



# Remède Physique

## Blood Sugar Handling

### There are two forms of Diabetes ... Type I and Type II

Type I Diabetes is an autoimmune condition. It results from the destruction of insulin-producing beta cells in the pancreas and is diagnosed by testing for autoantibodies.

The trigger of the autoimmune attack is not known though genetics, environmental factors, chemical exposure, drug exposure and virus have all been suspected.

At any rate, the ensuing lack of insulin leads to increased sugar in the blood and urine. Classic symptoms are referred to as **The 3 P's**: polyuria (frequent urination), polydipsia (increased thirst) and polyphagia (increased hunger).

Folks with Type I Diabetes must receive life-long insulin therapy and do very well by following a nutritional protocol that supports immune system modulation.

Type I Diabetes is much less common than Type II Diabetes; only 5-10% of diagnosed diabetics have Type I Diabetes.

## Contents

2

The Progression of Type II Diabetes Explained

5

Sugar Substitutes



# Type II Diabetes is a progressive condition that begins with recurring episodes of low blood sugar:

**Blood Sugar dysregulation does not suddenly emerge overnight.**

**Blood sugar dysregulation is a progressive dysfunction that occurs over time.** It follows an insidious pattern of development involving the three organs of sugar regulation: the pancreas, liver and adrenal glands. These three organs work in harmony to regulate and normalize sugar levels in the blood, day and night.

As you consume a meal the pancreas releases insulin and opens the cells to accept glucose, thus lowering total blood glucose levels. In between meals and at night the adrenal glands release small amounts of glucocorticoid hormones that stimulate the liver to release glycogen, the stored form of glucose.

Problems emerge when stress levels are high and constant, or when you consume large amounts of carbohydrates and sugar at every meal.

In this situation insulin is released, blood glucose begins to drop but the amount of insulin released causes the blood sugar to drop below normal fasting level. As the blood sugar drops, the adrenals release glucocorticoids and the liver releases glycogen. Pretty soon the blood glucose levels are too high again and the pancreas releases more insulin.

This fluctuation in extremes wears out your organs. And, as the body's cells become exposed to more and more insulin they become resistant to its action. This causes the blood glucose to rise and then the body cannot lower it!

This results in adrenal fatigue, biliary congestion, insulin resistance and eventually Type II diabetes.

As you can see, this is a progression of disease starting with low blood sugar (hypoglycemia), evolving

Continued on Page 3

Stevia is virtually calorie-free & hundreds of times sweeter than table sugar.



Need an  
alternative for  
your sweet  
tooth?

Stevia and Lo Han will  
not disrupt blood sugar.

into reactive hypoglycemia (blood sugar dropping within 4 hours of eating a meal), that develops into early insulin resistance, progresses into insulin resistance and culminates as Type II diabetes. Type II diabetes and obesity are the consequence of untreated sugar dysregulation.

Type II diabetes is the most common form of diabetes. 90-95% of diagnosed diabetics have Type II diabetes.

It is also believed that there is a strong genetic link for Type II diabetes. If members of your family have developed Type II diabetes, there is a very good possibility that you are at risk to develop it as well.

If you have relatives or ancestors that have had Type II diabetes it is important to be aware of what you can do to stop it from triggering or to reverse it because high blood sugar is very damaging to the body.

Over time, the high sugar levels literally damage nerves and small blood vessels in the eyes, kidneys and heart. The build up of sugar in the blood also increases the risk of dehydration as the body increases urination in an attempt to rid itself of the excess sugars ... this results in urine that smells distinctly sweet (like Super Sugar Crisp Cereal).

How do you know if you are at risk of developing Type II diabetes? Easy, functional blood chemistry!

Reactive hypoglycemia causes an easily identifiable

(continued)

If you want to age gracefully and transition into menopause or andropause without discomfort then pay attention to your blood sugar.

Balanced blood glucose is the first step in [maintaining optimal hormone levels](#).

pattern in the blood chemistry. If this is seen in your blood work then you can be proactive about managing the condition.

Also, there are some pretty intense symptoms that you can experience when blood sugar drops.

Low blood sugar can cause: fatigue, depression, brain fog, headaches, sweating, nervousness, shakiness, extreme hunger accompanied by nausea, blurred vision, racing heartbeat with anxiety, dizziness and fainting.

Low blood sugar episodes are really intense and frightening, and they can also be extremely dangerous. The first time I passed out from low blood sugar I was 19 years old and DRIVING A CAR. Fortunately I 'came to' with the car on the sidewalk headed for an electric pole but no one was hurt - not me, not any pedestrians or other drivers or the electric pole. I was extremely lucky.

Many people who have low blood sugar episodes are rushed to emergency rooms or urgent care, and subjected to a battery of tests that invariably include an EKG and EEG. By the time the patient is being administered these tests, blood sugar typically normalizes, the tests turn out perfectly functional and the patient will be sent home and told that they are fine. Or they may be told that they are suffering from

anxiety and panic attacks and prescribed an anti-anxiety medication.

Most allopathic physicians will not identify the markers for reactive hypoglycemia as it is not considered a DISEASE CONDITION ... Type II Diabetes is the form of the disorder that is recognized as a disease condition.

Low blood sugar can be the result of improper bowel flora, digestive insufficiency, stress, adrenal dysregulation, nutrient deficiency, allergies, poor eating habits or any combination of the above

**By controlling your blood sugar and modulating your adrenals you can reverse the progression toward insulin resistance and you can reverse Type II diabetes all the way back to the point of reactive hypoglycemia!**

However, once reactive hypoglycemia has occurred, you can only manage it, you cannot reverse it. Reactive hypoglycemia is managed through diet, supplementation and exercise.

To alleviate adrenal stress and improve blood sugar handling it is important to eat at regular 4-hour intervals, not over indulge in sugars or quick burning carbohydrates, strictly avoid caffeine and alcohol, and take Apex ClearVite in the evening before bed. All of these strategies combined help you maintain balanced blood glucose levels.

**Agave, maple syrup, and honey are NOT appropriate sugar substitutes for people with Type II Diabetes or Reactive Hypoglycemia.**

**Folks with Reactive Hypoglycemia are extremely reactive to sugars**

... **all sugars**, whether it is sucrose, dextrose, glucose, fructose, lactose or maltose.

That means that using traditional table sugar substitutes like honey, molasses, and maple syrup will still adversely affect your blood sugar levels and trigger a low blood sugar episode or push you further toward developing full blown Type II Diabetes.

And, synthetic sugar substitutes like aspartame (NutraSweet), saccharin, sucralose (Splenda, Sukrana, SucraPlus, Candys, Cukren and Nevella) and Acesulfame-K are just flat out very bad for you.

Aspartame is linked to convulsions, headaches, behavioral disorders and gastrointestinal distress.

Saccharin is an irritant to the kidneys, ureters and bladder and it is a suspected cancer-causing agent.

Sucralose is firmly linked to leaky gut syndrome, causing intestinal permeability and food allergies.

Acesulfame-K, like saccharin, has been shown to cause cancer.

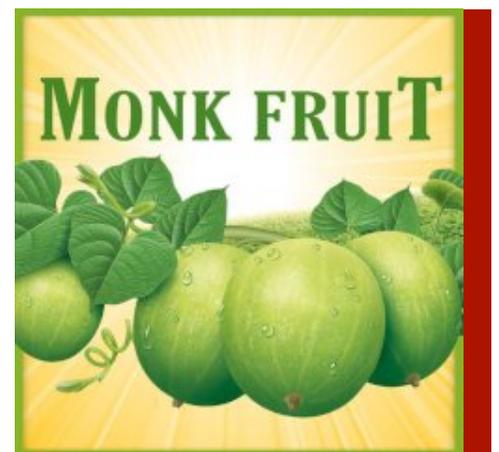
That is why it is best for those of us with Reactive Hypoglycemia to use Stevia and Lo Han as sweeteners. These plant-based sweeteners do not affect blood glucose and they do not cause cancer or other ill-health effects.

It takes time and trial and error to use Stevia and Lo Han effectively because too much can result in a bitter, licorice-like aftertaste. Both Stevia and Lo Han are

hundreds of times sweeter than table sugar, so it takes some finesse to figure out how to use these herbs without assaulting your taste buds with a bitter after taste.

Folks with Reactive Hypoglycemia also have to be careful of foods and drinks that do not contain sugar, but still raise blood glucose ... substances like caffeine found in coffee and theobromine found in chocolate. Typically people with Reactive Hypoglycemia will feel nauseous after drinking coffee, or have an overactive response with shaking hands, racing heart and blood pounding in the ears. At the worst, they may "black out."

**According to legend Lo Han, or Monk Fruit, is named for the Buddhist monks who first cultivated it nearly 800 years ago. It is low in calories and does not disrupt blood sugar.**





Available for purchase at the  
Remède Physique Online Store

## Remede Physique

280-A Elizabeth Kay Lane  
Lewisburg, WV 24901

**Apex ClearVite is an extremely effective tool in helping to reclaim control of your blood sugar regulation.**

As you recall, blood sugar regulation is accomplished by 3 organs: the adrenals, the liver and the pancreas. ClearVite provides nutritional support for the adrenals and liver.

When mixed with [full fat, organic coconut milk](#) and

taken at night, 30-45 minutes before you go to bed, ClearVite helps your body balance blood sugar throughout the night. This serves to alleviate strain on the adrenals.

[ClearVite](#) also contains vitamins, minerals, nutrients and botanicals that support liver function and detoxification processes.

## Hello Good People!

Thank you for your interest and support.

Email questions, comments or requests for future newsletter topics to Vanessa Hendley

[vhendley@nessiji.com](mailto:vhendley@nessiji.com)