

DIABETES – “Following the Bread Crumbs” *by Jim Haszinger*

As of 2003 it was estimated that worldwide, more than **140 million people had diabetes**, and the World Health Organization, guessed that worldwide this **could double by 2025**.

“With the numbers we’re starting to see,” says Dr. Robin S. Goland, who deals with diabetes treatment, “this could be the beginning of an epidemic.”

Notice these numbers from around the world noted by AWAKE! magazine.

AUSTRALIA: Australia’s International Diabetes Institute, “diabetes presents one of the most challenging health problems for the 21st century.”

INDIA: 30 million people have diabetes. “We hardly had any patients under 40 about 15 years ago, today every other person is from this age group.”

SINGAPORE: Nearly a third of the population between 30 and 69 years of age have diabetes. Many children—some as young as ten—have been diagnosed.]

UNITED STATES: About 16 million people have diabetes, with 800,000 new cases each year.

The Bad News:

As of January, 2007 - The New York Times noted, “Diabetes is one of the biggest health catastrophes the world has ever seen.” It is estimated that in the last three years, diabetes has increased from 140 million people to over **230 million** worldwide.

What is Diabetes and where does it come from?

Diabetes is called the “Silent Killer” because many do not even know they have it. However, virtually all ‘killers’ manage to leave some clues as to who they are. Sherlock Holmes was famous for finding clues and it is the foundation of what ‘police detectives’ do!

Asking questions like the ‘Ancient Greeks’ or like ‘Modern Colombo’ leads to answers and then conclusions. Afterwards the conclusions may be tested to see if it is correct.

Most all articles tend to tell us how to live with our disorders instead of trying to figure out where it came from or how to reverse it, isn’t that so? Has anyone bothered to notice, ‘with an open mind’ the clues left by this killer called ‘diabetes’? Does anyone ask simple, logical questions to find these clues, so they can “follow the bread crumbs?”

1. In fact, how can so many other diseases, all leaving clues never get found out? They are all a mystery, are they not?
2. Does anyone get diabetes when they have a healthy colony of friendly gut bacteria?
 - a. or why does virtually everyone need to take probiotics daily?
 - b. or when you stop taking probiotics, why do you not have any in your body?
3. Why do people have digestion problems before getting diabetes?

4. Why do people usually bloat or produce gas for quite some time before ever getting diabetes?
5. Why do people usually have constipation or diarrhea problems long before getting diabetes?
6. Why do all type II diabetics become hypoglycemic first?
7. Why do people who are hypoglycemic have a major craving for sugar? **Candy, chocolate, soft drinks, etc.**
 - a. or foods that turn into sugar? **Bread, white rice, potatoes, pasta, corn, etc.**
 - b. or foods that are full of mold or fungus? **Cheese, peanuts, etc.**
8. Why do people who become diabetic crave even more sugar or foods that turn into sugar or have fungus?
 - a. What connection is there that Cancer patients also have a great craving for sugar, like diabetics?
 - b. What connection is it that Cancer's main food and fuel is sugar, the same thing diabetics crave?
9. Why do diabetics have a great thirst?
 - a. Why doesn't the sugar and insulin want to go into the hypoglycemic or diabetic person's cells?
 - b. Does it go into the cells when certain minerals are added to the person's diet?
10. If we suspect that sugar is the cause of diabetes, why can't we stop eating it or the foods that produce it?
11. Why do people get hooked on foods that are pure sugar, like alcoholic beverages?
12. Why did diabetes only occur in places that accepted western civilization's foods and medicine?
13. Do diabetics have a serious problem with 'Arterial Plaque' build-up?
14. Do people who are hypoglycemic have moderate 'Arterial Plaque' build-up?
15. Do people who have a healthy colony of friendly gut bacteria ever have problems with 'arterial plaque'?
 - a. Why do most people lack a healthy gut flora?
 - b. What do we do that can destroy our entire friendly gut flora?
 - c. What is part of the job of our friendly gut flora that could affect the diabetic problem?
 - d. Has anyone checked to see if all diabetics have or do not have a colony of friendly gut bacteria?

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Healthy Person	Type 1 Diabetes	Type 2 Diabetes
After a meal, the pancreas responds to increases in the glucose content of the blood, releasing the proper	The insulin-producing beta cells in the pancreas are attacked by the immune system. As a result, insulin is not produced	In most cases the pancreas produces a limited amount of insulin amount of insulin



Insulin molecules become attached to receptors on muscle cells and other cells. This, in turn, activates portals that allow glucose molecules to enter



Without the assistance of insulin, the glucose molecules cannot enter into the cells needed to absorb glucose from the blood are not activated



If receptors are less responsive to insulin, portals that are cells.



Glucose is absorbed and burned by muscle. Thus, the glucose level in the bloodstream returns to normal



Glucose builds up in the bloodstream, thwarting vital processes and damaging vessel walls



cells.