



# Healthy for Life Newsletter

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### September, 2006 Vol. 3 No. 5 Preventing or Even Reversing Diabetes

The Center for Disease Control (CDC) projected a couple of years ago that any child born after the year 2000 would have over a 30% chance of developing diabetes sometime during his or her lifetime. If the child happened to be Black, Hispanic, or Native American, the chance of developing diabetes would jump to nearly 50%. This would mean that every second or third person in this present, new generation would end up developing diabetes. Can you imagine or even fathom how this would affect the health of, not only of these individuals, but our nation? When you consider that diabetes is not only the leading cause of adult blindness, amputations, kidney failure, and neuropathy, but also the major cause of premature death, you begin to see why this projection by the CDC is so very important. Is the die cast? Is there any hope? Are we simply going to be the victims of our genetics and the All-American and Western diet? Can diabetes be prevented or even reversed? Well, this is what this month's newsletter is all about.

#### **Type 2 Diabetes Mellitus or Adult-Onset Diabetes**

Over 90% of the individuals developing diabetes today develop type 2 diabetes or what was previously referred to as adult-onset diabetes mellitus. This type of diabetes normally takes decades to develop and is the most preventable form of diabetes. Over time these individuals become less and less sensitive to their own insulin. The body actually begins making more and more insulin to compensate for this insensitivity. As the blood insulin levels rise, the body is able to still control blood sugar levels. However, as you will learn a little later in this

newsletter, there are several metabolic changes that occur as soon as these blood insulin levels begin to rise even though your blood sugars still remain normal and you do not show any signs of diabetes. The moment you develop insulin resistance, your arteries begin to age much faster than they should.

As long as you are able to keep producing these abnormally high levels of insulin (hyperinsulinemia), your blood sugars will remain normal. However, over the years, in the overwhelming majority of cases, your body simply can't keep making all of this insulin. In the majority of individuals with this problem the insulin levels finally begin to drop. As these insulin levels begin to drop, your blood sugars will then begin to rise and you become diabetic.

You need to understand that you don't just wake up one day and have type 2 diabetes mellitus. There are all kinds of early warning signs that you are becoming insulin resistant and at high risk of developing diabetes in the very near future. In fact, in my practice I have learned to look for these signs that allow me to accurately predict who will most likely become diabetic 10 to 15 years before they actually become diabetic. It is during this time that my patients have the best chance of reversing their underlying insulin resistance, slowing down the aging process, and preventing the development of type 2 diabetes mellitus. These are the individuals who will benefit the most from the principles shared in my new "booklet" called *Preventing Diabetes*, which is now available on my website, because they can actually prevent becoming diabetic. Is it worth the effort? I will let you decide. However, I have found that the majority of patients who realize that they are in the early stages of developing diabetes are very willing to make the simple lifestyle changes necessary to improve insulin

sensitivity. My job is to present the medical evidence that supports this claim and my own 12 years of clinical experience accomplishing this goal in my private family practice.

### **The Metabolic Syndrome**

The metabolic syndrome, or what has also been referred to as the insulin resistance syndrome or syndrome X, is a constellation of problems that develops because of underlying insulin resistance. From a clinician's point of view, I have personally observed hundreds of patients over the years that have slowly developed the many problems associated with the silent threat of the metabolic syndrome. Even though I only became aware of insulin insensitivity and its effects to the health of my patients approximately 12 years ago, I have since reviewed past physical exams and blood work for patients who have been in my care over the past three decades. I've conducted annual physicals for the police, sheriff, fire departments, and the majority of my patients. Therefore, I have archives of documented results (longitudinal studies) of the gradual changes in individuals' health status over a long period of time in those patients who actually developed insulin resistance and diabetes.

The final outcome of the majority of patients with the metabolic syndrome is the development of type 2 diabetes mellitus, and in America this stage is being reached in epidemic proportions. Type 2 diabetes mellitus has increased over 500% during the past generation with over 90% of these cases being due to insulin resistance.

What I have discovered is that full-blown metabolic syndrome does not just develop all of a sudden. It comes as the result of years and years of daily choices and poor lifestyles. A sedentary lifestyle along with the All-American diet has caused a tremendous number of my patients to develop the metabolic syndrome and eventually type 2 diabetes. The number of people who are starting down this slippery slope of accelerated aging is mind-boggling. The Journal of the American Medical Association had a review article

that stated that nearly 25% of the adult population already has the metabolic syndrome, and many of our children are also developing this silent disease. What I have observed in my private clinical practice is the fact that another 25% of the population is on their way to developing insulin resistance. This means that about 50% of the adult population and nearly 1/3 of our children already have evidence of early insulin resistance or the full-blown metabolic syndrome. In fact, I am impressed when I find a patient who is *not* beginning to show signs of insulin resistance. Here is the astonishing part: unlike a genetic disorder, this phantom syndrome can be fully prevented. The earlier you begin these healthy lifestyles that improve insulin sensitivity, the greater your chance is of reversing any insulin resistance, preventing diabetes altogether, and protecting your health. Remarkably, this damaging process can be reversed at almost any stage along the way—even after becoming diabetic!

### **What Comes First—Obesity or Diabetes?**

One of the major debates in the medical community today is whether becoming overweight causes insulin insensitivity or the reverse—insulin resistance causes obesity. I am going to weigh in heavily on this argument (no pun intended) because it is also the key in understanding why you can't lose weight.

The media and medical community keep telling us the reason we are seeing an epidemic of type 2 diabetes mellitus is that more and more people are getting fatter. However, what has become very apparent to me after researching the medical literature and observing patients in my own clinical practice is that people are not only becoming overweight because of insulin resistance, but they are also developing type 2 diabetes mellitus because of insulin resistance.

The reason that this becomes so important is because physicians continue to tell their patients that they just need to lose some weight if they want to avoid becoming diabetic. However, one

of the hallmark signs of insulin resistance is inability to lose weight no matter what you try. This leads to a tremendous amount of frustration among patients because by the time they have seen the doctor and have been told that they are on the verge of becoming diabetic they have tried almost everything to lose weight without success. I have learned that unless these individuals reverse the cause of their underlying insulin resistance, they not only are not able to lose weight, but they are also not able to prevent developing diabetes.

The epidemic of obesity and type 2 diabetes is the result of millions of people who are slowly entering the progression toward the metabolic syndrome. This fact becomes crucial in our approach to slowing down and even reversing both the increasing incidence of obesity and of type 2 diabetes mellitus. It actually becomes the central answer to the obesity and diabetes epidemic that is undermining our health and threatening to bankrupt our health care system.

### **Releasing Fat**

After years and years of abusing your insulin by consuming tremendous amounts of high-glycemic carbohydrates day in and day out, you too are most likely becoming resistant to your insulin. A calorie is no longer a calorie because the tracks of this glucose train have been switched and your body is not functioning properly. If you don't learn how to switch the tracks back, you simply will not be able to lose weight even with the most aggressive diets. In this state, the body is resistant to almost any weight loss program.

Over the past 12 years of helping my patients develop healthy lifestyles, which corrects this underlying insulin resistance, I have witnessed an amazing phenomenon—my patients begin “releasing fat” and they are not even trying. My patients are amazed when they begin to realize the fat is simply melting away. They are not hungry (after not restricting their calories) because they have had victory over their carbohydrate addiction. They are exercising

consistently and providing their body with cellular nutrition. The weight loss they experience cannot be explained by a low-calorie (calories in) diet or by aggressive exercise (calories out). They just begin releasing fat as mysteriously as they had previously put it on. When I re-evaluate their blood work, I am able to note that they have reversed their insulin resistance. This means that they have “tipped back” into a normal metabolic state.

If you are not able to lose weight, it's not because one day your fat burning ability disappeared. If your doctor has told you that the reason you have begun putting on weight is because your metabolism has declined, he or she is mistaken in the overwhelming majority of cases. The truth is, the tracks of your glucose train have been switched and glucose is now being delivered to your fat cells rather than to your muscle. The only answer to this dilemma is a program designed to reverse insulin resistance and allow you to successfully “flip the switch back again.” We now need to focus on exactly what you can do to prevent or reverse this underlying insulin resistance and allow you to not only prevent becoming diabetic but also allow you to lose weight permanently.

### **First-Step Therapy**

It is a well-known fact that the majority of the top ten leading causes of death in the modern world today are the result of our lifestyle. Heart attacks, cancer, strokes, diabetes, hypertension, obesity, and osteoporosis are some of the major diseases that are directly related to our unhealthy lifestyles. This is why physicians are encouraged to allow their patients a trial of improved lifestyles before they begin treating any of these diseases with drugs. When I initially diagnose a patient with diabetes, I always try to offer my patients a chance to improve their lifestyles whenever possible as a means of controlling their diabetes. Hopefully they won't even have to begin medication. In the medical community, this is called first-step therapy. However, today most physicians simply give this recommendation lip

service and begin their patients on medication before they have had a trial of these healthy lifestyle changes. I personally believe that this has happened because most physicians wrongly assume that their patients will not successfully make these healthy lifestyle changes. Others believe that even if they make lifestyle changes that they will not be effective in improving their clinical problem.

Over the past ten years, I have realized some very important truths. First, the majority of my patients (over 80% in my clinical experience) would rather make healthy lifestyle changes than begin taking medication. Even if there is the slightest chance of avoiding a drug, the patient desires to make these healthy lifestyle changes first. Second, I have learned that when the triad of healthy lifestyles recommended in the Healthy for Life Program is implemented, most people are able to improve clinically and avoid the need for medication altogether. The reason is really quite simple: the underlying cause of the medical problem in the majority of cases is actually corrected, which is insulin resistance.

If you are personally facing the prospect of needing medication or desiring to get off medication that has already been started, the Healthy for Life Program may be just what you need. Let me make one thing very clear; however, *you must remain under the direct supervision of your personal physician*. No one (and I mean no one!) should discontinue any medication prescribed by a physician without his or her doctor's direction and permission. If you are already taking medication, you should only come off that medication after your physician has documented positive clinical results from your healthy lifestyle changes. In most cases, this may take several months to one or two years to accomplish. I have found that most physicians are willing to work closely with their patient when the patient strongly desires to avoid starting a medication or is trying to get off a prescription. In fact, more and more physicians are recommending the Healthy for Life Internet Program located at [www.firststeptherapy.com](http://www.firststeptherapy.com) to

their patients, and it has become their wellness program.

Another warning is the fact that diabetics will generally see significant improvement in their blood sugars and their diabetic control the longer they are involved in the program. Some even note dramatic improvement within the first few weeks. If you are diabetic and on medication or insulin, you must be checking your blood sugars at least four times daily during the first few weeks of the program. If your blood sugars begin to drop and fall into the low blood sugar range (hypoglycemic range), contact your physician immediately so that he can readjust your medication. Also, do not worry if your blood sugars go up a little initially. Remember, the mere fact that you are already diabetic means that you are further down the line in regards to having significant insulin resistance. It usually takes my diabetic patients 18 to 24 months on this program before they have received the full potential value from these healthy lifestyles.

### **Healthy for Life Program located at [www.FirstStepTherapy.com](http://www.FirstStepTherapy.com)**

Now that more and more people are beginning to become proactive with their health they want to know what they can do that will truly be clinically effective. In this sea of information, people become more and more confused the more they read. If you are going to spend all this time, money, and effort on trying to improve your lifestyle, wouldn't you want it to be clinically effective? Changing lifestyle behavior is not an easy task. In fact, I have dedicated the last 12 years of my medical practice learning what it takes to help people accomplish their goal of establishing these new, healthier lifestyles that give them the best possible chance of preventing diabetes or even possibly reversing diabetes. This is why the Healthy for Life Program was developed. It is a 15-month program that takes you by the hand and educates you, motivates you, and holds you accountable to these new, healthier lifestyles that have been shown to be clinically effective. You can choose either the

“Coached” program, where you are assigned your own personal lifestyle coach, or the more affordable “Self-Directed” program. In both programs, you will receive daily emails from me along with weekly trainings for the first 12 weeks of the program, and weekly emails and monthly advanced trainings during the last 12 months. You can either read these trainings or view a “FLASH audio presentation.”

You will have your own personal lifestyle journal where you will record exactly what you are eating, how you are taking your nutritionals, and how you are exercising. Simply writing down what you are actually doing in regards to your lifestyle allows these subconscious lifestyle habits to become conscious, so you can deal with them honestly. What you will learn very quickly is that you do not have to be perfect to have success in this program; however, you must be honest with yourself. Over the 15 months of the program, these new healthier lifestyles will eventually become unconscious again; however, this time they will be good lifestyle habits. This journal is automatically graded; however, it is also reviewed periodically by your coach in the “Coached” program.

You must remember this is not a diet, but instead, is the beginning of establishing these new healthier lifestyles. However, there is one word of caution for the diabetic patient. You must follow your blood sugars carefully. I would recommend checking your blood sugars at least four times daily with your glucometer.

I have learned over 30 years of clinical practice and through countless studies reported in our medical literature that diets simply do not work. In fact, they fail 98% of the time. This is because they are a short-term solution for a long-term problem. They are also generally not balanced diets or healthy diets. But the main reason they do not work is because they don't correct the underlying problem, which is insulin resistance. Remember, the Healthy for Life Program is not a diet. These are healthy lifestyles that just happen to have a side effect of permanent weight loss.

However, I have found that you must continue this program for at least 15 months to firmly establish these new, healthier lifestyles. These are healthy lifestyles that you want to be doing for the rest of your life.

I would encourage each and every one of you to go to visit my web site located at [www.firststeptherapy.com](http://www.firststeptherapy.com) and check out this amazing Internet site. Take a look at the overview of the program and the web site tour to learn more about how this site is able to help you achieve these new healthier lifestyles. Also take advantage of the **FREE** “Automated Health Risk Assessment” that I have developed. You can find out if you already have any evidence of insulin resistance. Knowing this information is great; however, it is very difficult to change lifestyles that you have established over a lifetime. This is why it is critical to consider becoming a member of this web page and allowing us to take you by the hand and educate you, motivate you, and hold you accountable to these new, healthier lifestyles.

This program has been shown to be clinically effective in two separate clinical trials. The last study was done in conjunction with Dr. Tim Wood under the supervision of the Western International Review Board and FDA. Twenty-five participants who showed evidence of early insulin resistance were involved in this 12-week study. They participated in Phase 1 and 2 of the Healthy for Life Program and were followed at [www.firststeptherapy.com](http://www.firststeptherapy.com). They took high quality, complete and balanced nutritional supplements that provided the cellular nutrition I recommend. Within twelve weeks they had an average weight loss of 13 pounds, they decreased their body mass index (BMI) by 2.2 points, and they lost an average of 2 ½ inches off their waist measurements. Their systolic blood pressure (the high number) dropped an average 10 points and their diastolic pressure (the low number) dropped an average of 6 points. Their total cholesterol dropped an average of 17%, the LDL cholesterol dropped an average of 19%, and their triglyceride levels dropped an average of 23%. This was all the result of improved insulin

sensitivity, which improved over 12%. As you would expect, their insulin levels dropped an amazing 40% during the 12 weeks of the study. Physicians, chiropractors, osteopaths, health clubs, and naturopaths across the country are now incorporating the Healthy for Life Program into their practices and health clubs. It offers their patients an opportunity to develop these healthy lifestyles that have been shown to be clinically effective. If you have a desire to prevent ever becoming diabetic or improving your diabetes, if you are already diabetic, then you want to strongly consider applying this cutting-edge scientific information to your life. The easiest way to accomplish this goal is to become a participant of the Healthy for Life Program today. Check it out at [www.firststeptherapy.com](http://www.firststeptherapy.com) and begin taking back control of your health. Also consider getting a copy of my new booklet, *Preventing Diabetes*, which is a great introduction to these cutting-edge scientific, medical concepts.

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