

The Lewis Health Series

Health in the 21st century



Dr Gerald Lewis, Physician and Cardiologist

MB ChB, FRACP, FRCP (UK), MD(Otago)

Dr Monica Lewis Holistic General Practitioner

MB ChB

Diabetes Mellitus

**We graduated from Otago
Medical school 1967**

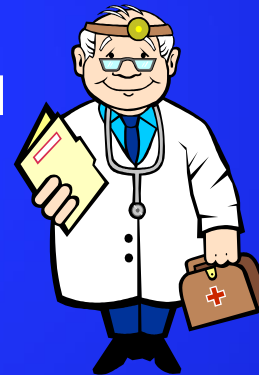


**Over next past 40 years we have come to
realise that there is much more to treating our
patients than just DRUGS & OPERATIONS**

Health Talks



1. Heart disease
2. Cancer
3. Stress
4. Immune diseases
5. Diabetes
6. Children's diseases
7. How supplements work
8. A healthy approach to sport
9. Anti Ageing



The slides of this talk are on my website:
www.drgeraldlewis.com

Dr. Gerald Lewis MD

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Comprehensive health advice

Using the best of all therapies

Online medical advice from an experienced physician who also practices complementary therapies

DISCOVER – the best of modern medicine, complementary medicine and alternative medicines, then you choose your treatment pathway!

ACCESS IS FREE FOR 24 HOURS

View all conditions & treatments available

DESCRIPTION OF DISEASES
MEDICAL TREATMENT
COMPLEMENTARY TREATMENTS
LIFESTYLE CHANGES, DIET AND SUPPLEMENTS

To understand the purpose of this website, watch this 3-minute video

Online Medical Advice
DISCOVER – The best of Modern Medicine, Complementary Medicine & Alternative Medicine
Dr. Lewis is a specialist General Physician, Cardiologist and Clinical Pharmacologist
www.DrGeraldLewis.com
Dr. Gerald Lewis
MB ChB, FRACP, FRCP, FRCR, MD (Chicago)

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Medical Conditions

- ALS, Motor Neurone Disease, Lou Gehrig's disease
- Alzheimer's disease
- Angina
- Arthritis
- Asthma
- Atrial Fibrillation
- Autonomic nerve dysfunction
- Becoming an Affiliate
- Blog
- Cancer
- Cancer – coping with chemo
- Cancer – specific types
- Children's Health
- Cholesterol – good or bad?
- Cluster headache
- Coliac Disease

Talks

Monica & I graduated in 1967:

When we graduated main cause of

Heart attack

Stroke

Heart failure

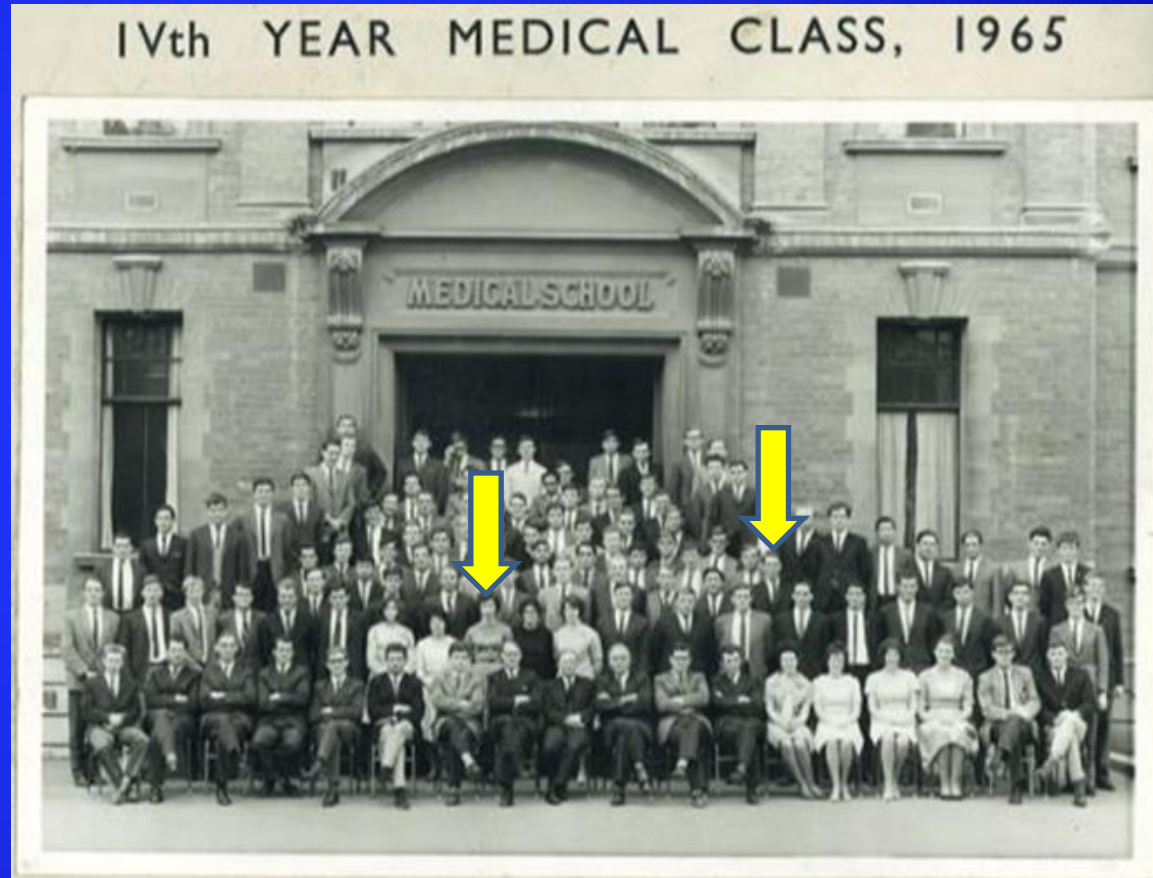
Blindness

Kidney failure

Amputations

Was?????

High Blood Pressure



Now it is DIABETES – & it is affecting our children

Diabetes Mellitus

- What it is
- The size of the problem
- Why we get it
- What we can do about it
- How it can be eliminated — not the way we are currently going



1. Diabetes mellitus – why is it called mellitus

Diabetes – means a siphon or fountain

Diabetics pass a lot of urine

There are 2 conditions which makes people pass a lot of urine.

Diseases in :

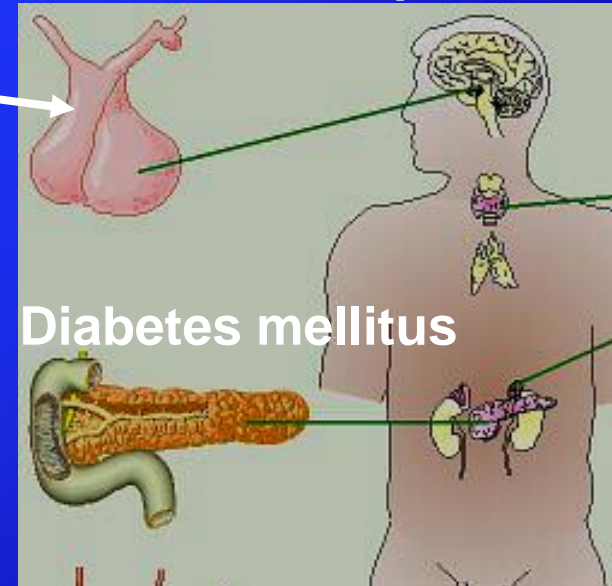
1. The pituitary gland
2. The pancreas

Diabetes insipidus

Diabetes mellitus – sweet



Diabetes insipidus



The two men who discovered the cause of diabetes

Removed the pancreas
from a dog



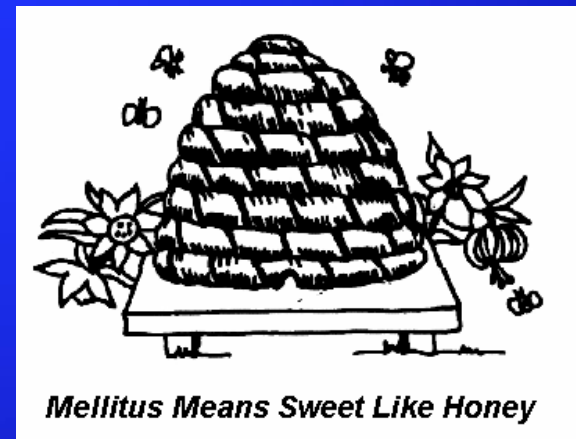
Dr Mering



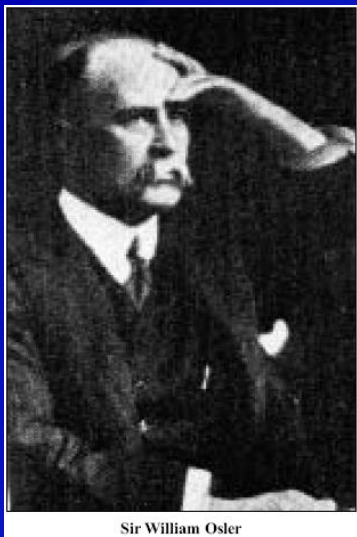
Dr Minowski



Pee smelt and **TASTED** like honey



Mellitus Means Sweet Like Honey



Sir William Osler

Doctors used to diagnose diabetes mellitus by tasting the patient's urine!



Insipidus



Mellitus

Diabetes



2. The size of the problem:

It is an epidemic –

- In the past 5 years its incidence has risen by 5%
- In 1997 was the 10th cause of death,
- 2009 number 5
- 2019 it will be number 1



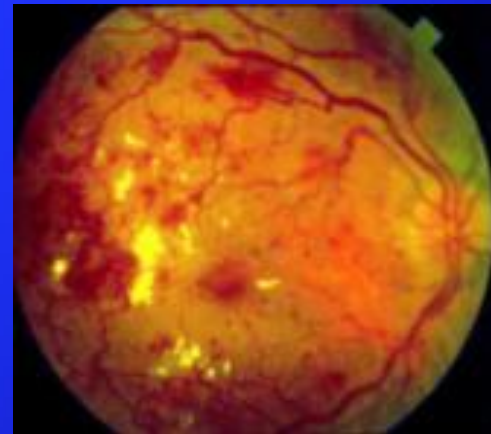
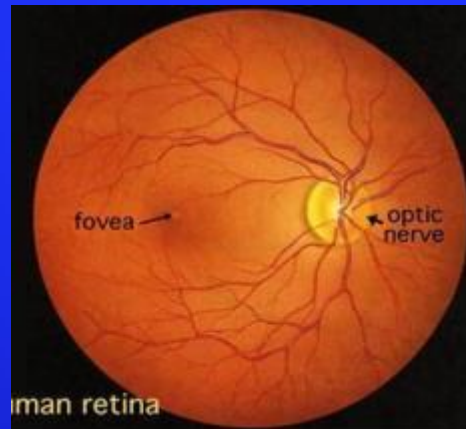
DESPITE the advertising, education, and money being spent on diabetes.....

- The Centre for Disease Control (CDC) calculates that **1 in 3 of children** born since 2000 will develop diabetes in their lifetime .

 **THIS WILL HAPPEN**

“It is hard to imagine these children living much beyond 40 or 50 years without developing diabetic complications that result in stroke, heart attack, blindness, or kidney disease”

They are talking about our children & grand children!



unless we do something about it

3. How do we get diabetes?

There are 2 types of diabetes –

Type 1 - Children
& young adults



Type 2 – obesity
“adult onset”



Used to be just fat adults
But NOW it is affecting
children and teens

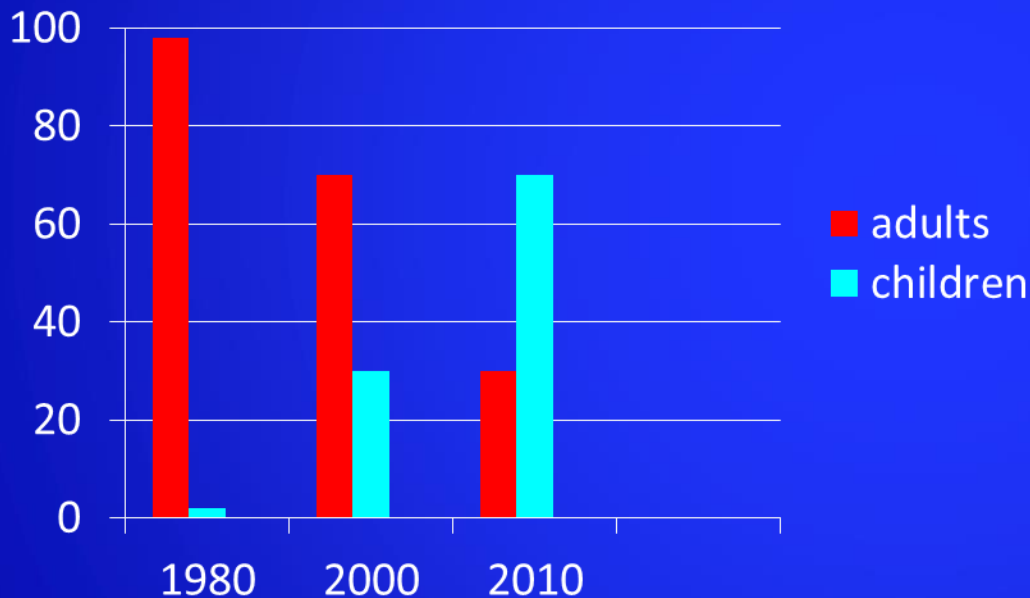


3. How do we get diabetes?

There are 2 types of diabetes –

Type 2 – obesity
“adult onset”

Obesity diabetes.
Adults vs children 9 - 19

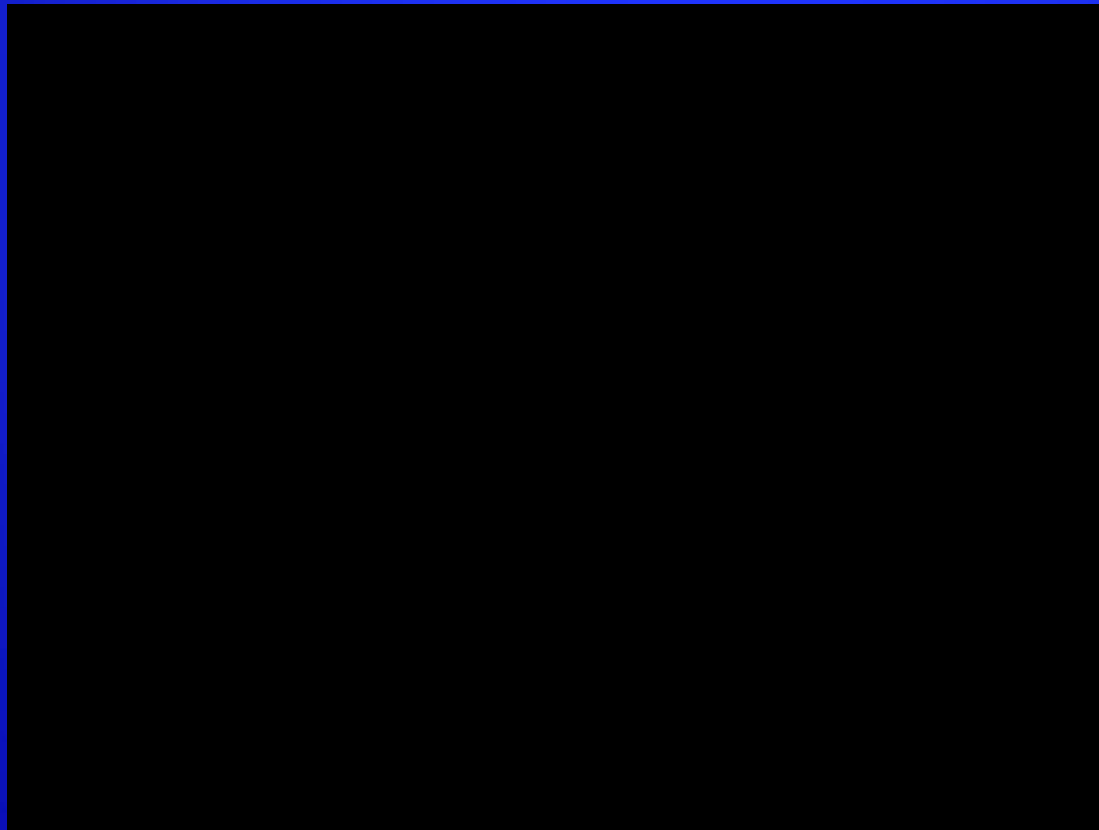


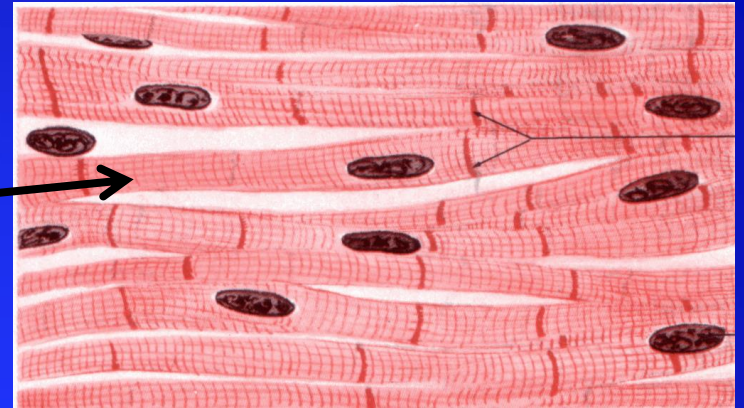
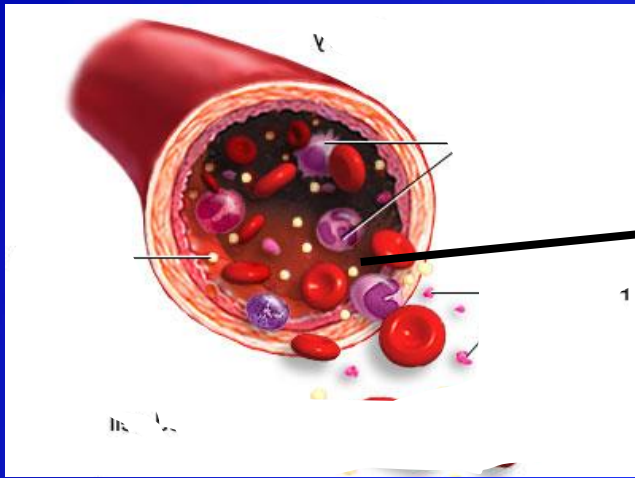
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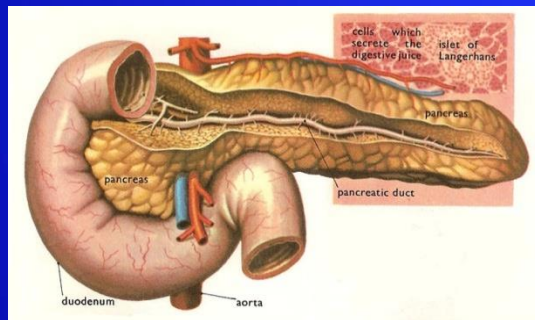
Digestion – how sugars get into our bodies

What happens after
we eat a sugary food

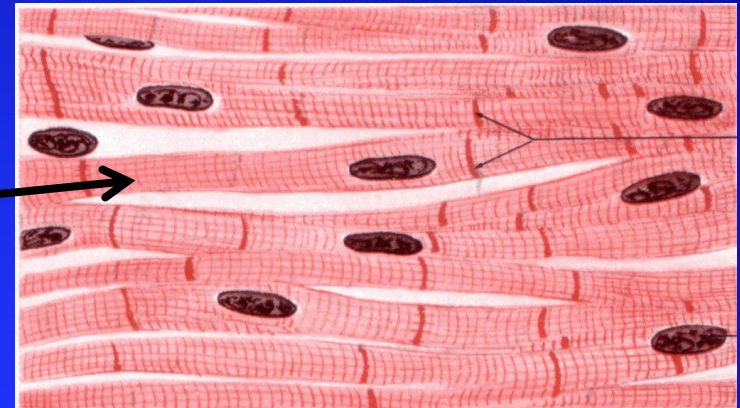
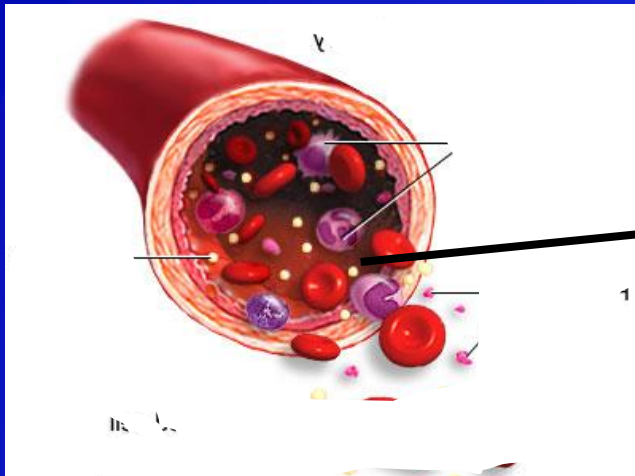




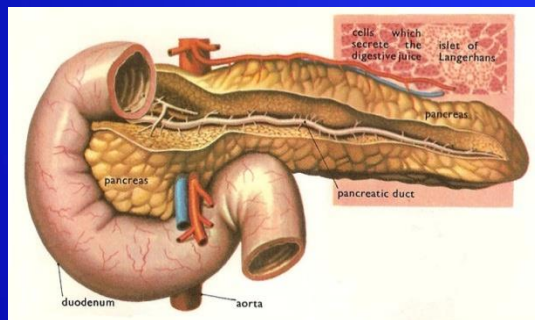
**Glucose cannot get into the body cells alone
It requires insulin to get in**



**Insulin opens the
glucose doors**



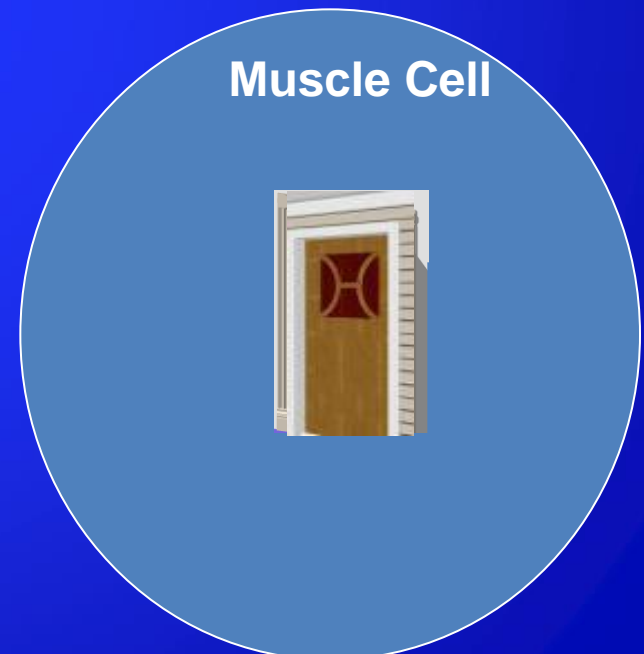
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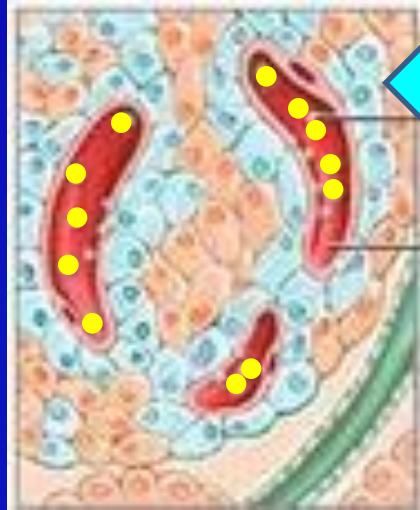
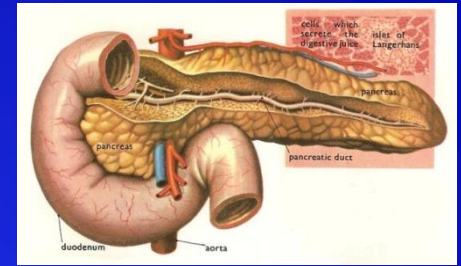
I

**Insulin opens the
glucose doors**

G



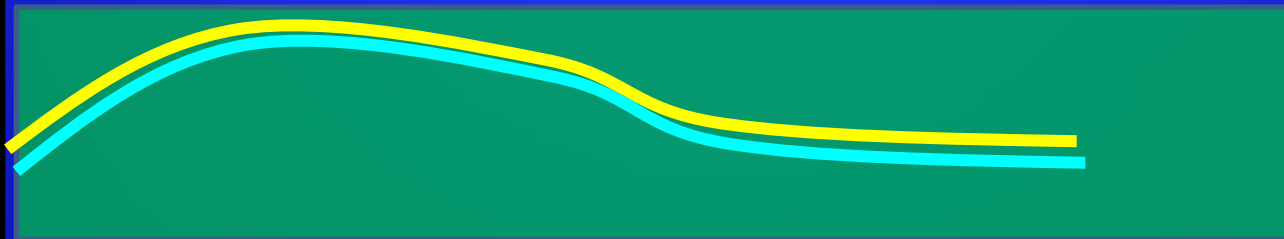
INSULIN is made in the pancreas gland



Islets of Langerhans

These detect the **GLUCOSE** in the blood as it goes past.
Creates the right amount of **INSULIN** to open the number of doors needed.

GLUCOSE stays at the right level



In diabetes this system goes wrong

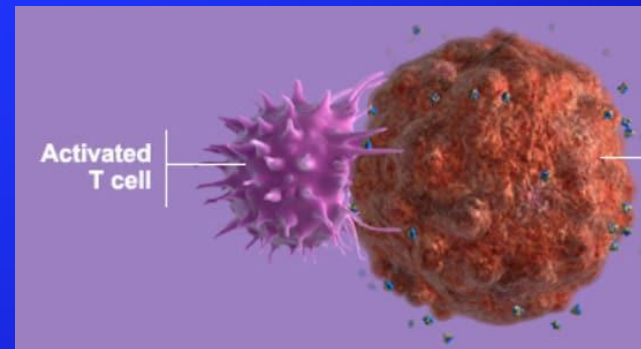
Type 1 diabetes – juvenile diabetes

The insulin secreting cells of the pancreas are destroyed

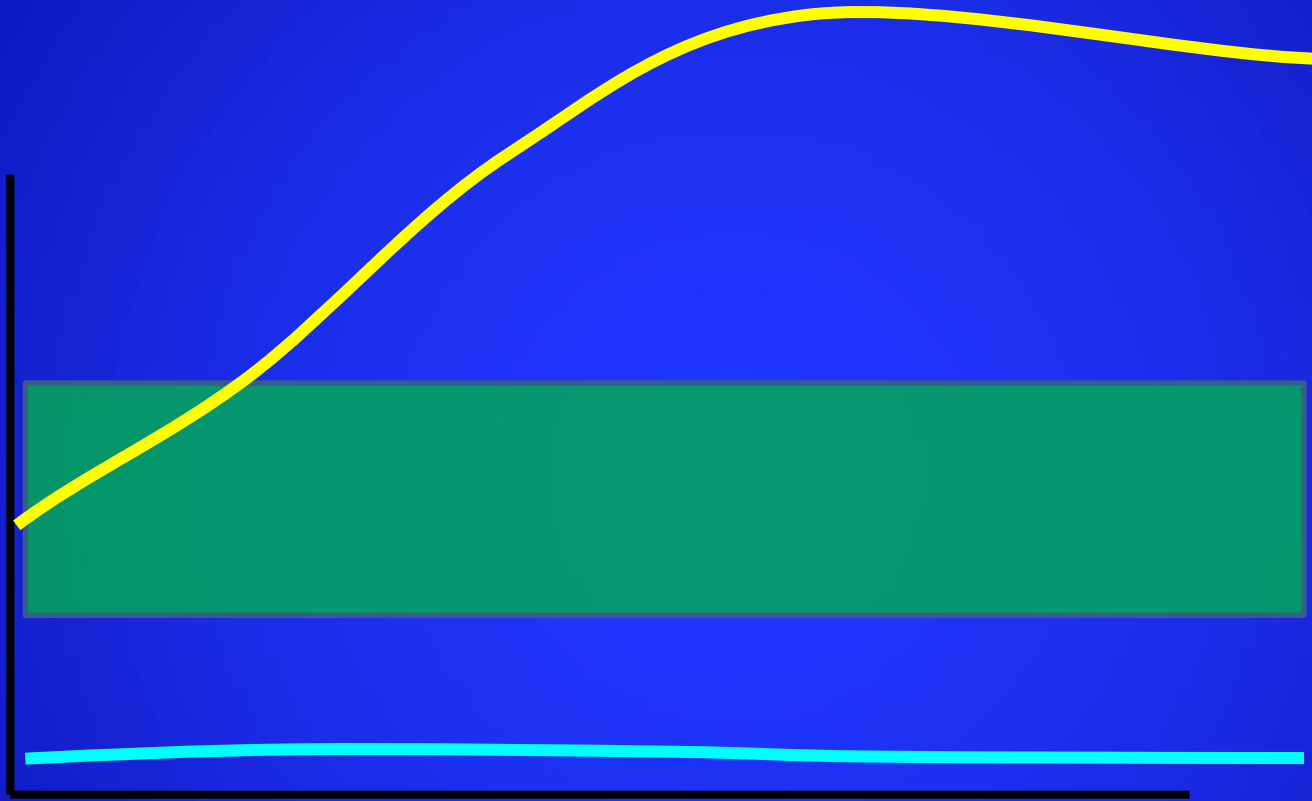


In Type 1 diabetes, immune cells think the Islet cells are invaders – and destroys them

Our immune system identifies invaders and kills them:



The pancreas makes NO INSULIN – and the blood sugar shoots up high:





What destroys the Islet cells?

1. A1 milk
2. Virus infections
3. Genetic inheritance
4. Leaky gut
5. ?????????????



Could the milk our children drink cause diabetes?





What destroys the Islet cells?

1. A1 milk
2. Virus infections
3. Genetic inheritance
4. Leaky gut
5. ????????????

Could the milk our children drink cause diabetes?



Some cows make A1 and others A2 milk

A1 milk

A2 milk

A1 β -casein

Amino acids



mRNA

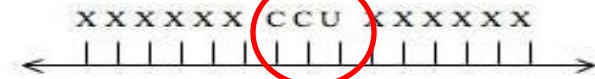


A2 β -casein

Amino acids



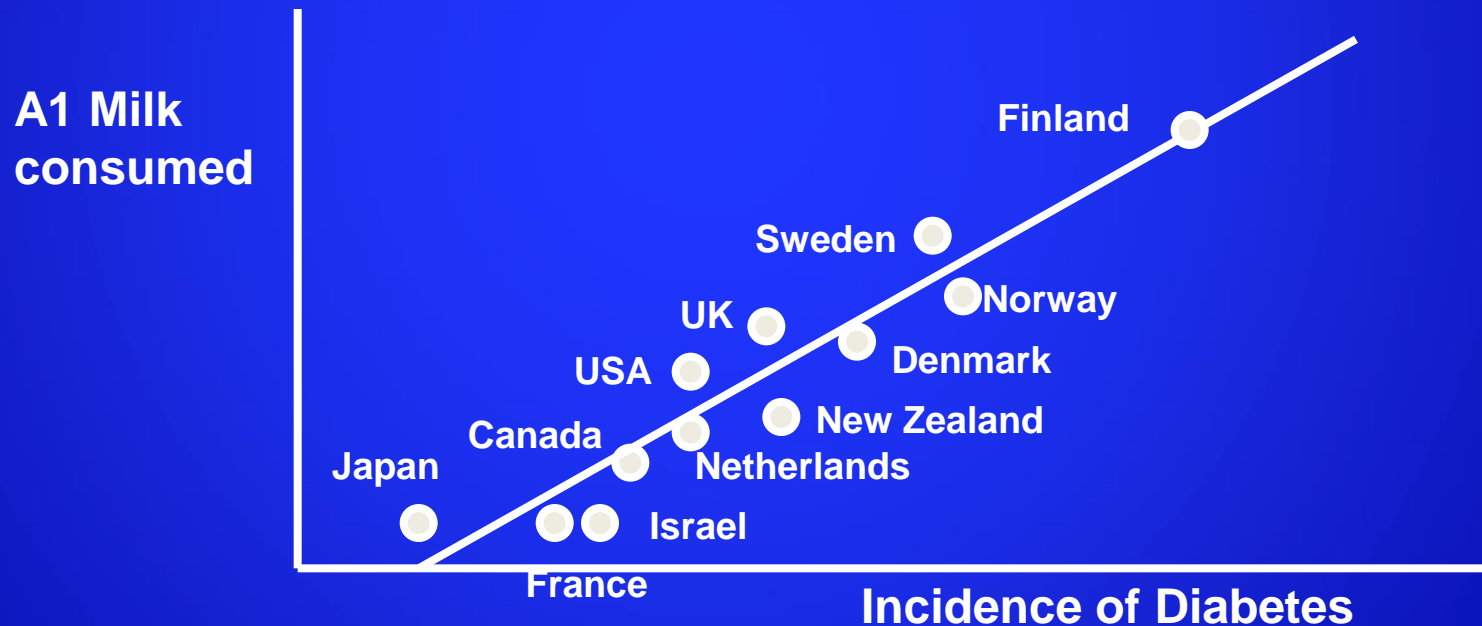
mRNA



World wide there is an association between A1 milk consumption and type 1 diabetes –



Dr Dahl – Jorgensen Diabetes care 1991

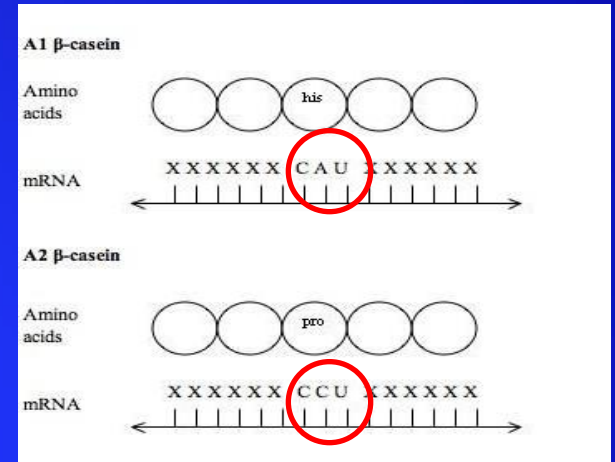


How could cow's milk cause diabetes?

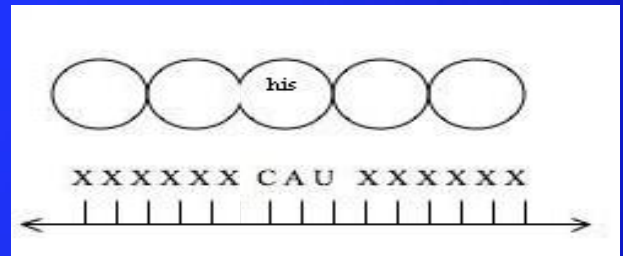


A1 milk can be broken down

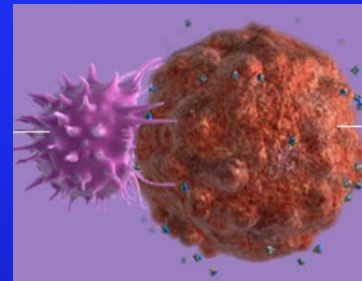
A2 milk - cannot



In the gut A1 milk is split into 2 proteins:



One is similar to Islet cells and may trigger the immune system to destroy them



The answer is so simple:

1. Babies and children drink A2 milk
2. ALL baby formula should be A2
3. Drink goats or sheep milk
4. Breast feed as long as you can



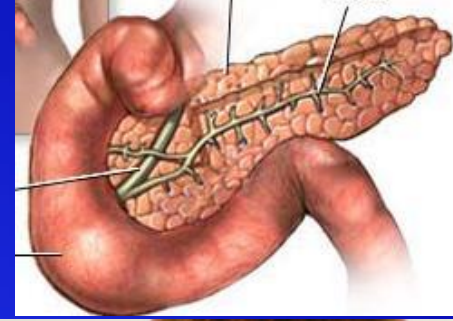
In the USA children fed cow's milk had **11.3 times the risk** of developing diabetes as those breast fed for at least 3 months.

2. Virus infections produce antibodies

Rubella, mumps, measles, Coxsackie,

These may attack the pancreas cells

So if a child has an infection or vaccine:



My Suggestion:

At the time of an infection
or before and after a vaccination:

- Take plenty of vitamin C
- Look after the gut (probiotics)
- Avoid drinking milk & milk products



Type 1 diabetes – pancreas destroyed – no insulin

Type 2 diabetes – is a very different disease - plenty of insulin but the cells are resistant to it.

Used to be in overweight adults:

Now it is affecting our children

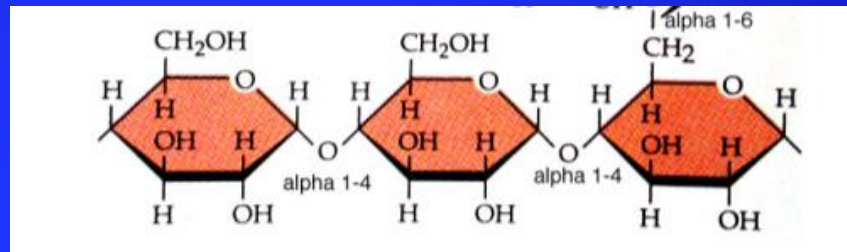
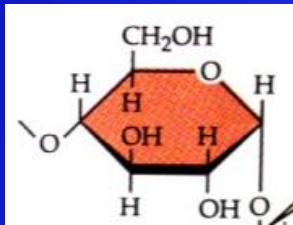


Unless we do something about it !
It is 95% preventable !!!!!

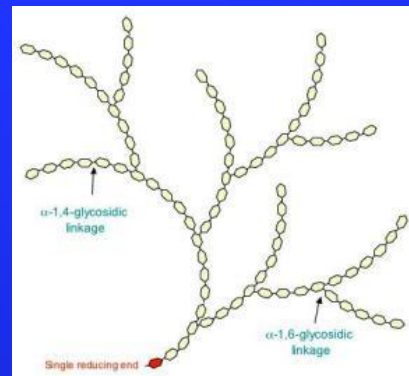
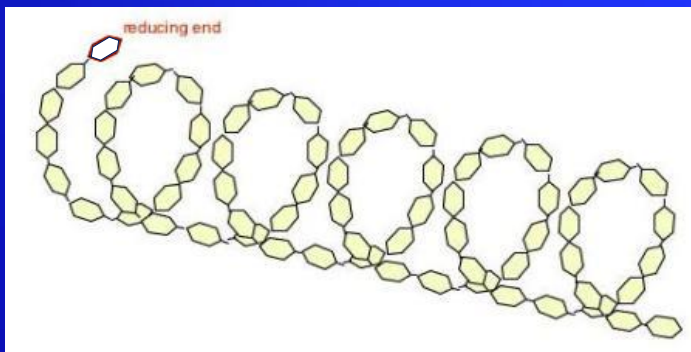
Centre for Disease Control – 1 in 3 of our children will develop diabetes in their lifetime.

Type 2 diabetes is caused by high sugar intake.

Sugars are joined together for storage in animals and plants – starches

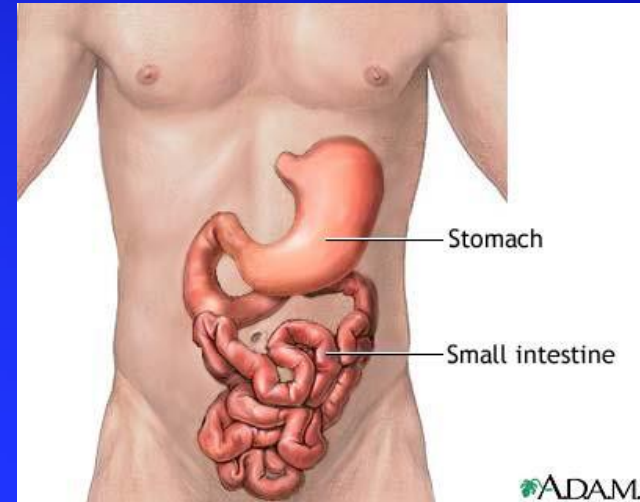
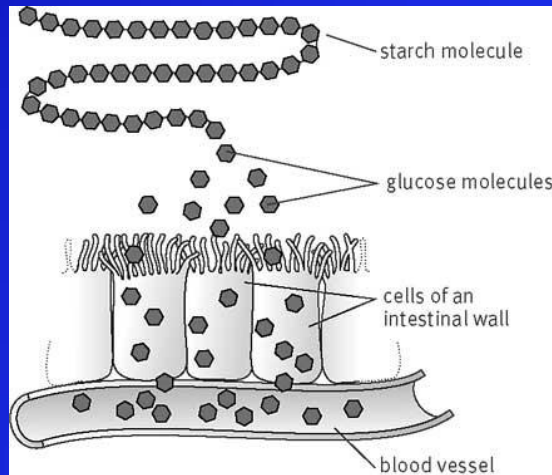


These starches can be in a single strand – or branching strands:

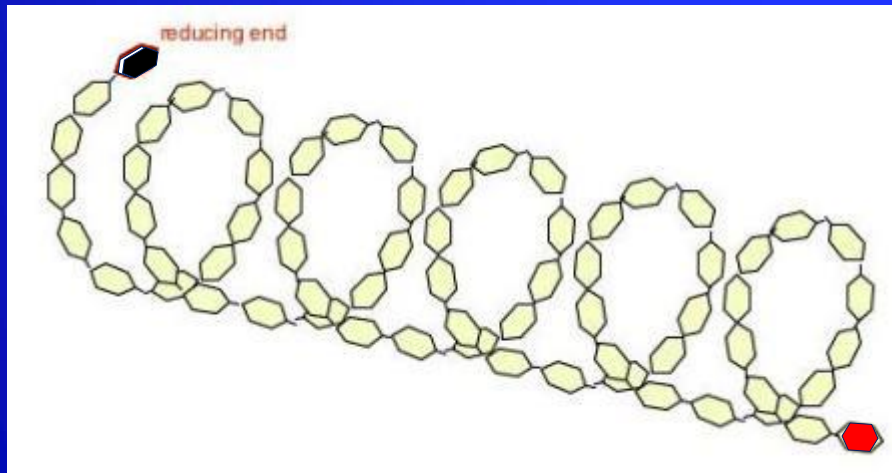


It makes a huge difference to their effects inside us

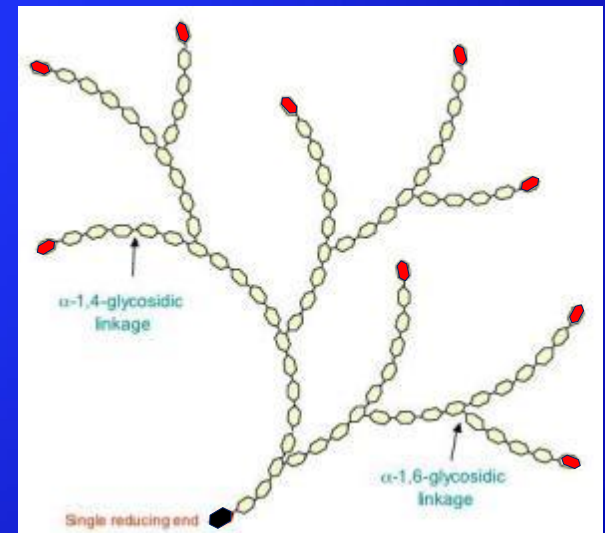
In the intestines – the starch is broken down into single sugars:



Only the END sugar can be removed:

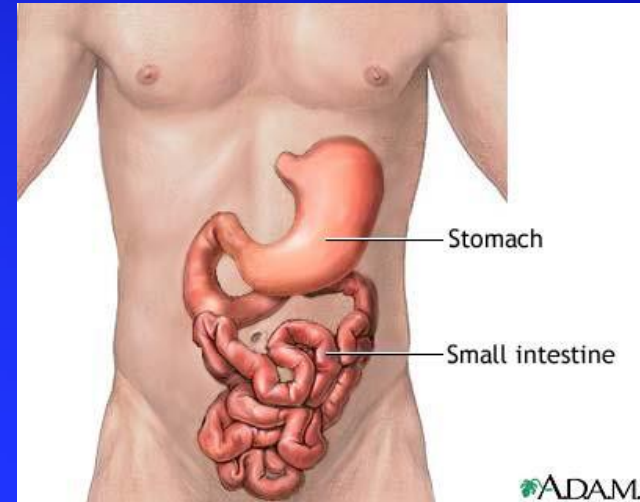
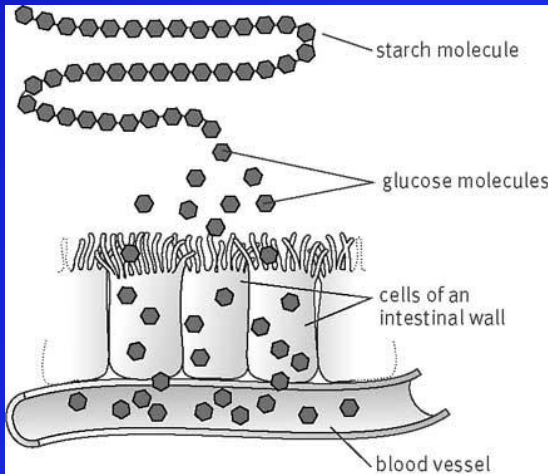


Amylose

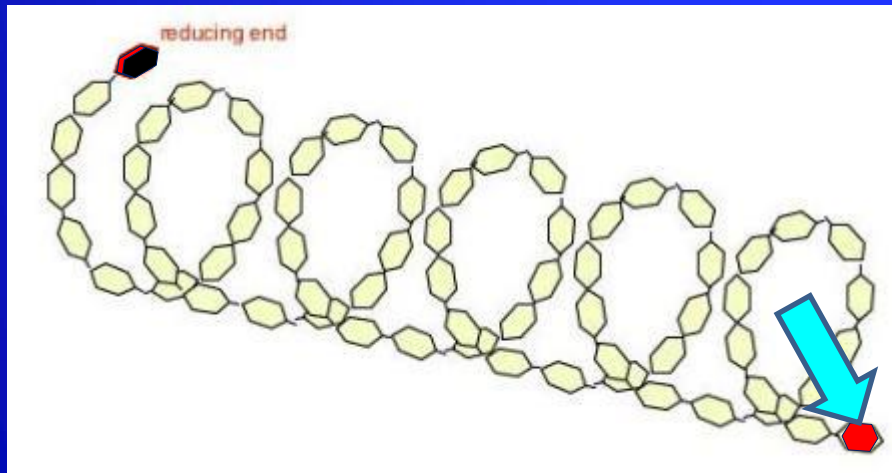


Amylopectin

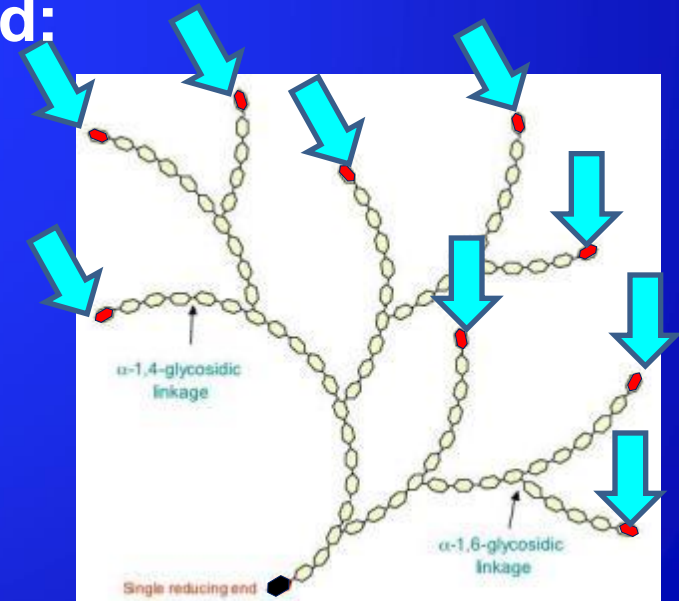
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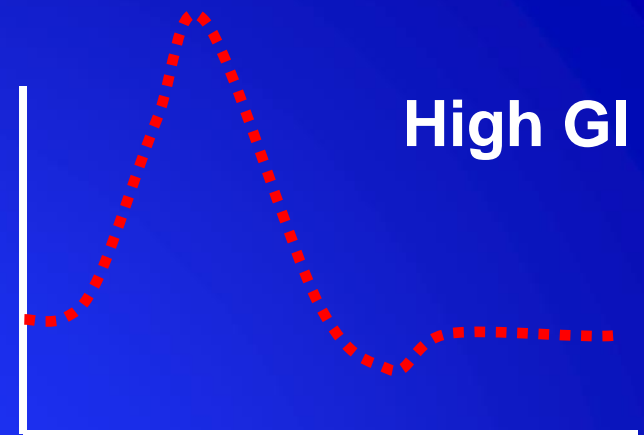
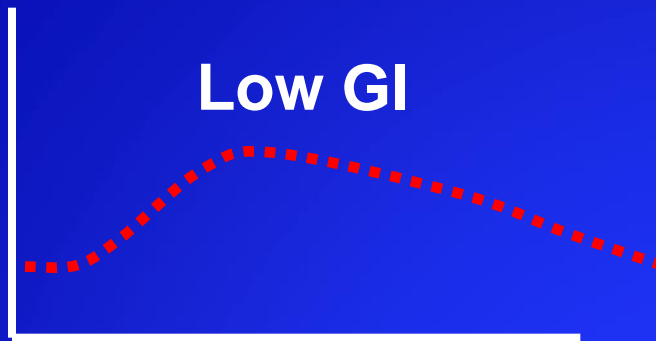
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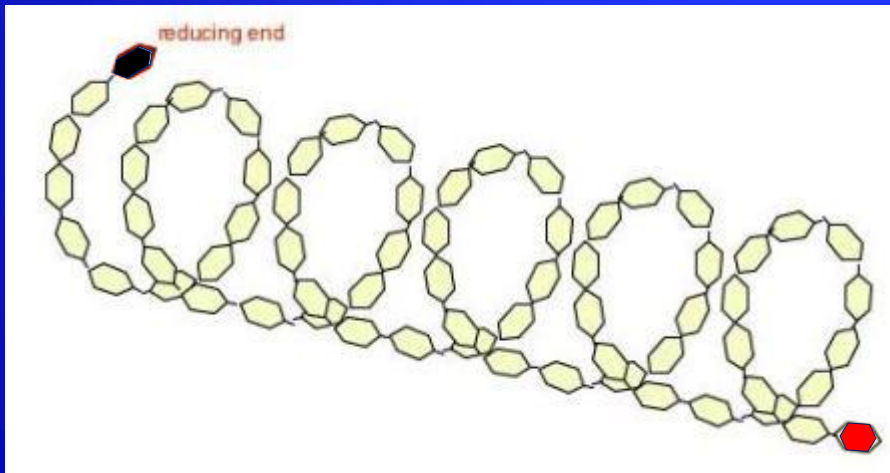
Amylose



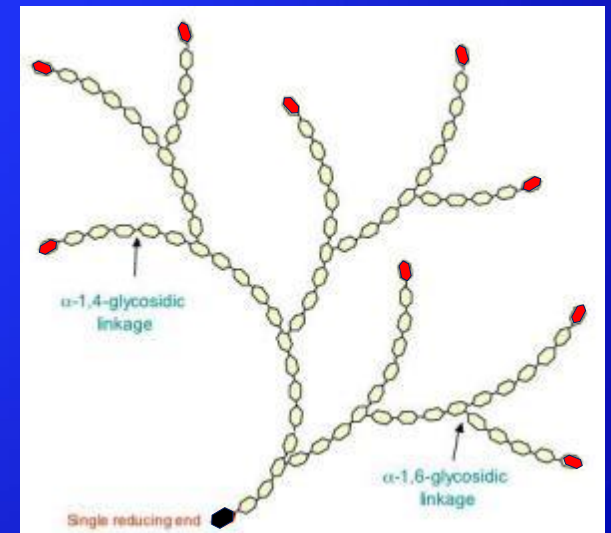
Amylopectin



This is why some sugars spike the blood sugar levels (High GI glycaemic index), and others don't (Low GI)

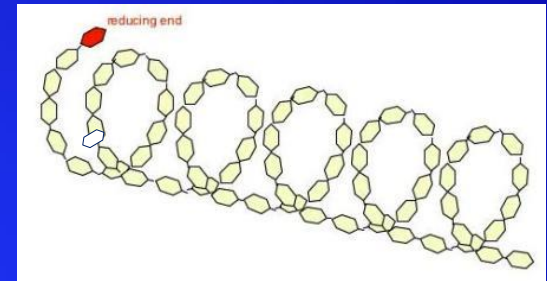
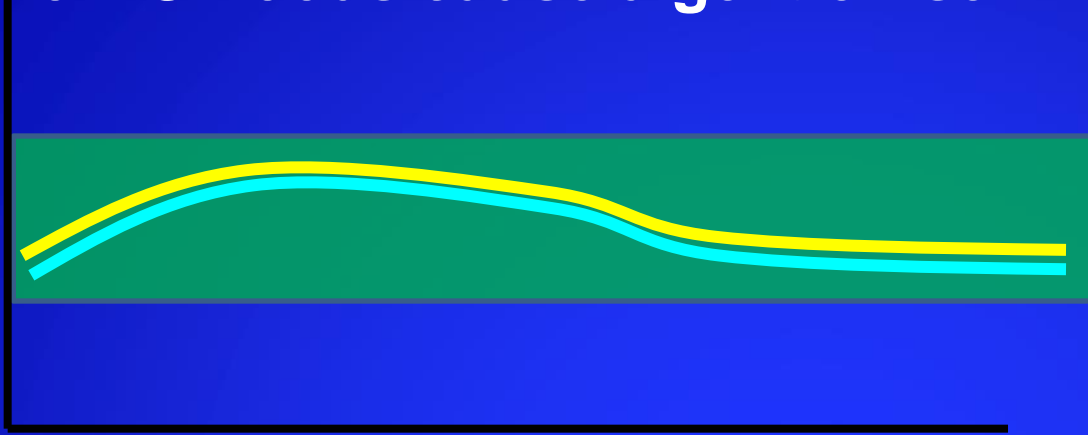


Amylose

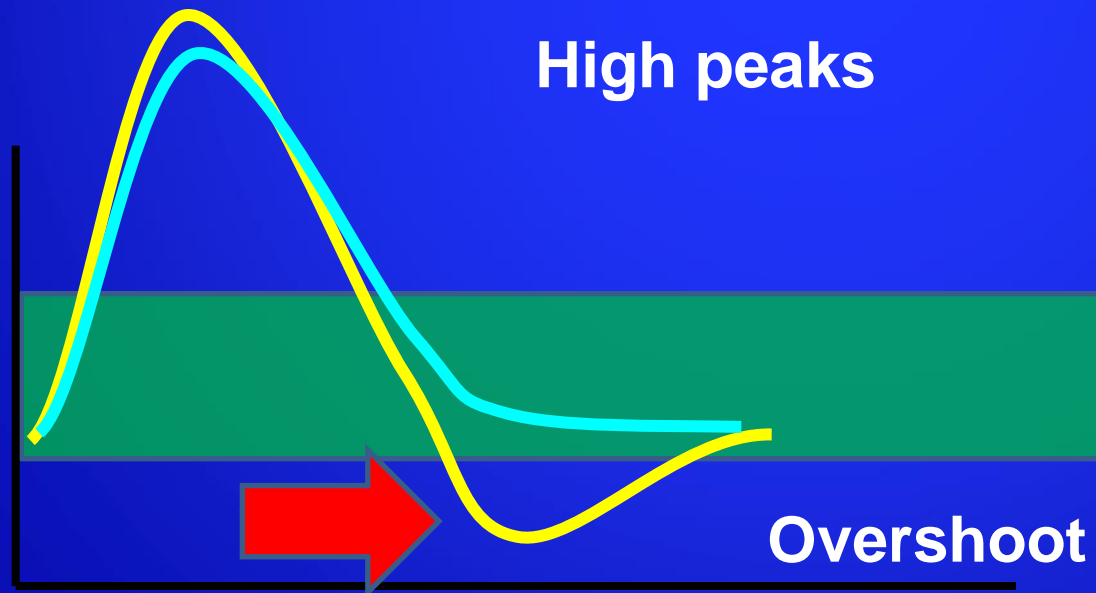


Amylopectin

Low GI foods cause a gentle rise in blood glucose

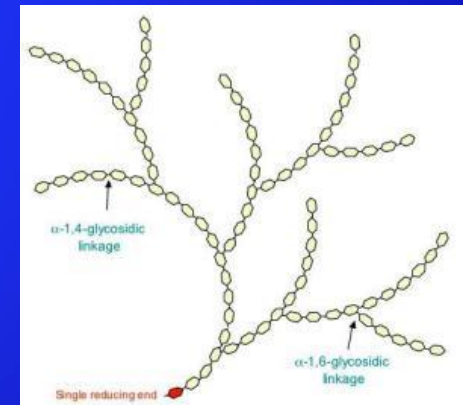


High GI foods make high peaks in the blood glucose followed by high insulin response.

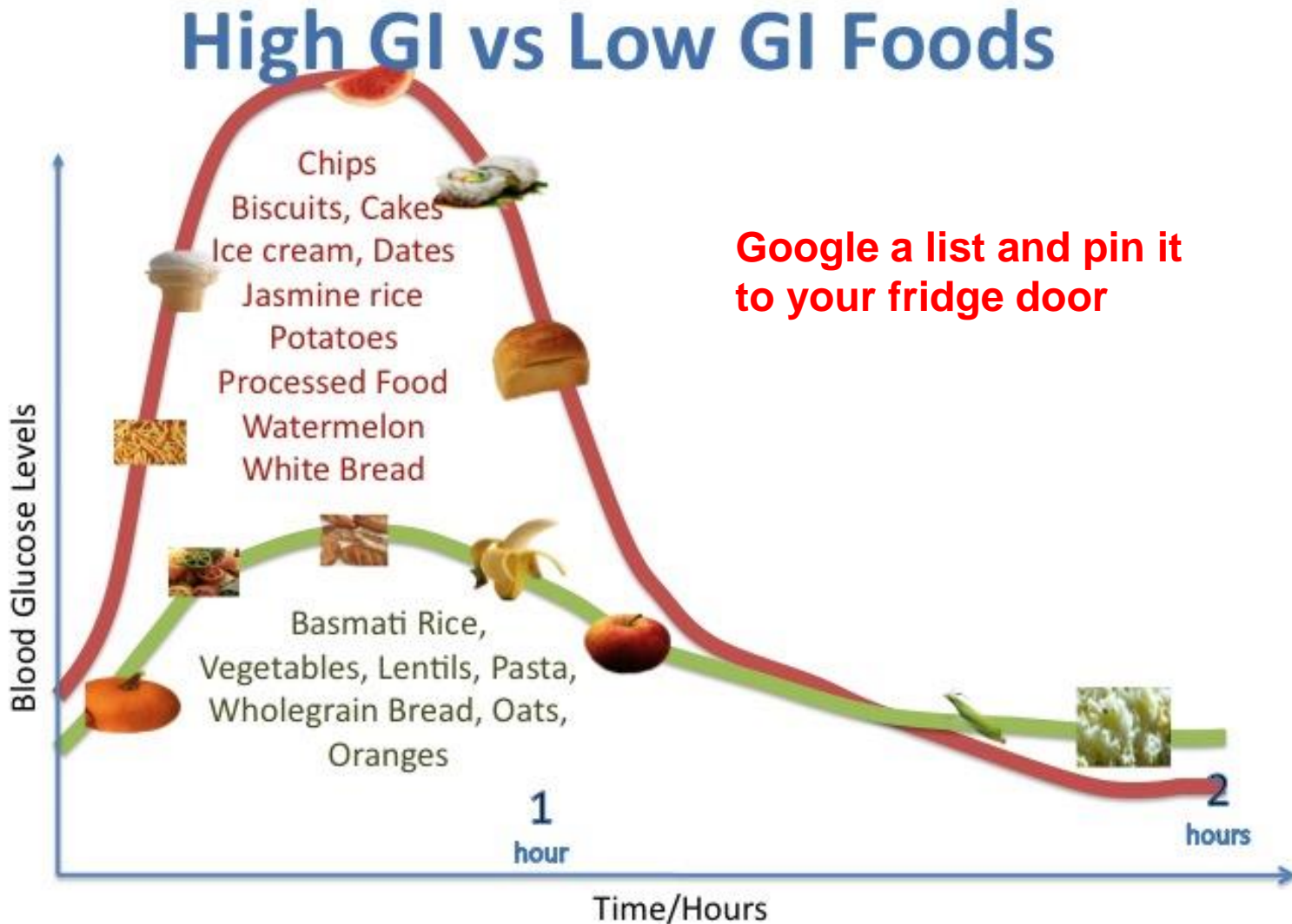


High peaks

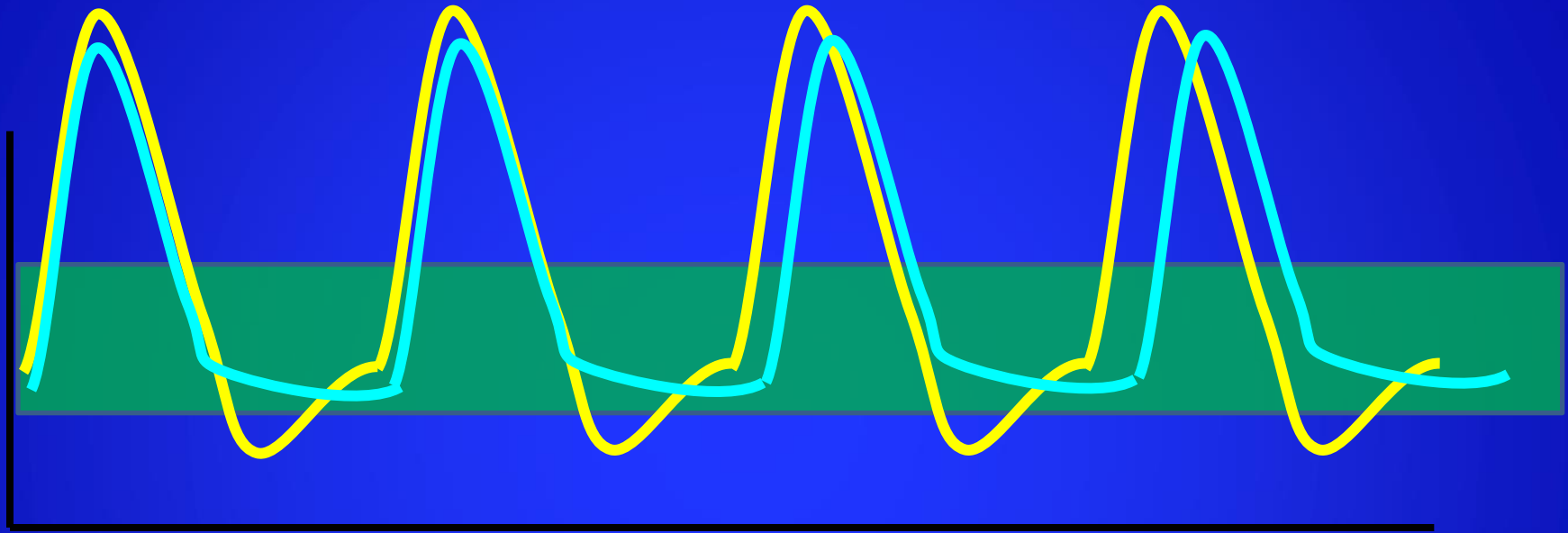
Overshoot low (HUNGER)



High GI foods are one CAUSE of type 2 diabetes

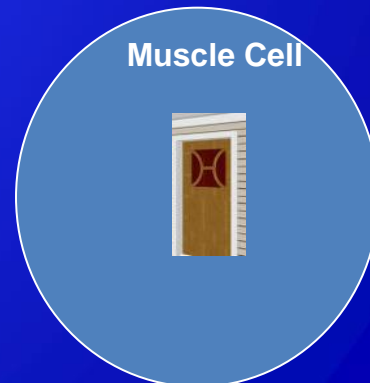


The persistent high sugars and insulin lead to insulin resistance



**Just like our noses get used to a background smell
Our ears to background noise**

**The insulin receptors get used to high insulin
levels and do NOT open the glucose doors
as easily**

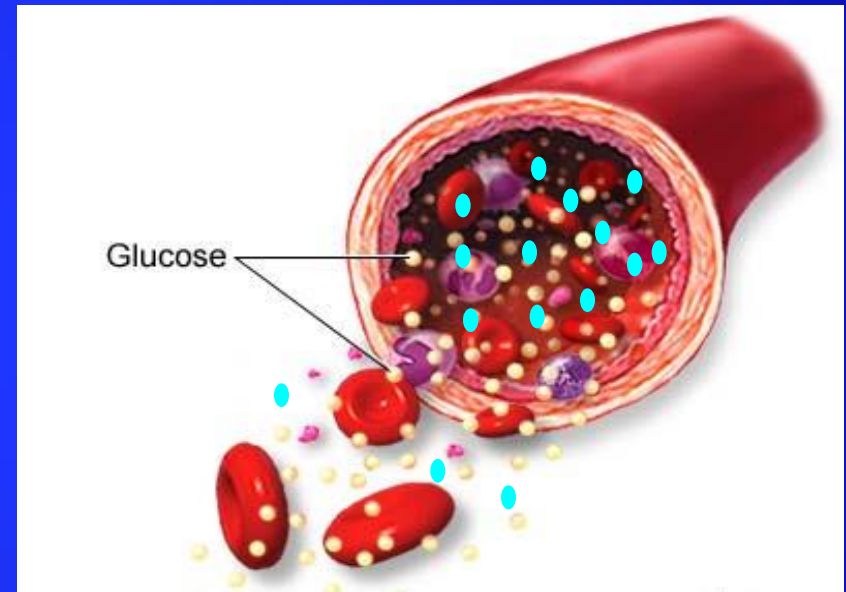
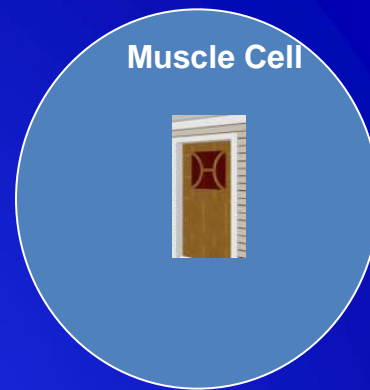
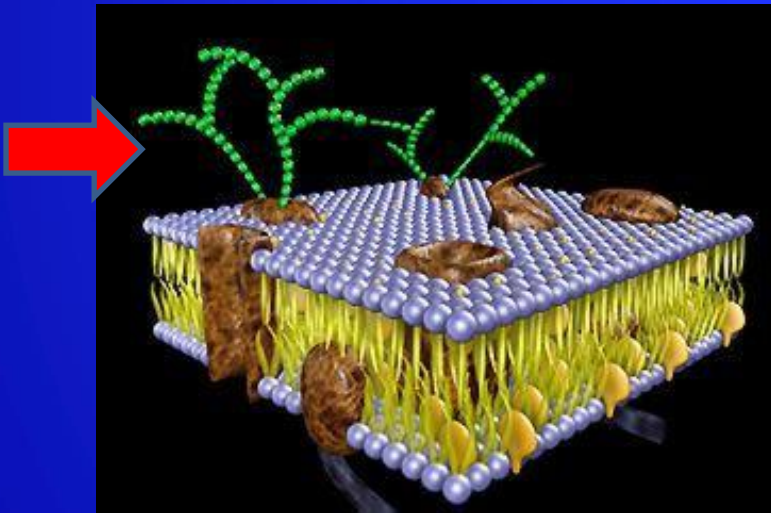


Type 2 diabetes

Glucose receptors don't respond to insulin

High levels of **INSULIN** and **GLUCOSE** in the blood stream

Glucose attaches onto cell walls and weakens them



Insulin damages artery walls and causes inflammation which also attacks cells

Diabetes is a terrible disease



Stroke

Heart attack, angina, heart failure



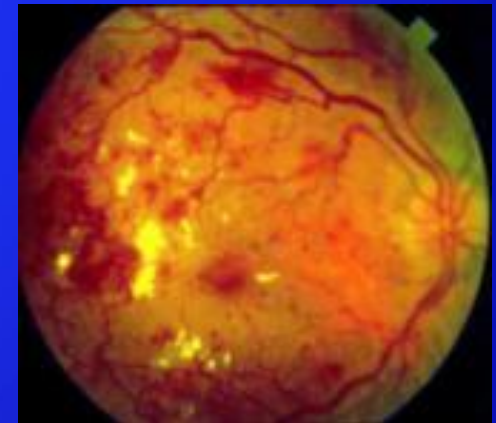
Kidney failure



Gangrene amputation



Alzheimer's



Blindness



Diabetes is a terrible disease



Stroke

Heart attack, angina, heart failure



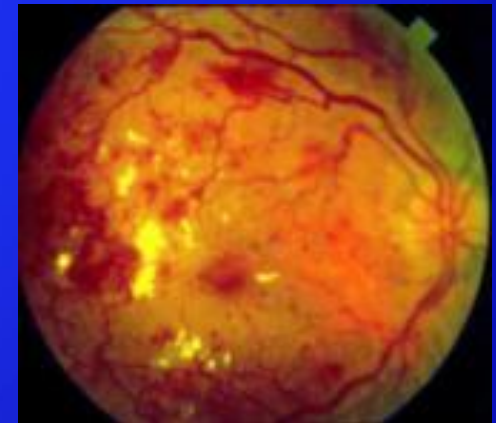
Kidney failure



Gangrene amputation



Alzheimer's



Blindness

These do not need to happen!
But they are – in millions of people world wide

Type 2 diabetes is

- 95% preventable
- Can be STOPPED
- Can be reversed



BUT that is NOT happening with modern treatments:

Modern medical therapies:

1. If overweight – lose weight - ??? How
2. Diet – “low saturated fat and concentrated sweets”
3. Regular exercise
4. No smoking
5. Monitor blood sugar levels
6. Drugs –
 - Sulphonyl ureas (glipizide) - ↑weight, ↑death
 - Metformin – not in heart failure or kidney disease
 - Avandia- ↑weight, heart failure and liver disease

Most don't increase life expectancy or reverse disease

BUT the answers are so easy and cheap – WHY AREN'T WE DOING IT IN EVERY DIABETIC?

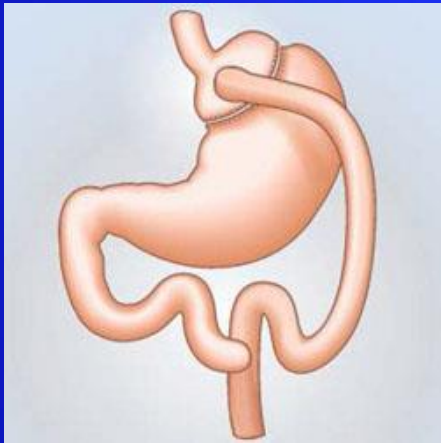
For v overweight people – losing weight is almost impossible



BUT the answers are so easy and cheap – WHY AREN'T WE DOING IT IN EVERY DIABETIC?

For seriously overweight people who cannot lose weight no matter how hard you try –

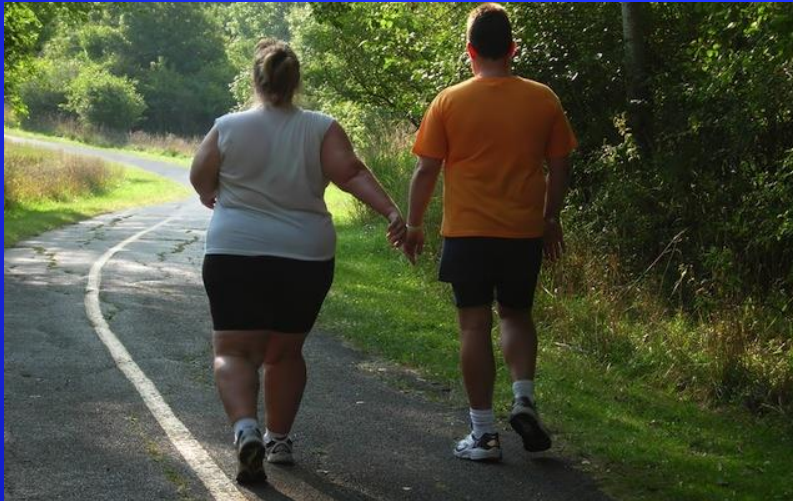
Gastric bypass surgery – loses weight and can CURE diabetes





The ideal weight loss diet for diabetics:

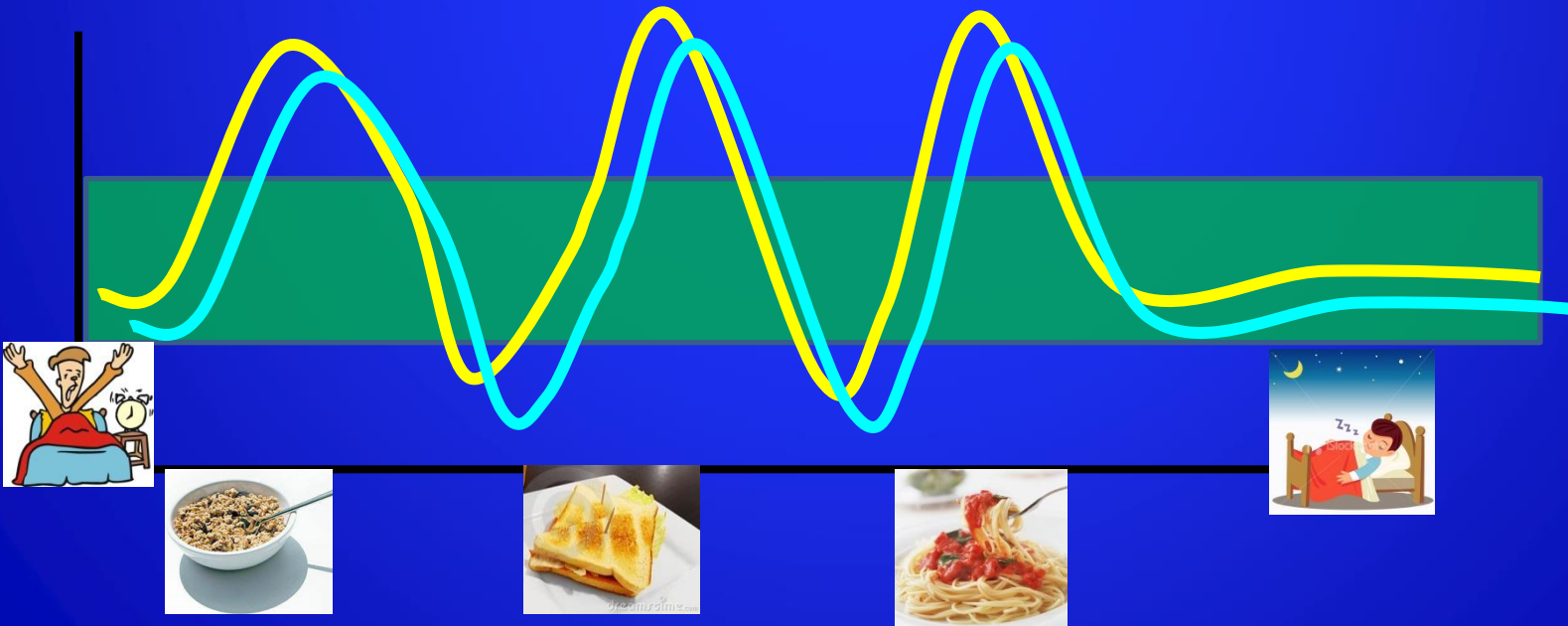
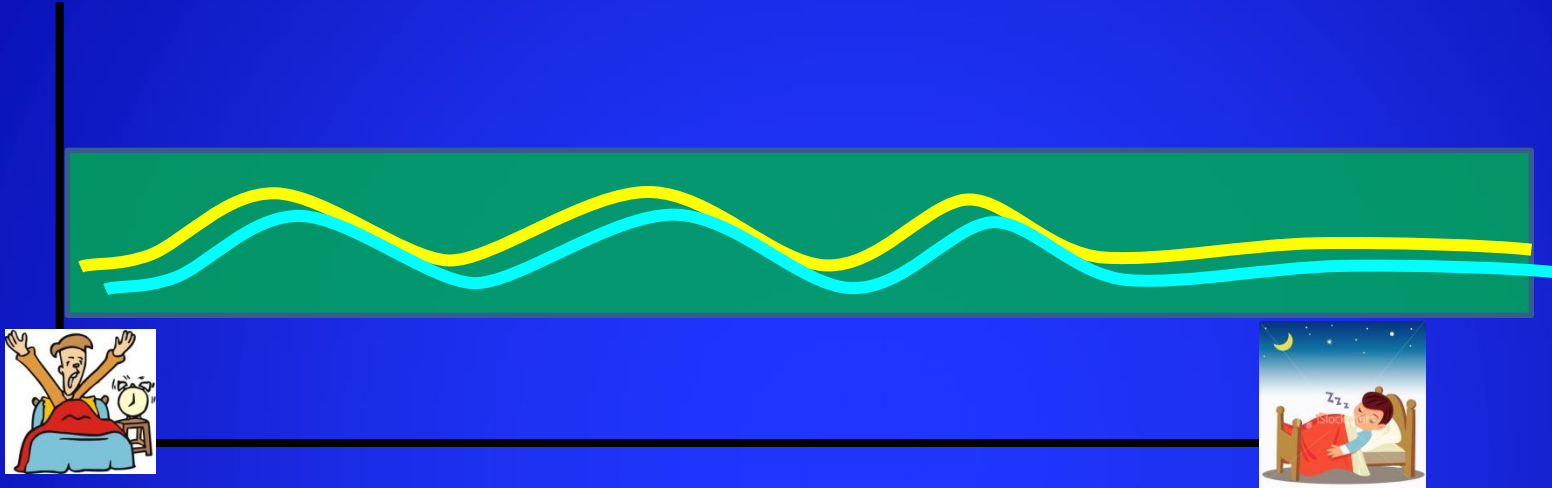
- Eat mostly LOW GI food
- Low sugar – fats in moderation, fruit & veges
- Eat lots of fibre in the diet
- Exercise
- Nutritional supplements
- Reduce stress and improve sleep



Too easy? Well it works!

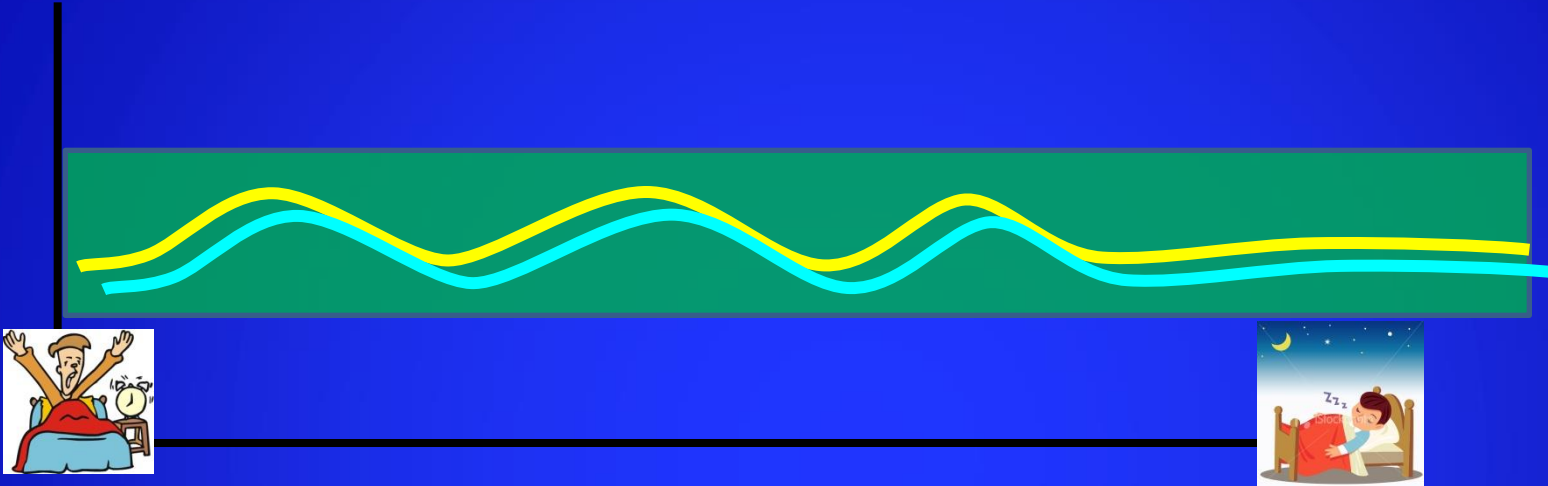
1. Eat mostly low GI –

Low GI foods keep the blood **sugar** and **insulin** levels smooth and low, all day.



1. Eat mostly low GI –

Low GI foods keep the blood **sugar** and **insulin** levels smooth and low, all day.



- Eat low GI as much as possible
- Replace refined with whole grain
- Eat several small meals and snacks per day – not just 3 huge meals.
- Eat calmly and chew your food.
- Eat the larger meal early in the day, and make the evening meal small.

Soft Drinks

Increase diabetes risk

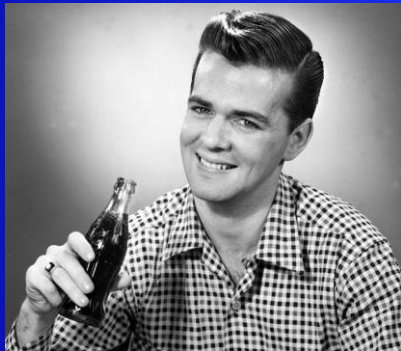
**A Soda a Day Ups CVD Risk by 30%:
NHANES Study**

medscape.com • February 3, 2014



January 2014

**NHANES study – 30,000
Americans > 40 yrs for 15 years**



**30% increase in Heart attack and Stroke by drinking just
ONE small drink!**

**What is going to happen to our children and
grandchildren?**

Soft Drinks

Increase diabetes risk



In the Boston Nurses Health Study (91,000 nurses):

Women who drank > 1 soda per day were **85% more likely** to develop type 2 diabetes than those who did not

American Diabetes Association's 64th scientific sessions



Soft Drinks

Increase diabetes risk



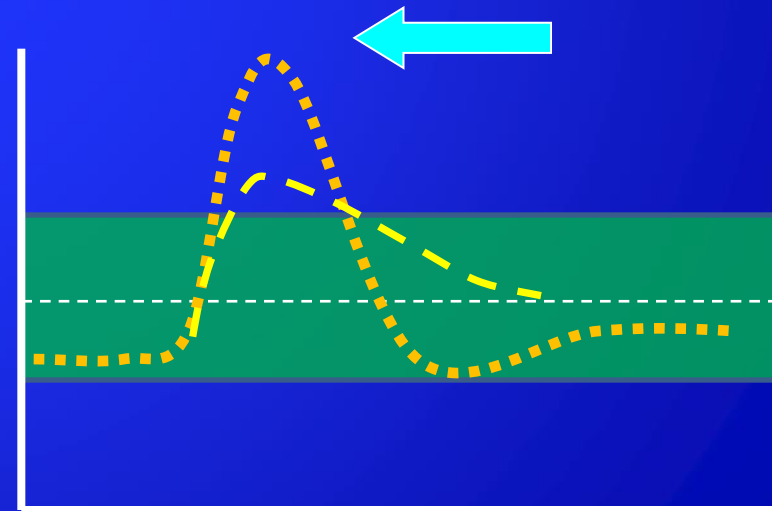
2. Lots of fibre in the diet

Food sources of fiber include whole wheat, bran, fresh or dried fruits, and vegetables



Fibre in the diet slows down sugar absorption.

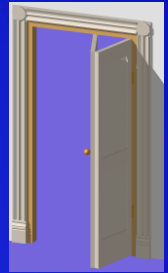
Blood sugar levels are **HALVED** if high GI food is eaten with fibre



3. Regular daily exercise

Exercise does ALL the right things for diabetes

- Increases cell sensitivity to insulin.
- Reduces the need for drugs.
- Improves cholesterol and triglycerides
- Reduces weight



Make sure it is FUN!

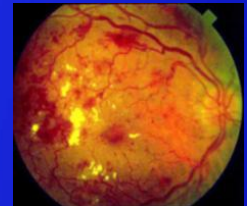
4. Nutritional supplements

- Diabetic cells need PERFECT nutrition
- ALL of the diabetic diseases benefit from optimal nutrients
- Most people eat an imperfect diet
- Absorption may be poor in diabetics

A good multivitamin/mineral/antioxidant
Fish oils

Extra vitamin D

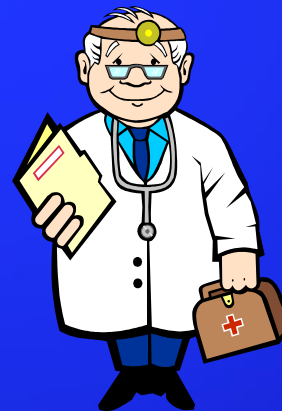
Does it work ?
Look at the medical literature



There is a lot of good research showing that nutritional supplements help in diabetes



Data which we doctors ignore!



Vitamins

Multivitamins reduce infections –

130 diabetics given multivitamins or dummy tabs

Infections -

Dummy 93% had infections

Multivitamins 17%



*Am J Int Med 2003



Vitamins

Multivitamins reduce infections –
B Vitamins –

- Reduce glycosylation
- B6 reduces nerve damage
- Niacin (B3) improves glucose control



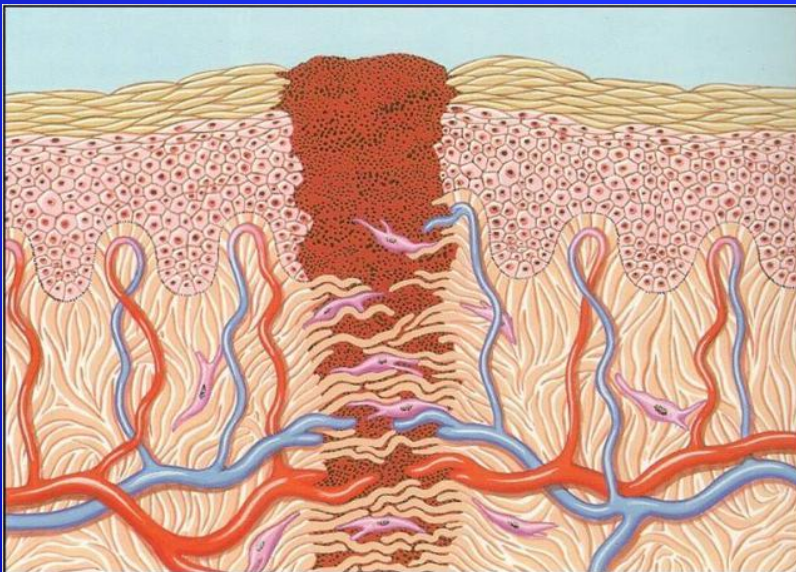
Vitamins

Multivitamins reduce infections –

B Vitamins –

Vitamin C

- Reduces inflammation
- Inhibits glycosylation
- Reduces eye damage
- Essential for wound healing



Vitamins

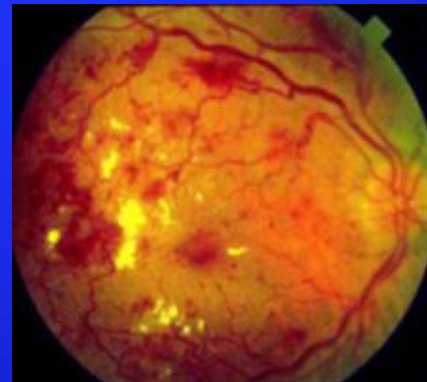
Multivitamins reduce infections –

B Vitamins –

Vitamin C

Vitamin E –

- improves insulin sensitivity
- reduces protein glycosylation
- Can improve kidney function
- Reduce eye vessel damage



Vitamins

Multivitamins reduce infections –

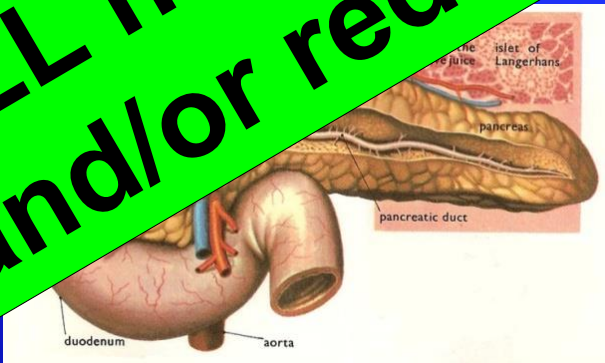
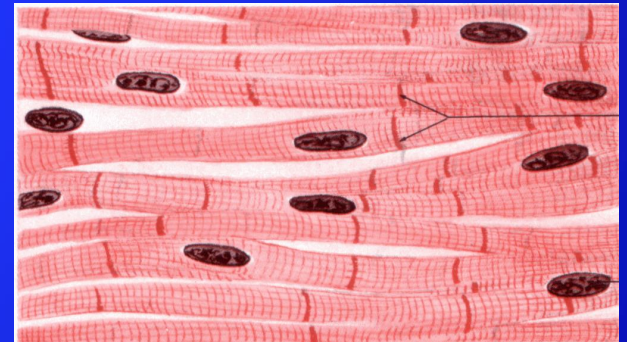
B Vitamins –

Vitamin C

Vitamin E

Vitamin D -

- Increases insulin sensitivity in the pancreas
- Reduces insulin resistance in fat and muscle cells
- Reduces inflammation
- Improves immune function



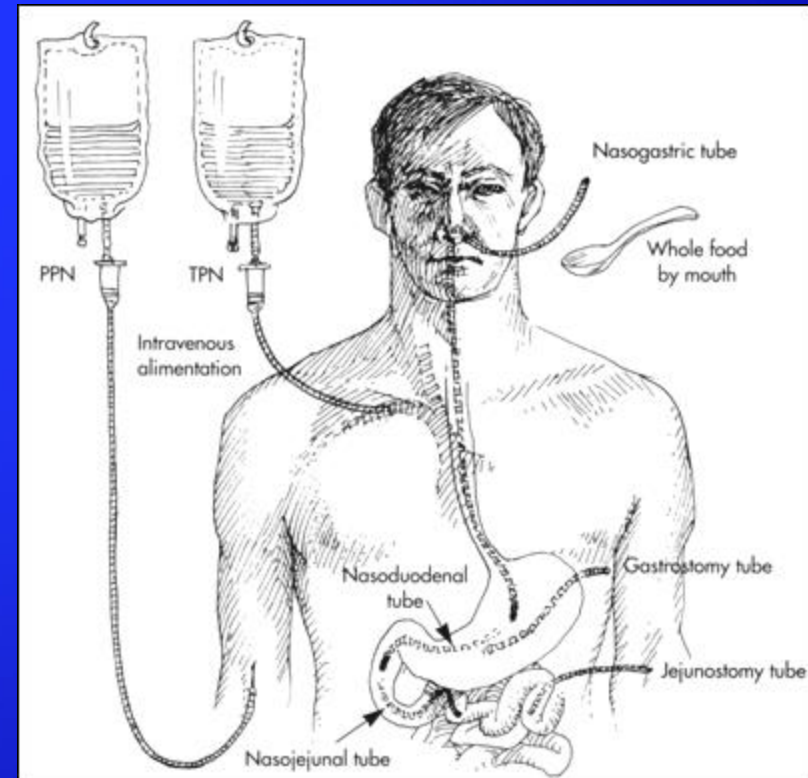
**ALL help diabetic control
and/or reduce complications**

Minerals:

- **Manganese** - helps in glucose metabolism.
- **Zinc** – essential for wound healing and
- **Chromium** – Enhances glucose uptake by the muscle cells
- Magnesium, calcium, selenium, boron.....

**In hospital patients on complete iv nutrition –
ALL developed diabetes!!!**

**Adding chromium to the drip
– cured this.**



New science – cell signalling

In Type 2 diabetes – the glucose entry doors become insensitive to insulin



Muscle Cell



Polyphenols found in fruits and berries can RESENSITISE these insulin doors.

Eat lots of F&V daily or supplement with polyphenols

5. Reduce stress and improve sleep

Stress releases 2 hormones – adrenaline and cortisol

- Adrenaline – raises blood sugar
- Cortisol – raises blood sugar and fats



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Stress releases 2 hormones – adrenaline and cortisol

- Adrenaline – raises blood sugar
- Cortisol – raises blood sugar and fats

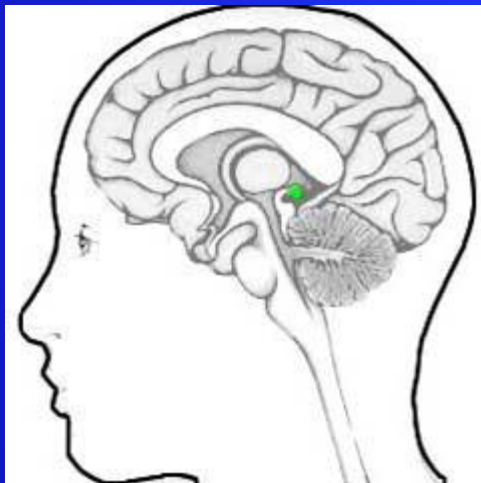




Sleep – is especially important for diabetes.

Melatonin is the hormone which puts us to sleep.

- **Regulates insulin production**
- **Affects insulin resistance**
- **Increases Leptin (satiety hormone)**



- **Aim for 7-8 hours sleep every night**
- **Sleep in total darkness (especially NO blue light)**
- **Relax before going to sleep.**

We can halt the diabetes epidemic that threatens our children



At minimal cost
No side effects
Proven to work
Improved quality of life

- *Eat mostly LOW GI food*
- *Eat lots of fibre in the diet*
- *Exercise*
- *Nutritional supplements*
- *Reduce stress and improve sleep*



**Anyone can
do these!**

Sounds easy
Anyone can do it
DOES IT WORK?

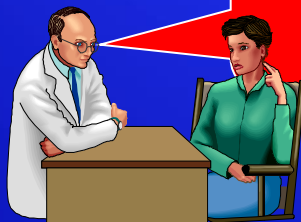
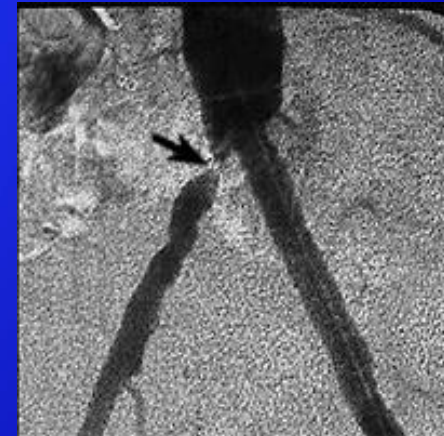
- *Eat mostly LOW GI food*
- *Eat lots of fibre in the diet*
- *Exercise*
- *Nutritional supplements*
- *Reduce stress and improve sleep*

Sarah has had diabetes since the age of 10

Is now aged 32 – has 2 young children
Husband has left her

Poor leg circulation – leg bypass surgery –
unsuccessful

Leg pain at night,
Pain after walking 15 metres



**The only treatment we can
offer you is AMPUTATION**



Conventional medicine couldn't help

No more operations or drugs

**Before you amputate
Let's try other treatments**



Low glycemic foods

Supplements – Multi, selenium, coenzyme Q10, Fish oils, Ginkgo Baloba, calcium/magnesium

Counseling and exercise

When Sarah started –

**Leg pain at night,
Pain after walking
15 metres**



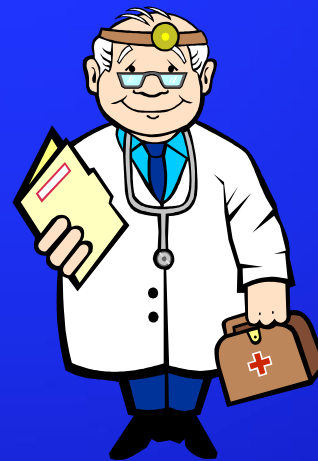
After 4 weeks –

no night pain, could walk to her mother's house
400 metres down the street.



2 months – received an excited phone call

*"I have just spent 3 hours walking round
the museum with the children!"*

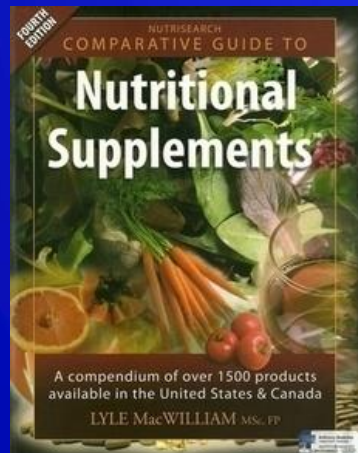




- *Eat mostly LOW GI food*
- *Eat lots of fibre in the diet*
- *Exercise*
- *Nutritional supplements*
- *Reduce stress and improve sleep*

I have been searching how my patients can do these and get most benefit.

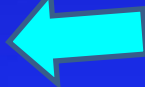
I have used and recommended supplements in the past – with little obvious benefit.



Then I discovered there was an enormous difference in their content and quality!

Top rated products out of 5:

- 5 USANA Health Sciences
- 5 Douglas Laboratories
- 4.5 Thorne Research
- 4.5 Xtendlife
- 4 Nature's Way
- 4 Axis



So I tried USANA myself
for arthritis



The fundamentals of our nutrition may be at the heart of some of our greatest cures.

— J. Groulx

TOP RATED PRODUCTS

over 1,000 reviewed—over 500 Compared

We've examined over 1,000 American and Canadian nutritional products in writing this Comparative Guide. From this, 508 surviving products, representing the best in the line-up of 213 companies, were further evaluated and compared to the selected nutritional standards, according to nutrient content and daily intake. Logical comparisons were completed on two hundred and fifty-two (252) brands, representing the top-rated products in each manufacturer. Some companies have more than one product represented, if they market in both Canada and the United States.

The table below is a list of the top-rated twenty-five nutritional supplements in the line-up of over 500 products studied in this comparative guide. The Five-Star Rating is based on the percentage score, which has a maximum value of 100%. A score of 80 percent or above is exceptionally strong and is evidence of outstanding nutritional merit, based on the assessment criteria—a considerable feat, indeed. Fewer than 0.8 percent of the 1,000+ products initially reviewed were able to surpass this benchmark.

All of the twenty-five brands exhibit strong scores. However, only those products with scores exceeding 90% earn their appointment in our Top Products Overall. The following chapter provides detailed information on these six outstanding nutritional products and the four companies that manufacture or distribute them.

For a complete listing of all products and their Final Product Score, please refer to Appendix A and B.

Brand Name	Product Name	Country	Rating
USANA Health Sciences	Essentials *	US	★★★★★
Douglas Laboratories	Ultra Preventive X	US	★★★★★
Vitamin Research Products	Extended Plus	US	★★★★★
Source Naturals	Life Force Multiple	US	★★★★★
USANA Health Sciences	Essentials *	US	★★★★★
ProLife	Basic Mindell Plus	CA	★★★★★
Life Extension Foundation	Life Extension Mix	US	★★★★★
Karuna	Maximum 4	US	★★★★★
Ultimate Nutrition	Super Complete	US	★★★★★
Douglas Laboratories	Ultra Preventive Beta	US	★★★★★
SportPharma	Multiguard	US	★★★★★
Dr. Julian Whitaker's	Forward Multi-Nutrient	US	★★★★★
Douglas Laboratories	Ultra Preventive III	US	★★★★★
Parley Products	Added Protection II	US	★★★★★
DeVinci Laboratories	Perfect Multi Focus Formula	US	★★★★★
Doctor's Nutrition	Spectra Woman	US	★★★★★
Mountain Naturals of Vermont	Mega Vita Woman	US	★★★★★
Douglas Laboratories	Women's Superior	US	★★★★★
Nutrition Dynamics	Ultra Preventive LX	US	★★★★★
Karuna	Optimum Health Essentials	US	★★★★★
DeVinci Laboratories	Maximum 2	US	★★★★★
FoodScience of Vermont	Spectra	US	★★★★★
Mountain Naturals of Vermont	Superior Care	US	★★★★★
	Superior Care	US	★★★★★

See Editorial for a complete listing of products and their Final Product Score.

Page 47



**My patients saw my improvements
and wanted them too.**



My approach to type 2 diabetic patients

1. Counsel and address stress.
Encourage meditation & relaxation
Get a good night's sleep every night
2. Exercise every day for at least 30 – 45 minutes



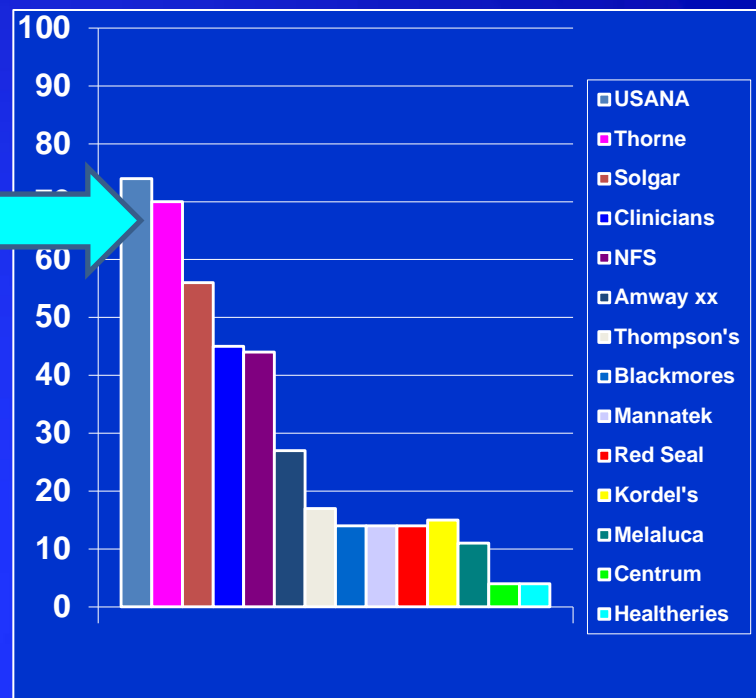
3. Start top quality nutritional supplements
 - Multivitamin / multimineral
 - Omega 3 fish oils
 - Calcium and magnesium
 - Co Enzyme Q10
 - Extra vitamin D



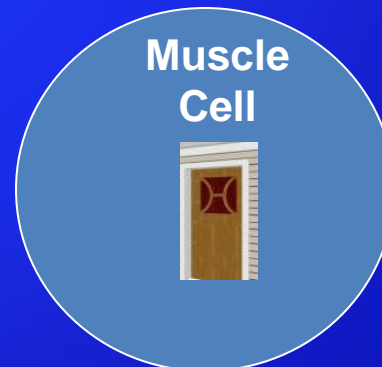
STOP Press

The USANA Multi - CellSentials

Not only are at the top of the supplement range



They NOW have PolyPhenols – which increase the sensitivity of the cells to insulin (and many other stimuli.)



4. **Ideal diet** – this is crucial

Reset the insulin receptors by a low glycaemic, high fibre diet

USANA has low glycaemic, high fibre, gluten free shakes and bars



Drink 1-2 litres of water daily
Walk 20 – 30 minutes every day

Our children cannot afford to wait.

If we don't act – 1 in 3 will develop diabetes.

They will have accelerated heart disease, strokes, amputations, kidney failure, blindness.....



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If we don't act – 1 in 3 will develop diabetes.

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The message about sugar in soft drinks is now getting through.



Our children cannot afford to wait.

If we don't act – 1 in 3 will develop diabetes.

They will have accelerated heart disease, strokes, amputations, kidney failure, blindness.....

But reducing sugar in drinks is NOT enough we need to do more for the next generation:

If we really care:

We can take these simple cheap steps – which will not only reduce the risk of diabetes – but also heart disease and cancer:



Our children cannot afford to wait.

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But reducing sugar in drinks is NOT enough we need to do more for the next generation:

If we really care:

We can take these simple cheap steps – which will not only reduce the risk of diabetes – but also heart disease and cancer:

Low Glycaemic foods – high in fibre

Moderate exercise

Nutritional supplements

Stress and sleep



That is our choice – our legacy



Low Glycaemic foods – high in fibre
Moderate exercise
Nutritional supplements
Stress and sleep



Disease

or

Health !




www.drgeraldlewis.com

Dr Gerald Lewis MD

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DESCRIPTION OF DISEASES

MEDICAL TREATMENT



COMPLEMENTARY TREATMENTS

LIFESTYLE CHANGES, DIET AND SUPPLEMENTS

To understand the purpose of this website, watch this 3-minute video



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Dr. Lewis is a specialist General Physician, Cardiologist and Clinical Pharmacologist
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