

# Reversing Diabetes

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Diabetes Melitus is a condition where the body's pancreas has lost its ability to produce Insulin, a hormone active in blood sugar regulation and in fat storage. There are two types of Diabetes, Type I occurring typically early in life as an infant and Type II occurring later in life but can be seen as early as teenage years. This article does not address the prospects of managing Type I Diabetes.

It is widely understood that Insulin Resistance (IR) is the principal precipitating factor in late onset Diabetes Melitus II (DM2) where, unlike Type I that has an absence of Insulin, DM2 is characterized by an excess of the hormone, referred to as Hyperinsulinism, or Hyperinsulinemia by others. Approximately 25% of those with IR will eventually fatigue their pancreas' ability to produce Insulin, succumbing to the insulin dependent form of DM2 and requiring artificial Insulin to help regulate normal glucose utilization. Similarly, this article does not directly address management of insulin dependent Type I or Type II Diabetes.

By now you are asking how will Diabetes be reversed, as noted in this article's title? Interestingly, the 75% of people suffering from IR, aka Hyperinsulinism, are also diagnosed as having DM2. Why? Ask the medical profession, when in fact they still produce Insulin; actually in large amounts. The correct diagnosis would have to be Hyperinsulinemia or Insulin Resistance. This article does offer better insights into the management and possible reversal of the dysfunctional Insulin production and/or utilization.

The prevention, reversal and/or management of Insulin Resistance is critical in the world today. Projections foretell of a worldwide doubling of IR in the next 15 to 20 years. If we begin to address this growing epidemic by "Misdiagnosing" the condition as being DM2, there will be greater confusion and the rationales for effective treatment can surely be compromised. The public will be better served if we begin with a proper diagnosis of Insulin Resistance when hyperglycemia is observed in lab values.

Let's examine what the clinical and scientific communities have to say about IR, but separately. Clinically, IR and its Hyperinsulinism is associated with hyperglycemia, hypertension, heart disease, obesity as well as DM2. The clinical term for this medley of conditions is Metabolic Syndrome or Syndrome X; but rest assured, Hyperinsulinism is at the root of all five conditions. We can look at the published research to suggest an explanation of how Insulin production and Insulin toxemia produces these five physiological dysfunctions.

## 1. Obesity

- Dietary control with Glycemic Index
- Fatty acids in cellular cytoplasm act to block metabolic pathways that permit glucose to normally enter through the cell membrane

## 2. Hypertension

- Insulin in high concentrations becomes toxic and promotes water retention

## 3. Heart Disease

- High levels of Insulin damages cardiac muscles during Insulin spiking

## 4. Diabetes Melitus Type II

- Pancreatic failure - unsure if reversal is possible – needs further study

## 5. Hyperglycemia

- This is the principal sign of IR and dietary control offers excellent management options

The case has been made how Metabolic Syndrome is associated with Insulin Resistance and the growing epidemic of DM2, and the related obesity, hypertension and heart disease. Certainly today drug companies are working feverishly year-round to create innovative pharmacological solutions to treating the effects of IR. Do you think that drugs offer the only or the best solutions? What about lifestyle?

As a chiropractor of 30 years I would love nothing more than to tell you that the spine and nerve are at the root of these health problems and that all the public needs to do is have their spines corrected and natural order is restored. Truth is, lifestyle is the central cause of IR and therefore only by correcting lifestyles will we finally see a lasting resolution to IR, to Metabolic Syndrome, to Syndrome X, to obesity, to Hypertension, to Hypercholesteremia, to Hyperinsulinemia and a list of conditions not considered in the context of this article.

So how do we reverse Diabetes? By repairing the deficiencies of improper nutrition and fitness and by replacing the current lifestyle that is responsible for the current conditions. Sounds so easy in principle but most difficult in actual practice because it requires change, sometime drastic changes, sometimes only small but targeted changes. If it was easy everyone would be doing it right away. The fact is this can be done but for many, if not most people, only with professional help and some accountability.

**Step one** is to take a radically different approach to what is considered standard Diabetes treatment, not to replace any existing treatment efforts but to supplement the body with appropriate micro-nutrients until such a time that the need pharmacological intervention disappears; ie, the normalization of lab values for glucose, HbA1c, HDL/LDL, cholesterol, triglycerides, insulin and a normalization of blood pressure. What supplements? Omega-3 fatty acids, aged garlic extract, Vitamins C, E, bioflavonoids, CoQ10, Magnesium, Chromium are the main micro nutrients research associates with tissue repair for Diabetics.

Naturally, an increase in physical activities for at least five days per week helps to round out this holistic approach to repairing and restoring the foundation to sustainably reverse Diabetes, Hyperinsulinemia and the common effects such as hypertension and obesity. A variety of gym activities, home exercises, personal sports and recreation interests will keep things diverse and interesting. A plan that includes alternative activities for rainy days, long work days, travel and other non-routine days will prevent backsliding into too many subsequent days without physical activities.

**Step two** is to build on the lifestyle changes that have been implemented in “step one” and make them permanent. Once drugs can safely be stopped and things remain normal for up to one year, then normal dietary and fitness activities should be less directed on repair and regular micro-nutrient intake may be fully supplied by proper nutritionally sound eating habits.

In conclusion, when the decision has finally been made to reclaim one's health, it is encouraging to know that there is a reliable pathway that brings back a healthy and responsive body... a life not plagued by Diabetes and the other related conditions associated with the Metabolic Syndrome. Work with a qualified healthcare professional trained in naturalistic approaches to health such as a Doctor of Chiropractic, and in close supervision by one's family physician to monitor the status and the changes resulting from implementing these lifestyle corrections in order to safely stop being dependent on drugs. This is better than a New Year's resolution, much better!