourself on the true path to healing, 1) add more oxygenating exercise, and 2) graze on healthy natural sugars every 1 ½-2 hrs. to prevent the blood sugar dips that force your adrenals to fill in for low glucose and start nourishing your liver and pancreas with the natural source of glucose that it is crying for.

Protect your liver

With these conditions, to protect the liver 1) fat and proteins should be the concern rather than glucose from the right kind of sugar.

2) Further we need to realize that a viral pathogen can be slowly causing injury to the liver and pancreas over time. It’s critically important to stay away from the pathogen feeding foods, that keep the pathogens alive allowing them to continue to do damage over time, by fueling themselves on the foods we eat. We can either advance a virus’s cause or hinder it. We need to absolutely avoid virus-feeding, by staying away from the “Pathogen Feeding” foods. (See document – Top Pathogen Feeding Foods).

If you’re an animal lover, keep your meats lean and eat fewer servings.

If you’re plant based, keep your consumption of nuts, seeds, coconut and oils down.

Regardless of your diet, try to refrain from eggs and dairy altogether if possible.

The Vicious Cycle: Fruit-bashing trends teach us complete fear of carbs, so when a sugar craving comes, instead of choosing fruit, we often reach out for that sugar that is also high in fat (donut, peanut butter snack, yogurt, cheese, etc.) perpetuating the problem, because the fat simply blocks the liver’s use of the sugar and we just keep the liver problem going over and over again. We need glucose to survive and thrive. When blood fat is high, in the blood stream, it means that the body won’t be able to properly use the sugar even in the unproductive foods.

Cravings is the body's cry in sugar deprivation. Sugar is needed to function, and this deprivation surfaces as cravings. We crave for birthday cake, a cheese sandwich, a bagel with cream cheese, the sugary iced drink after lunch, and the glass of wine after dinner. These do not advance our health, because the fat content won't let the sugar do its job. Instead the glucose levels and insulin resistance will become more and more problematic. We think it's because fat was our ally and sugar the problem, when in reality it's just the opposite and sugar simply reveals the problem. We're certainly not advocating refined and processed flours and sugars, but it is the sugar instantly clashing with the fats in the bloodstream simply revealing a deeper problem of too much fat/protein blocking the ability to use the sugars.

Exercise: One reason exercise is so helpful for controlling diabetes and pre-diabetes is because it burns up fat calories and improves circulation, bringing more oxygen in the blood and driving that oxygen into the liver. The more fat in the bloodstream, the less oxygen. Walking, running, biking, working out, playing sports—these use up fat calories that would otherwise be tough to use efficiently. Animal protein brings fat calories that are more difficult for the body to use from the get go, than fat calories from coconut or avocado. It's a good reason to reduce animal proteins from 3 servings a day to one, and then sub in some easier to use fat calories. What makes the biggest difference is if you exercise and also lower your fat intake, your circulation and oxygenation of blood improve more, resulting in faster and stronger liver health improvement. It can even help improve and sometimes even heal type 1 and 1.5 diabetes (comes later in life than the juvenile, type 1) that's been said to be impossible to heal.

True Blood Sugar Support:

We're told that green apples and berries are low-glycemic and safe to eat. The lower sugar content of these 2 fruits won't clash with fats. They're naturally, healthy sugars that a diabetic on a high fat diet can get away with. To call these "safe" is missing the point entirely. Not only should they be eating a handful of berries and a Granny Smith apple, but even when diabetic they should be eating ALL FRUITS in their diet. In the end, it's these natural sugars that will truly heal and reverse a liver condition so you don't have type 2 Diabetes anymore.

To truly heal of a liver issue, and recover from type 2 diabetes and related blood sugar issues, it's what the popular diets of today keep us away from, by limiting or eliminating healthy carbs. It's not possible to completely reverse pre-diabetes or type 2 diabetes—long term, for good, if the liver doesn't get to restore its sugar storage bins. The only way to do that is to consume less fat and protein intake and bring in natural sugars and other healthy carbs. These are the Critical Clean Carbs - fruits and veggies.

In short: If you're an animal lover, keep your meats lean and eat fewer servings. If you're plant based, keep your consumption of nuts, seeds, coconut and oils down. Regardless of your diet, try to refrain from eggs and dairy altogether if possible. The key is to lower your radical fats to help restore our liver and protect it.

It's still ok to bring in some healthier fats, so long as your bloodstream isn't saturated by fat, whether they be good or bad fats. This simply means allowing healthy sugars and carbs back into your diet without causing blood sugar instability and insulin resistance.

Instead of just limiting yourself to a few slices of apples and a pint of berries, ***if you're reducing your fats***, you can successfully bring in potatoes, sweet potatoes, winter squash, bananas, and all other fruits. This protects you from the irresistible impulse to binge on bad carb when glucose reserves get extremely low. When blood fat is low, and when we choose proper, natural sugars, they benefit anyone with ANY health challenge, diabetics included.

Vegetables are still critical. Leafy greens, such as lettuce, arugula, spinach, parsley, celery, tomatoes and cucumbers are needed to provide mineral salts—the right kind of sodium, which plays a role in binding to natural sugars. Mineral salts help to drive glucose into our cells more efficiently, with the least possible resistance. This is why people love green smoothies so much and why snacking on celery or leafy greens alongside of fruit is an ideal choice for regulating blood sugar.

For more calories, we need winter squash, sweet potatoes, potato and fruit for the calories. Melon, eaten by its self, is a fantastic choice, because they hold natural sodium, combined with natural sugar.

If you eat mostly green smoothies with little fruit, you will get hungry, because the body's calling out for calories, and so you think you need yogurt, or almond butter or a boiled egg (all fat sources) to sustain yourself, **you need more calories. Let more of your calories derive from natural, healthy carbs and sugar than from fat, and significant improvements will come—help is on the way.** When blood fat is low, and when we choose proper, natural sugars, a great source of healing will benefit anyone with ANY health challenge, diabetics included. Enjoy the abundant benefits of your Critical Clean Carbs...fruits and vegetables. (Do you need this list also?)

Cleansing:

When a person starts increasing their critical clean carbs, more fruits and vegetables, recognize what you are doing:

- 1) You are starting to push the undigested fats and proteins out of the system (this can cause bloating and gas).
- 2) You are starting to open up and push out deposits of fat cells filled with toxins (you can start to feel these poisons recirculating in your bloodstream) Be sure to nourish and hydrate your body well to get these poisons out.
- 3) Your body will heal in cycles. After symptoms start to disappear and reappear again later, don't mistake that healing isn't working, but rather deeper and deeper, almost in layers like peeling an onion, healing and cleansing is taking place.
- 4) As your body is healing, you may also see rashes and itching, as the liver is letting go of its poisons during this "liver load lifting time."

- 5) Be sure that you eat your fruits with foods that digest quickly, as they will ferment other foods that take longer to digest. This is where eating with your Sunrider, whole live herbal foods is so valuable.
- 6) Eating proteins and vegetables at one meal is a great choice, and carbs and vegetables at another is a great choice, rather than a typical meal of difficult to digest fat/proteins and carbs and vegetables all in one meal. It takes a very long time to digest that meal and **fermentation will result!** This only adds to all the problems.
- 7) Eating fruits alone or with very easy to digest foods is not only a great choice, but also, a very important choice.
- 8) Choose carefully how much fat/protein you have in your diet, and eat mostly vegetables with them at that meal, limiting other refined carbs and certainly not fruits with that meal.

If you see negative symptoms of cleansing happening, increase the critical clean carbs instead of decreasing. Keep up the good work.

Compare Fruit and Refined Sugar:

Even though sweet in nature, fruit does not have that much sugar in it. Fruits are made up of living water, minerals, vitamins, protein, fat, other nutrients, pulp fiber, antioxidants, pectin—and just a fraction of sugar. If we wanted to compare 100 pounds of refined sugar to the equivalent amount of sugar you'd consume in fruit, it would be thousands of pounds of fruit.

Significance of Fruit with Health Challenges:

- *Stops pathogens in tracks:* One of the biggest reasons fruit is so important to eat is because it stops pathogens in their tracks. So many people have viruses and bacteria that cause the mystery symptoms and need the help of fruit to truly heal.
- *Fruit-Absolute Necessity:* “There is no other food—and no pill—that enhances so many bodily functions as fruit. Fruit keeps the body going in ways that science hasn’t even begun to fully understand. It’s an absolute necessity.”
- *Entire Body needs Glucose:* The body needs foods with sugar in them, and the highest-quality source of sugar is fruit. Glucose fuels your brain, your nervous system, and the cells throughout your body. Every muscle in the body needs glucose to function.
- *Liver:* “The best way to get someone better from liver disease and/or hepatitis C is to **feed them solely fruits and vegetables** for a short period of time. (10 days is a great start). It’s the answer to their suffering.” Almost all liver diseases are protein and fat related because viruses thrive on undigested protein and fat. So many fatty foods are also high in bad sugars.
- *Cancer:* “Fruit fights cancer more effectively than any other food... Vegetables combat cancer, too, but only about a quarter as well... Cancer cannot feed off the sugar in fruit that possesses critical components such as polyphenols including resveratrol, and other antioxidants. These cancer killers cannot be separated from the sugar in fruit; they travel together as a *team*.”

- *Viruses and Bacteria*: “Not only does fruit fight cancer, it kills all types of viruses and bacteria. Certain fruits, such as bananas, wild blueberries, apples, and papayas, are the most powerful natural destroyers of viruses on earth.”
- *E. Coli, Strep, Candida*: “Fruit’s fiber, pulp, skin, and seeds kill all varieties of yeast, fungus, parasites, worms, and non-useful bacteria like E. coli and Strep. Fruit is Candida’s secret weapon.”
- *Blood Sugar Imbalances*: Fruit protects the liver by providing the organ with the glucose reserve it needs in order to function and stave off illness, and to stabilize blood sugar. Hypoglycemia often starts due to a diet too high in fat and protein causing the liver to be dysfunctional losing its ability to store glucose reserves.
- *Fertility*: “Fertility—and overall health—depends specifically on the fructose and glucose that occur naturally in fruit, as well as the phytochemicals bonded to those sugars.... A woman’s reproductive system relies on the dozens of antitumor, anticancer, antioxidants and so many more components yet to be discovered by medical science, available only in fruit, as well as fruit’s essential polyphenol, bioflavonoids, disease-stopping pectin, vitamins and minerals.”
- *Aging*: “Antioxidants from fruit can even reverse aging?”
- *Brain & Neurological*: “Alzheimer’s disease, dementia, memory loss, and neurological diseases such as Parkinson’s and ALS can all be prevented by fruit.”
- *Fruit Critical for poor health*: “Fruit is a critical part of how to overcome illness and poor health. Fruit does not cause sickness, rather, no other table food is as effective at preventing disease, killing pathogens, and repairing the body.”
- *Fruit - Fast Food*: Over a hundred years ago, this kind of “fast food” lifestyle was encouraged... “It would be well for us to do less cooking and eat more fruit in its natural state. Let us teach the people to eat freely of fresh grapes, apples, peaches, oranges, blackberries, and all other kinds of fruit that can be obtained.”

You are in the process of doing important work that can drastically change your life. You are to be commended for making the changes necessary to cooperate with the wonderful way God designed our bodies to work. Enjoy the abundance of God’s natural whole live foods...Critical Clean Carbs.

Upon rising, first thing in the morning, clean up from the night’ work of liver regeneration and cleaning. (1-3 the liver regenerates). Squeeze a lemon in 2 cups water, add a Fortune Delight, and a squirt of SunnyDew. Wow! Refreshing, cleansing, and detoxifying your liver and digestive system, making it ready for a day of enjoying “liver lifting” delicious foods.

Consider making your breakfast nothing but a huge blender full of 1 or 2 liver load lifting fruits a some greens and your Sunrider “Basics” of Nourish, Balance and Cleanse. Enjoy drinking this powerhouse thru the morning.

Enjoy your lunch and dinner, by legumes and carbs, or proteins and carbs. Again Sunrider can be eaten with or instead of these meals. Remember that your digestive system finishes its work at 7 pm. You don’t want fermentation to set in because dinner is still sitting in the stomach. This makes for an awful night of restless sleep. Enjoy this simple lifestyle of living high on health and vitality! (Note: My mother overcame diabetes at 90...Sunrider and Critical Clean Carbs, and exercise. You can too! Donna Ehrlich)