

How To Protect Your Eyeballs If You Have Type 2 Diabetes



**5 Powerful Superfoods
That Boost Immunity**

**Is Hand Sanitizer Healthy
or Hazardous?**

**Is Diabetes and Obesity
Caused From MSG?**

Home Cures That Work

Type 2 diabetes can damage the small blood vessels in your eyes, leak fluid into the retina and trigger swelling to create multiple complications such as macular edema and retinopathy. If you've been diagnosed with any eye disease, you need to know which options can protect your sight. There are steps you can take to treat this diabetes complication and prevent further vision loss. Use this guide from Dr. Saunders to take quick action!

If you're worried about the hand sanitizer shortage right now—I have important news. There are other science-backed ways to protect yourself and strengthen your immune system.

One of the best ways to take care of yourself is to eat healthy - whole foods are a fantastic way to begin. Here are 5 easy foods you can get right now to give your immune system that something extra it could use to help make it through the season. Eat Up!

For peak immunity, learn how to make your own hand sanitizer – sans hormone-altering chemicals. Triclosan, especially, has shown to be very detrimental to muscles and brain function, as well as being an environmental toxin. But don't take your chances with any type of flu, this DIY hand sanitizer takes seconds to make and uses ingredients you probably have in your cleaning supplies.

Try to eat organic when you can. Try to avoid additives and artificial ingredients in our food when we can, like MSG. MSG is an additive that enhances the flavor of the food. However, scientists have linked MSG with higher rates of obesity, insulin resistance and possibly, onset of type 2 diabetes.

The bottom line: stay healthy!

Cheryl Ravey
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HOW TO PROTECT YOUR EYEBALLS IF YOU HAVE TYPE 2 DIABETES

Type 2 diabetes can rob you of your sight. Use these tips to prevent and treat further vision loss.

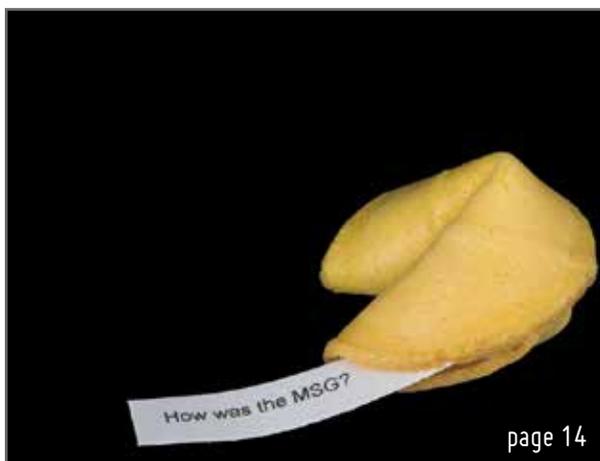


5 POWERFUL SUPERFOODS THAT BOOST IMMUNITY

In response to the current pandemic, everyone should hit the refresh button on their health to shake off the potentially damaging effects of a suppressed immune systems. These foods will help you.

IS HAND SANITIZER HEALTHY OR HAZARDOUS?

The proper hygiene can keep you healthy. Hand washing is the best way to avoid getting sick. But does hand sanitizer do just as good of a job as lathering up?

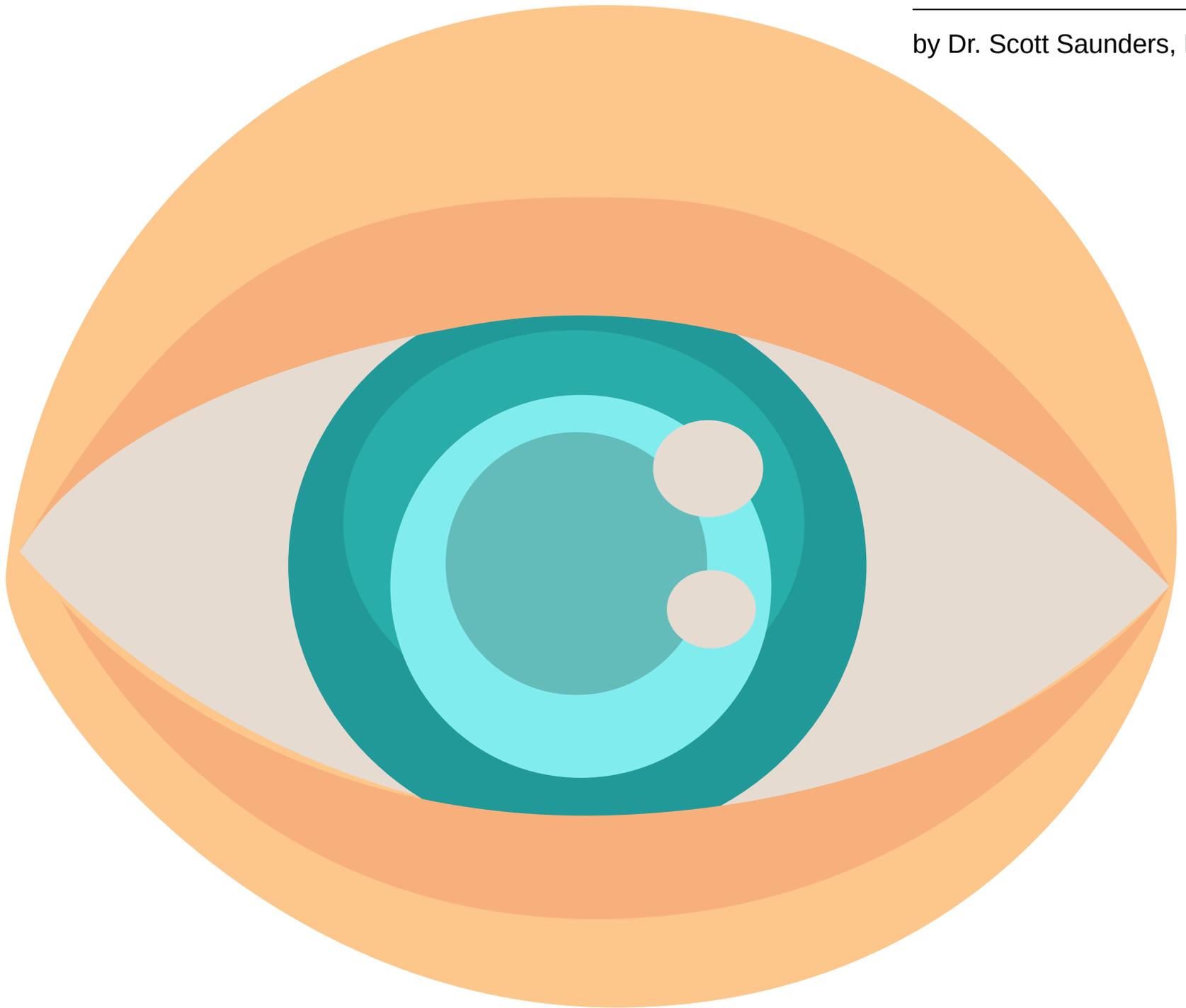


IS DIABETES AND OBESITY CAUSED FROM MSG?

The amount of dietary monosodium glutamate (MSG) is increasing worldwide, in parallel with the epidemics of diabetes. Coincidence?

How to Protect Your Eyeballs If You Have Type 2 Diabetes!

by Dr. Scott Saunders, M.D.



PREVENT

EYE DAMAGE

LISA IS IN her forties with straight black hair and a mischievous smile. She is a natural teaser so it's hard to know when she is being serious. But for one who smiles so much, she has a lot of health problems.

Over ten years ago, Lisa was diagnosed with type 2 diabetes. But it didn't phase her one bit. Her doctor simply told her to take the medications and she would be fine. She did everything she was told but continued to get worse. Her blood sugar was rarely in the normal range. Within a few years she was injecting insulin under her skin, but her doctor was forced to increase the dose to try to get her blood sugar down. It seems like no matter what she did her blood sugar was always high. By the time Lisa was in her thirties, her feet were numb and her kidneys were starting to fail. Now, she's in a wheelchair with her right leg amputated, she's on dialysis for kidney failure, and she's totally blind.

People with diabetes often notice vision changes with fluctuations in blood sugar. But, I have also had many patients say that their prescription for glasses changed as their blood sugar came down. This is due to the amount of sugar in the blood causing water to shift in and out of the eyeball through osmosis. This is not dangerous, nor does it lead to blindness.

Diabetic Retinopathy

The number one cause of blindness in the "Western World" is diabetic retinopathy.[1] In only ten years, from 2000 to 2010 the number of cases nearly doubled!

The number of cases of diabetic retinopathy is expected to reach 11 million by 2030. Yet, this is completely preventable. We have the technology to prevent all new cases of diabetic retinopathy within a few years.

The retina, the layer in the eye that's sensitive to light, is also very sensitive to energy. These cells need a lot of energy in the form of glucose. Without a constant supply, the cells die, causing blindness.

Glucose doesn't automatically reach the eye; it must be brought in by glucose transport proteins called GLUT1. When the blood sugar is high all the time, GLUT1 gradually decreases. By the time a person has symptoms from diabetic retinopathy there are no more glucose transport proteins.[2] Essentially, the retina is STARVING in a sea of sugar because it can't cross the blood-Retina barrier to get to where it needs to be. So, the cause of blindness is simple – none of the energy from sugar is getting

to the retina.

When the blood sugar is high, it becomes more concentrated in the lining of the blood vessels, causing inflammation. It also makes a hormone called Vascular Endothelial Growth Factor (VEGF) that causes more blood vessels to form. When an ophthalmologist looks in the eye and sees more and more blood vessels, they call it "PROLIFERATIVE RETINOPATHY." The new blood vessels also lack GLUT1 and cannot give the retina any glucose, so it doesn't solve the problem. The damaged[3] blood vessels become leaky causing swelling, or "MACULAR EDEMA" as well as leaking blood into the clear gel that fills the eye, called "vitreous humor." This makes it cloudy and decreases vision.

These names for "different" eye diseases are really just different manifestations of the same problem: chronic inflammation in the eyes -- the cells of the retina don't have enough energy to function – and survive. In their need, they release hormones to improve their function, but don't address the underlying problem – a lack of glucose – and make it worse.

The usual treatment is to use lasers to burn the extra blood vessels and stop the leaking, inject cortisone to shrink the swelling, or take the vitreous (gel) out of the eye and replace it to get rid of the blood that leaks into it. These may help the symptoms, but do not fix the problem, and people still go blind despite treatment.

Blindness from type 2 diabetes is totally preventable. If doctors told people how to prevent it there would not be a single case. Unfortunately, medical practice is over thirty years behind the research. The doctors can't keep up with all the new information – they're still telling their patients that taking medications and insulin will prevent blindness. It isn't true. One large diabetes study in England in 2004[4] found that there were 12% fewer complications in those who weren't on medications. They had a lower HbA1c, and higher blood pressure and cholesterol.

Type 2 Diabetes Vision Treatment and Prevention

The reason I try to explain why people with diabetes go blind is because it's the only way to attack to root of the problem. Once we know why it happens it will be obvious what needs to be done.

The essential ingredient, of course, is to keep the blood sugar as normal as possible. If the blood glucose is high all the time, the GLUT1 glucose transport proteins will be decreased, leading to blindness. It is also worse for the retinas if there are widely fluctuating glucose levels. You don't want to go from a glucose of 300 down to 70. This produces more inflammation in the retina.[5]

The simplest way I have found is PHASE 1 of the [Barton Publishing Diabetes Solution Kit](#). Phase 1 is a way to get the blood sugar down to normal by training your body to burn fat instead of sugar. This is a gradual process, not an event, so be careful that you stay with the program until your blood sugar becomes normal. It doesn't need to be rushed. But – NO CHEATING! If you don't stick to the 20 grams or less of net carbs, you will not see the benefits. It's often helpful to measure your KETONES either in blood or urine to determine if you are burning fat. Ketones are the by-product of using fat for energy.

Also, remember that if you are taking medications or injecting insulin you may have to be especially careful to monitor your blood sugar, so you don't get too low. Work with your doctor to regulate your medications as your blood glucose drops. This can take anywhere from a day to a couple weeks. The optimal range for blood glucose is between 70 and 90 during fasting. After a meal it may go up to 120 but should come down within a couple of hours.

Best Bacteria for Eye Health

One unusual treatment is to normalize the bacteria in the bowels. With an overgrowth of "bad" bacteria in the large intestine, the body produces more inflammation.[6] The normally minor reaction of the retina becomes a major reaction, leading to blindness.

So, take a probiotic. The ones that regulate inflammation best contain Lactobacillus and Bifidobacterium, and Saccharomyces boulardii. Also, make sure you are getting prebiotics – the fiber that grows the good bacteria. These come from fruit, vegetables, and seeds (including whole grains, beans, nuts, lentils, and so forth). One surprising vegetable that has an unusual prebiotic is jicama, which contains inulin. Few other foods contain this remarkable fiber.

The Vitamins You Need to Protect Your Eyes

Third, the retinas in your eyes make a lot of oxygen free radicals, so they need a constant supply of vitamins to neutralize them. Your eyes use mostly vitamin A derivatives, including all the colors in the rainbow. Lutein is the red color of tomatoes. Beta carotene comes from the color of carrots, and all the red, orange, or yellow vegetables. Berries are a great source of colors to help your eyes. Use tomato sauce instead of taking pills. Eat carrots instead of snacking on chips. Have bell peppers, broccoli, and other vegetables cut up in your refrigerator. Have blueberries in your (plain) yogurt. You'll feel great about snacking on things that help your eyeballs!

If you have diabetes, it is important to supplement with vitamin A to protect your eyesight as well as eating the colors above. Don't forget zinc, a mineral that is also essential to the function of the retinas. And vitamin D3 deficiency is associated with diabetic retinopathy.[7]

Fasting for Better Eyesight

And last, periodic fasting will reset the system. When your computer is not working right, being slow, or the video is choppy you call your IT person. She says: ... (anyone who's been there can answer this) turn the computer off, wait a few minutes, then turn it on again. And VIOLA! It works swell! Well, this is exactly what an empty stomach does. The word "fasting" refers to having an empty stomach, it turns off the stress or "catabolic" state. When our stomach is empty, it produces a hormone called GHRELIN named because it is a "Growth Hormone RELeasing "IN" refers to a hormone. This hormone induces the "anabolic" state and repairs your body in multiple ways, but in this case, especially the eyeballs. The more our stomach is empty, the more we repair and detox the eyes.

Recommendations for Healthy Eyeballs:

- Use dietary means to train your body to burn fat instead of sugar (Keto diet or Phase 1).
- Fast one day per week with no food or water.
- Eat a variety of colored vegetables and fruit.
- Take a probiotic. (Healthy Gut Support has both the probiotics and prebiotics, as well as digestive enzymes to aid digestion, this can be very helpful).
- Vitamin D3 - 5,000 IU daily ([CinnaChroma](#) has 5,000 IU so you don't need to add any more)
- Zinc – about 50mg per day for 90 days then 50mg per week.

Taking these simple steps is so much easier than what Lisa is going through. She's young. She did everything she was told. She took her medications. She injected insulin... But still has all the complications of diabetes. Prevention is ALWAYS best, and it's simple (though not always easy) and straight-forward. Anyone can protect their eyeballs from the ravages of diabetes!



Sources: [1] <https://www.nei.nih.gov/learn-about-eye-health/resources-for-health-educators/eye-health-data-and-statistics/diabetic-retinopathy-data-and-statistics> [2] *Invest Ophthalmol Vis Sci.* 1994 May;35(6):2887-94. GLUT1 glucose transporter expression in the diabetic and nondiabetic human eye. Kumagai AK1, Glasgow BJ, Pardridge WM. [3] *J Cell Physiol.* 2013 Feb;228(2):251-7. doi: 10.1002/jcp.24133. Suppression of GLUT1; a new strategy to prevent diabetic complications. Lu L1, Seidel CP, Iwase T, Stevens RK, Gong YY, Wang X, Hackett SF, Campochiaro PA. [4] *Lancet* 2004 Jul 31;364(9432):423-8 (ISSN: 1474-547X) Hippisley-Cox J; Pringle M [5] *Biochem. J.* (1996) 318, 313–317 (Printed in Great Britain) 313. Regulation of glucose transporters (GLUT-1 and GLUT-3) in human retinal endothelial cells. Rachel M. KNOTT, Marie ROBERTSON, Elizabeth MUCKERSIE and John V. FO [6] *Gut Microbiota and IL-17A: Physiological and Pathological Responses.* Banafsheh Douzandeh-Mobarrez 1 2, Ashraf Kariminik 3; PMID: 28921400 DOI: 10.1007/s12602-017-9329-z [7] *Nutrients.* 2017 Mar; 9(3): 307.; Published online 2017 Mar 20. doi: 10.3390/nu9030307; *The Association between Vitamin D and Diabetic Retinopathy*

5 Powerful Superfoods That Boost Immunity

I'M SURE BY now you have heard all about the so-called miraculous benefits of superfoods. Before you roll your eyes, did you know...that the fruits and vegetables you eat have less than half of the nutritional value they had 40 or 50 years ago?

The University of Texas, Biochemical Institute in 2004 tested a sample of 43 common fruits and vegetables and discovered that nearly half lost some nutritional value. The team found declines from 6% to 38% in protein, calcium, iron, riboflavin, and phosphorus levels.

What is even more disturbing is that magnesium, zinc, vitamin B-6, vitamin E, and phytonutrient declines could not be studied because they were not reported back in the 1950s.

Since good old-fashioned lettuce and tomatoes aren't as nutrient dense as they once were in 1955, why not give superfoods a little extra attention?



Superfoods are important for your immunity. They are nutrient dense powerhouses bursting with vitamins, minerals, antioxidants, and polyphenols.

These special foods can give you more energy, heal your body, help you shed fat, and even remove toxins. But one of the most vital benefits of superfoods is that they can boost your immune system.

With each passing year the common cold, seem to get worse. If your immune system is in a weakened state, you may find that if someone sneezes on you, shakes your hand, or a small child give you a hug – pretty soon you may start to sniffle and feel your throat getting sore.

Some symptoms of a weakened immune system are:

- Repeat yeast infections
- Reoccurring colds and infections
- Slow wound healing
- Chronic fatigue
- Allergies
- Chronic dry nose

The average adult gets two to three colds a year with each one lasting at least one week, which is almost a month of being sick! Why not take charge of your health and boost your immune system naturally to make this year your healthiest year ever?

5 Powerful Immunity Boosting Superfoods

1. COCONUT OIL

Power up your immune system with coconut oils antibacterial, anti-carcinogenic, anti-inflammatory, antiviral, and antiretroviral properties to help your body defend against disease and infections.

Studies have shown that coconut oil may increase your body's ability to fight off invading viruses such as influenza, herpes,

COCONUT OIL COLD AND FLU SYRUP

- 2 T. virgin coconut oil
- 2 T. raw Manuka honey*
- Juice of one lemon
- 1 crushed finely chopped fresh garlic clove

Combine all ingredients until well mixed. Don't heat the honey, as it will destroy beneficial enzymes. Take 1 tablesspoon 3-5 times daily at the first sign of cold, flu symptoms, or cough. Make fresh each day.

*Manuka honey contains additional antibacterial properties and a greater ability to produce hydrogen peroxide to fight bacteria. When purchasing Manuka honey, remember these three things:

- Look for a 10+ or higher rating
- Make sure it says 'active' or 'bio-active' on the label
- Always look for the UMF® trademark which is owned by the Unique Manuka Factor Honey Association (UMFHA)

Don't worry if you can't get Manuka honey, you can use raw organic unpasteurized pure honey which works just as well.

2. TURMERIC

We are absolutely in love with this golden eastern spice. It's the basis of many curry dishes and a member of the ginger family. One of the active components of turmeric is curcumin a powerful anti-inflammatory and well-studied natural cancer preventer.

Turmeric can supercharge your immune system by protecting your cells' integrity when threatened by free radicals and environmental stressors.

For a safe and delicious way to pump up your immune system, make a cozy cup of turmeric tea.

When purchasing turmeric look for 100% organic and freshly ground. Always take turmeric with black pepper or ginger to help increase absorption.

3. ASTRAGALUS

Is an adaptogen, meaning it adapts to your body's unique needs. Also known as huang qi, it has been used for thousands of years in Traditional Chinese Medicine.

Multiple studies have been done on the immune enhancing powers of astragalus, since it works to stimulate the adrenal glands and several immune system factors including white blood cell activity. Use of astragalus has been successful in boosting immunity after chemotherapy treatments.

However if you have an acute infection or fever, always check with your health care practitioner before using astragalus or any other herbal remedy.

4. CHLORELLA

This ancient green algae is a complete food. It's high in B-complex vitamins, iron, and enzymes that regulate the aging process. Chlorella can help boost immunity, accelerate healing, and detoxify your body with the benefits of chlorophyll found in chlorella.

Naturally abundant in a special protein found in your bloodstream called albumin. Albumin repairs cell tissue and removes excess fluid from tissues. This protein also carries vital nutrients, proteins, and hormones through the blood to regulate the circulatory system.

5. BLACK CURRANTS

Think twice before you reach for those blueberries. Black currants have twice the antioxidant power of blueberries and are packed with vitamin C and malic acid. Just one half cup of black currants contains the recommend daily allowance of vitamin C.

Malic acid helps increase energy levels. Vitamin C is an essential immunity booster and antiviral as it helps fight infections and breaks down mucous.

In addition, there is an anti-aging bonus found in black currants. These lovely dark berries help strengthen connective tissue that weaken as we age.

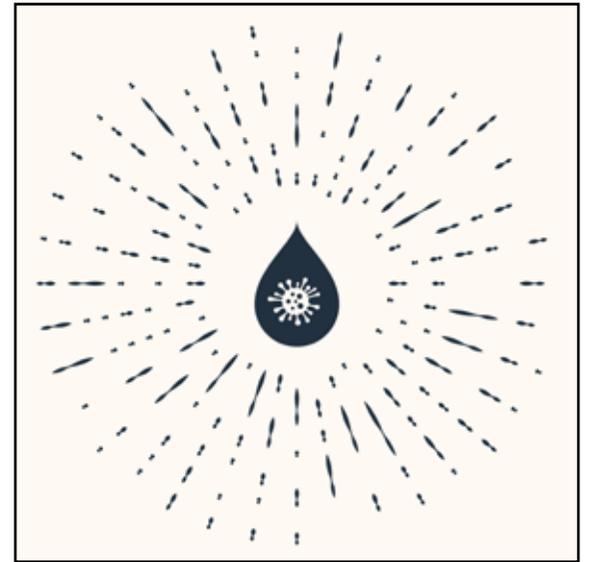
Make a cup of this soothing and potent tea by steeping one tablespoon of dried black currant bush leaves in one cup of boiling water. Steep for seven to ten minutes and enjoy!

If you are sick, don't rush to get antibiotics that could damage your immune system long-term.

Instead, try these powerful superfoods, drink lots of water, get enough sleep, and limit sugar as much as possible.

You will discover that boosting your immune system is easier than you think and the benefits are a healthier, happier, and more vibrant you.





Hand sanitizer gets a lot of positive press and is used by millions of people. It is praised for its amazing ability to kill germs and prevent the spreading of disease. However, hand sanitizer has a dark side that could damage your health that most people know nothing about.

Is Hand Sanitizer Healthy or Hazardous?

You can find hand sanitizer just about everywhere. It is a staple in almost every woman's purse and diaper bag, in most school classrooms and in every hospital room. You can now find hand sanitizer stations in rest areas, airports, shops and restaurants. Although it is used with only the best intentions of maintaining good health, hand sanitizer itself is far from healthy and is a recipe for disaster.

Let me clarify, keeping your hands clean is an excellent idea and one of the best ways to prevent the spreading of viruses and bacteria. However, good old-fashioned hand washing is often replaced by a few squirts of hand sanitizer. This is not an equal trade off!

Washing your hands with soap and water is still the VERY BEST way to get those germs off of your hands.

Hand sanitizer can kill germs, but it doesn't actually CLEAN your hands. It should be reserved for when soap and water are not available. Protect yourself from the many possible hazardous side-effects from commercial and chemical hand sanitizers.

The typical store bought brand of hand sanitizer contains ingredients that are not safe and causes side-effects. These side-effects from overuse, individual sensitivity and the chemicals contained in hand sanitizers, raised enough concerns for the United States Food and Drug Administration (FDA) to issue a warning about its use in 2010.

In fact, the Environmental Working Group gave the most popular brand of sanitizer a score of 6 out of 10 in toxicity! They claim it is hazardous to the one's immune system and has many highly concerning ingredients.

Hand Sanitizer Side-Effects

When reading the list below, I want you to remember that you can absorb up to 60% of what you put on your skin into your bloodstream! This is important in EVERYTHING you apply to your body, not just sanitizers. Your lotions, your soaps and even your makeup are absorbed into your bloodstream, which can have toxic results.

Here are some of the more popular "poisonous" ingredients used in hand sanitizers:

ETHYL ALCOHOL

This alcohol is extremely drying to the skin. It is also linked to cancer, birth defects and organ toxicity. Drinking denatured ethyl alcohol, otherwise known as ethanol, can be fatal. While there hasn't been a single documented case of a child dying from

it, there have been some pretty frightening stories. Parents, like myself, should at a minimum be aware of what is in hand sanitizer. Flip that bottle over and you are likely to see that it's 62% ethyl alcohol. This form of ethanol is part of the chemistry in wine and other alcoholic drinks. So, the alcohol content is potent enough in a 2 oz bottle to equal 4 shots of vodka. You don't want your child to sip a drink, so why let them rub it in their skin?

ISOPROPYL ALCOHOL

Even more toxic than ethyl alcohol, inhaling isopropyl alcohol fumes can cause possible neurological damage. It also dries the skin out. Some research shows toxicity even in low doses when used around the eyes and lips. Drinking this can be fatal, as well.

TRICLOSAN

Also found in antibacterial soaps, triclosan has been known to not only kill bacteria and viruses, but also human cells! It promotes the development of antibiotic resistant "super bugs," and disrupts hormonal balance by interfering with the endocrine system. Triclosan also stays on your skin for up to 12 hours! It has been detected in human breast milk, proving it can actually accumulate in the body.

BENZALKONIUM CHLORIDE (BAC)

BAC is used in many "non-alcohol" based sanitizers. I was flabbergasted how often it's used in sanitizers promoting that they are "natural." This chemical germicide is linked to allergies, cancer and organ toxicity.

FRAGRANCE

Chemical based fragrances contain phthalates, which act like estrogen in the body. They can greatly disrupt the body's endocrine system causing a plethora of side-effects. Some of those included infertility, PCOS, erectile dysfunction and breast cancer.

All these ingredients highlights the importance of label literacy and being aware of the products we use and bring into our homes. ALWAYS read the label!

Safe and Natural Hand Sanitizers

The above list of ingredients make up the majority of your store bought hand sanitizers. I have searched and searched looking for a sanitizer that does not contain any of the dangerous ingredients listed. However, with hundreds of sanitizers on the market, I have found only one safe natural hand sanitizer that I can fully endorse.

The hand sanitizer, Clean Well, and can be purchased at health food stores or via the internet. Clean Well contains no alcohol, triclosan, or benzalkonium chloride. It uses thyme oil, which is naturally antimicrobial. It comes in a spray, pump gel, foam, and even handy wipes to wipe off those dirty and grimy hands. The wipes are also great for sanitizing restaurant high chairs and tables.

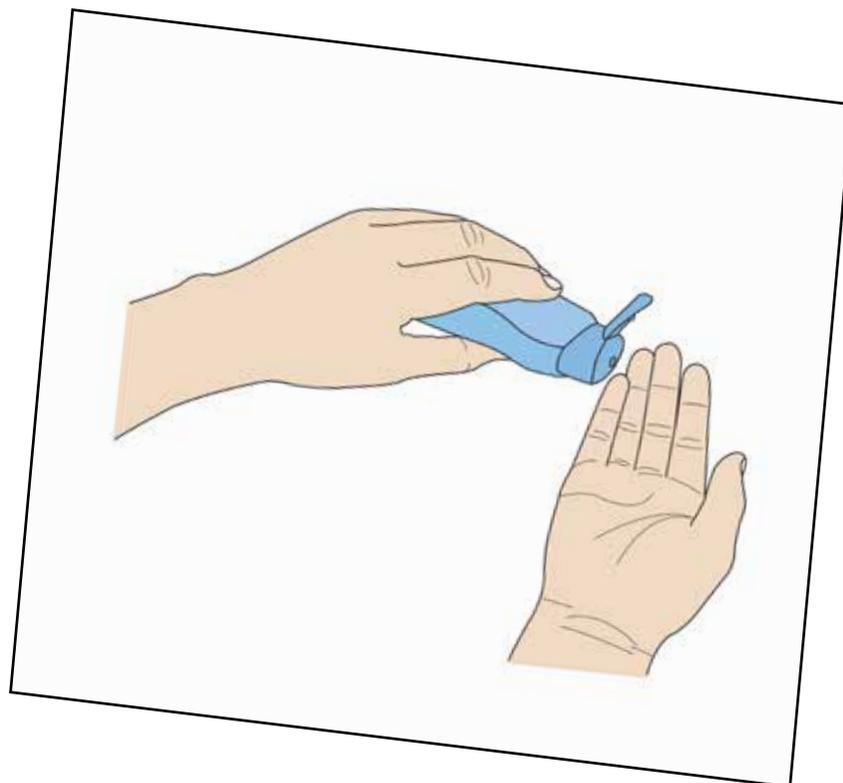
An all-natural sanitizer should also be used instead of commercial, chemical-laden sanitizers that pose a potential risk for poisoning. I recommend making your own sanitizer. It is very inexpensive and you control the ingredients! You can even make it smell the way you like by adding your favorite essential oils!

Homemade Hand Sanitizer

The key to a safe and healthy hand sanitizer is antimicrobial and antibacterial essential oils. There are several to choose from and some companies even sell a blend of several oils in one bottle.

- My all time favorite is Thieves Oil. Thieves has its roots way back in the 15th century. There is a legend that those who robbed the sick and dying during the Black Plague, used this blend of herbs to keep from being infected. Hence the name, Thieves.
- Tea tree oil is another popular oil for its ability to kill germs.
- Thyme oil, neem, lemon and lavender have antimicrobial properties as well.

It may seem like an investment up front, but once you purchase what you need, you can make up to 20 travel size hand sanitizer bottles! These would also make excellent birthday or holiday gifts for friends and family.



INGREDIENTS

- 15 drop of antimicrobial essential oil (Thieves, tea tree, thyme, neem, lemon or lavender)
- 5 drops of grapefruit seed extract (a natural preservative and germ killer)
- 5 drops of the oil of your choice for extra scent
- ½ oz of witch hazel

DIRECTIONS

1. Fill a small spray bottle with the above ingredients and shake well. Vigorously shake before each use. Spray generously when needed.

Having an all-natural hand sanitizer on hand can be very handy when soap and water are not available. Don't bombard your body any longer with regular hand sanitizers with hazardous ethyl alcohol, isopropyl alcohol and triclosan and avoid the harmful side-effects. They are intended to help you stay healthy, but can actually harm you and your immune system.

Make up a batch of my "Healthy Hand Sanitizer" and banish those germs naturally!





Is Diabetes and Obesity Caused From MSG?

THE STANDARD AMERICAN Diet is degenerating your health in a world-wide experiment.

Medical Alert: You have just participated in the world's largest double blind test called the Standard American Diet (SAD). The sad truth is that America's degenerating health is the result of this ongoing experiment on your health.

Real, science-based evidence reveals that eating foods laced with Monosodium Glutamate (MSG) is harming your body's natural healing process. Find out why the harmful consequences of "excito-toxins" like Monosodium Glutamate (MSG) are far worse than government officials are willing to admit.

MSG SHORT-CIRCUITS YOUR BODY ELECTRIC

This report reveals the shocking truth that manmade chemicals like MSG are robbing you of your health and wellness, one Happy Meal at a time. Your healthy body is a synchronized symphony 60 trillion resonating cells bathing in a salty sea of electromagnetic energy. Amazingly, this language of life ranges in frequencies from as slow as the speed of sound to as fast as the speed of light.

Just as the modern world depends on wireless satellites, fiber optic and cellular transmissions, so does your body depend on subtle energetic signaling processes. Scientists now agree chemical energies fall short explaining all the amazing feats the human body/mind is capable of. Whether chemical or electrical, all body functions depend on mineral salts. Minerals are the building blocks, cables and wiring which make everything possible.

Excito-toxins like MSG are just one class of man-made chemicals, which literally short-circuit your body's wireless communication systems, by depleting your minerals, damaging cell membrane health and causing degenerative diseases like diabetes.

On your cell membranes you have crystalline protein receptors (antennae), which broadcast cellular signals much like cellular phones and radios do. Your brain, organ and nerve cells have specialized receptors for transmitting and receiving energy and information to keep you alive and well.

MSG is sodium salt of an amino acid called L-Glutamate (MSG) that excites brain cells much like drugs like cocaine do. In fact, neuroscientists have mapped out the human brain and identified a vast matrix of specific glutamate nerve cells MSG disrupts.

These nerve cells have receptors called "glutamate receptors," which detect and regulate the amino acid glutamate. When your body has too much glutamate, these special antennae signal your endocrine system, pancreas and brain to release messenger-like hormones which can eliminate the "toxic effect" that too much glutamate can cause.

Because this defensive function is primarily an electric response, many semi-conductors like proteins and minerals (such as calcium, magnesium, sodium, potassium, chromium, vanadium and zinc) are used up in the process. Normally, these natural sources of amino acids are scarce. The problem is when "synthetic chemical glutamates and aspartates" are consumed, harmful brain and endocrine imbalances occur.

Synthetic glutamates come from Monosodium Glutamate and synthetic aspartates, found in products like NutraSweet. These are both known as excito-toxins, meaning they are toxic to your cells. Millions of people are being negatively affected by these disruptive chemicals, causing dysfunction of brain cells, sensory perception and motor skills, not to mention diabetes.

The main reason L-Glutamate (MSG) is found so readily in processed foods is directly related to the "low-fat" diet fad so prevalent in America. You see, fat gives many foods their desired flavor, and when removed, people don't buy those foods as often. This results in plummeting profits for Big Food companies.

Hence "MSG" is marketed to food manufacturers as a "flavor enhancer," mainly to sell more fat-free, processed foods.

Not only is eliminating an entire food group (fats) from your diet unhealthy, but constant exposure to the "flavor enhancer" MSG also depletes electrolytes from your brain, lowering your electrical capacity, nerve function and brain activity. As you will see, this also has a direct influence on the onset of diabetes...

MSG TRIGGERS ELECTRON DEFICIENCY LEADING TO DEPRESSIVE DIABETES ON-SET

I found a revealing, conclusive 2004 Johns Hopkins study tracking 11,615 people, which showed that people who feel depressed have a greater risk of diabetes Type 2 on-set. It was once suspected that diabetes caused depression but new evidence suggests depression is an early warning sign of diabetes. Over the last decade, 20 studies pointed to a prevalence rate of diabetes "three to four times greater" than average.

Did you know the root cause of clinical depression is from an electron deficiency in the brain, which in turn is triggered from "depleted minerals" and "disrupted neural pathways" in the brain?

MSG-TRIGGERED MINERAL DEPLETION MAY BE ROOT CAUSE OF YOUR DIABETES

Here's the missing piece to the diabetes/MSG puzzle: electron deficiency is a direct result of the constant consumption of large amounts of Monosodium Glutamate (MSG). (Baylock, Dr. Russel, Excitotoxins: The Taste that Kills, Health Press, Santa Fe, 1997, page 23)

Medical Alert: The diabetic connection to MSG toxicity is caused from the same mineral deficiencies which trigger the low electron activity in the brain.

The same regulatory factors in the brain that regulate blood sugar (glucose) levels also depend on critical minerals and trace elements to be present. As you can clearly see, MSG is the missing link, which can explain why diabetes and obesity has become epidemic in the land of the fat-free diet.

From a naturopathic view point, all imbalances lead to disease states, emphasizing the importance of restoring and sustaining natural homeostasis. Double Nobel Prize winner, Linus Pauling also strongly believed that degenerative disease is caused from mineral deficiencies.

The question of the hour is, "Can we STOP the diabetic epidemic by simply eliminating the massive amounts of Monosodium Glutamate (MSG) in our diets?" To a large degree, absolutely!

MSG TRIGGERS OBESITY FACTOR OF DIABETES

Here's some more food for thought. Did you know that in nature there is no such thing as a fat mouse? Seriously, even in the laboratory setting, when a mouse eats double its body weight, its metabolism simply doubles its speed and prevents obesity. MEDICAL FACT: When mice are injected with Monosodium

Glutamate (MSG), they immediately become obese and diabetic.

Not only do scientists routinely create obese mice by injecting MSG under their skin, they also euthanize them the same way...but with a larger dosage, causing the brain to die.

Honestly, do you think that America's epidemic of obesity and diabetes is some mistake of evolution, OR is there possibly an elaborate "marketing scheme" to sell more junk food, diet products and prescription drugs??? This may also explain why diet gimmicks always fail.

MSG AND ASPARTAME TRIGGER DIABETES NEUROPATHY AND NEUROLOGICAL DISEASE

In 1995, the FDA issued a report stating, "Studies have shown that the body uses Glutamate, an amino acid, as a nerve impulse transmitter in the brain and that there are Glutamate-responsive tissues in other parts of the body, as well. Abnormal function of these Glutamate receptors has been linked with certain neurological diseases, such as Alzheimer's disease and Huntington's chorea. Injections of Glutamate in laboratory animals have resulted in damage to nerve cells in the brain."

Excito-toxins like MSG and Aspartame are a 100 Billion Dollar business and most of it is made by Monsanto's sister company Ajinomoto Inc., one of the most profitable companies on the planet.

Strange how big corporations can get away with creating the problems they later market with false solutions. It's called problem, reaction and solution marketing. Clearly these neurotoxic products increase risk of both obesity and diabetes, yet they have the audacity to patent yet another "altered amino acid" to sell as a replacement for insulin, called protein engineering.

The American Diabetes Association stated 23.6 million U.S. children and adults -- about 8 percent of the population now has diabetes. According to a Reuter's report from Washington, Oct 30, 2008 "...The rate of new cases of diabetes soared by about 90 percent in the US in the past decade."

Dr. H.J. Roberts claims his research also confirms MSG's excito-toxic cousin, Aspartame, leads to clinical diabetes by diminishing control of insulin and oral drugs and aggravating diabetic complications such as retinopathy, cataracts, neuropathy and gastroparesis.

In 1968, John W. Olney, M.D., at the Washington University School, St. Louis, Missouri, replicated a 1957 study, where MSG caused retinal damage and caused mice to become

grotesquely obese as a result of a poisoned hypothalamus.

MSG TRIGGERS MASSIVE INSULIN SURGES

Because your pancreatic beta cells have glutamate receptors, "MSG triggers massive insulin surges." Insulin is known as the "hunger hormone," and being that MSG has been shown to increase the appetites of mice by 40%, you can see why obesity rates are only matched by skyrocketing diabetes in the US.

Leading medical researchers are aware that damage to the hypothalamus causes severe endocrine problems, such as decreased thyroid hormone, high risk of diabetes and elevated cortisone levels.

Stress hormones like corticosteroids may play a role in diabetes on-set by increasing insulin resistance, or possibly by harming beta cell function related to impaired glucose tolerance.

Recent evidence suggests central obesity can be caused by neonatal injections of Monosodium Glutamate, which also impairs learning ability and memory. Further, when MSG is combined with trans-fat, central obesity increased, as well as promoting dyslipidemia and impaired spatial learning (Nadine J. Makhoula, et al, Cell Biology & Diabetes Research Unit, Department of Biological & Medical Research, King Faisal Specialist Hospital & Research Centre; University of Toronto, Division of Life Sciences, Scarborough, Ontario, Canada Received 21 March 2009).

THE OBVIOUS PROBLEM AND CLEAR SOLUTION

The big question is, now that you know the truth, will you use this life-saving information to help make a positive impact on world health? I expect you will.

Bottom line is, you are the final authority on your health. You know it's a challenge getting enough quality nutrition, so why allow toxins like MSG to enter your body? You need minerals to run every metabolism in your body including your blood glucose metabolism, so eat plenty of raw plant sources of protein, drink plenty of pure water and embrace a healthy lifestyle. Diabetes is easier to prevent than cure, but the truth is that eliminating its root cause can cure diabetes and nurture cell health.

There is no doubt that excito-toxins like MSG are one of the possible causes of diabetes.

Join the Self-Health Revolution and take back control over your health and wellness, starting with every little thing you can do to make your food and your loved ones' food beneficial and safe.▶



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