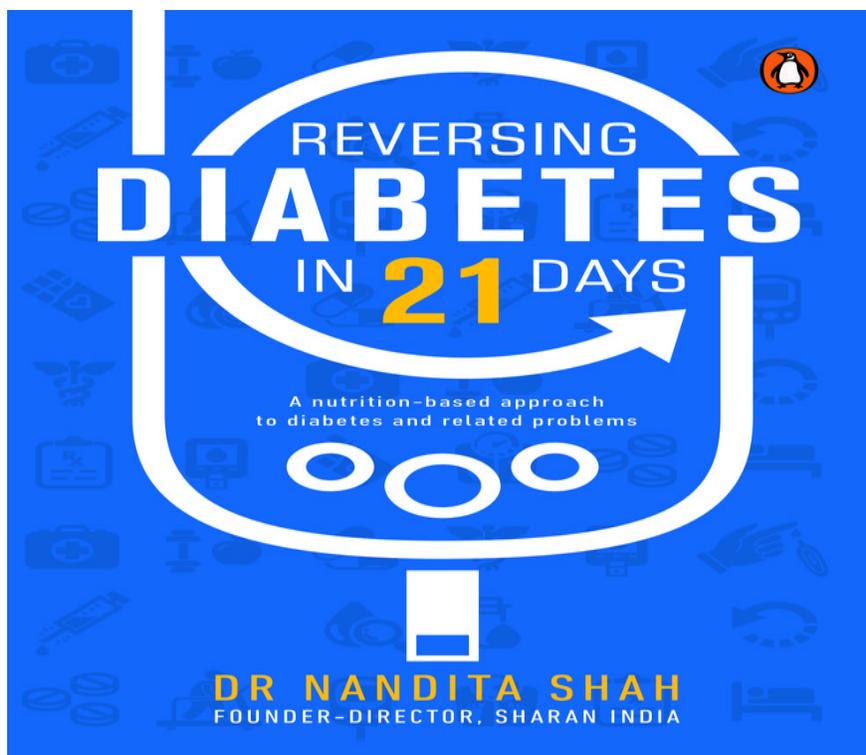


Why All Kinds Of Diabetes Have Become Common And What You Can Do.



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Diabetes has become a household name these days, with people suffering from this at almost any age. There are three kinds of diabetes – type I diabetes which was previously called juvenile diabetes because it was generally detected in childhood. Type I diabetes is an autoimmune disease where the pancreas doesn't produce insulin anymore. The only solution that doctors offer is insulin injections.

Type II diabetes was previously called adult onset diabetes, and here, the pancreas are still producing insulin but the body cells are unable to use it due insulin resistance. In this condition doctors usually prescribe medications.

The third type of diabetes is the gestational diabetes because it occurs during pregnancy. This is harmful not just to the mother but also to the unborn child. Delivery also becomes difficult because the baby of a diabetic mother is larger. Sometimes after pregnancy this diabetes may vanish on its own but all too often it continues beyond pregnancy.

Here is the good news! Diabetes need not be a life sentence! In order to cure any disease, we need to understand the cause of it, and work at removing it. Once the cause is gone, the body heals and the disease will disappear. The only thing that medicines can ever do is control symptoms i.e. the blood sugar levels, but cannot remove the cause.

Doctors also recommend avoiding carbohydrates, like rice and potatoes and even fruits. But never helps to cure diabetes is because sugar is not the **cause** of diabetes, high blood sugar is the **result** of diabetes. The cause of diabetes is lack of insulin or insulin resistance. So if we want to get rid of diabetes we must understand the causes of lack of insulin (type I diabetes) or insulin resistance (gestational diabetes and type II diabetes) and work on that.

chances are high. One of the major causes of an autoimmune disease is a foreign protein, which enters the body and stimulates an immune response. If this foreign protein is similar to our body cells, then this immune response will also destroy our own cells. This means we need to understand what that foreign protein is and remove it as early as possible.

Type II diabetes and gestation diabetes are caused by insulin resistance. This means the insulin is there, maybe even more than in normal people, but it's just not having effect. Here we need to understand what the cause of insulin resistance is and remove that.

It's important to note that the numbers of patients with all kinds of diabetes have risen remarkably in the past 50 years. One of the main reasons is that we have been increasingly eating foods that are not suitable to our species. One of the biggest causes of both these kinds of diabetes is cow's milk. The logic is simple if we recognise that every mammal produces milk only for her young, and that we are not calves. In nature no species is supposed to drink another animal's milk – we don't see pigs drinking goat's milk or monkeys drinking elephants milk for example. And no species drinks milk beyond infancy. We are the only species that domesticate animals and repeatedly make them pregnant by artificial insemination, in order to drink their milk.

Interestingly milk is one of the important causes of both type I, and type II as well as gestational diabetes. A simple experiment can be done as follows. Without changing anything else completely eliminate dairy from the diet. This means milk, curds, cheese, butter, cream, buttermilk, paneer, or anything made of these substances. It even includes biscuits and other things with dairy ingredients. Milk is a foreign protein to our body, and so causes type I diabetes, and milk contains insulin-like growth hormone (IGF), which causes insulin resistance causing gestational and type I diabetes.

If this simple experiment intrigues you, you can learn much more about how to prevent and reverse diabetes through Dr Nandita Shah's new book *Reversing Diabetes in 21 Days*.

Type II diabetes and gestational diabetes are known to be lifestyle diseases, and therefore by making correct lifestyle changes are both totally reversible. In the case of type I diabetes on the other hand in order to regenerate the pancreatic cells, it does take a long time. However it does not take long to start seeing the results after making lifestyle changes suggested in the book. In most cases the insulin needs to reduce to 1/3 of the previous, quite quickly. It may take years for complete recovery, which may or may not be possible in every case. But changing the diet and seeing the sugar levels drop, as well as the improvement in overall immunity and health is well worth the journey. And fear not. The foods suggested for this are always delicious. It's not a deprivation.