



# The Diabetes Epidemic

Diabetes has exploded into a huge epidemic! A new study has found that one third of Americans are now Diabetic, and many don't even know it. I've been saying for years now that Diabetes is a preventable disease. Horrible dietary advice over the past few decades has led to this ailment. The physiology of the body and how food is handled is key to maintaining healthy pancreatic function.

Here are the key reasons why Diabetes and pancreatic failure are preventable.\*

- Only 1% of the pancreas is devoted to handling sugar (carbohydrates) in the diet.
- Your body only keeps less than 1 teaspoon of sugar in your bloodstream or you are Diabetic!
- 99% of the pancreas is designed to handle protein and natural fat.
- Neither protein nor natural fats get stored as excess body fat.
- Low-fat, low-calorie dietary advice has increased sugar and trans fat intake immensely over the past 60 years.

We've been feeding ourselves a diet opposite to what our pancreas and other digestive functions are designed for. Is it any wonder Diabetes, obesity and other health conditions are running rampant!

Making carbohydrates (sugars in both the simple or complex forms) the foundation of a so called "healthy" diet, has created pancreatic failure in a huge percentage of the population. An incredible 30% of Americans are Diabetic (*Diabetes Care*, June 2006) when pre-1940 there was NO type II Diabetes. Even though other factors have been blamed for Diabetes, including genetics. The only role genes might play in becoming diabetic is an inherent weakness in the organ, which may be the direct result of inferior nutrition in the family line or in the mother prior to and/or during pregnancy.

It is important to note that unscientific information regarding Diabetes runs rampant. Web sites and publications devoted to Diabetes information will state that eating sugar/carbohydrate foods doesn't cause Diabetes. But they are dead wrong, and until a change is made, millions more will fall victim to this disease by following harmful, misleading dietary advice!

According to Catherine Cowie, director of the diabetes epidemiology program at the U.S. National Institute of Diabetes and Digestive and Kidney Diseases, 19 million Americans have type 2 diabetes, while 26 percent have a precursor to diabetes called, "impaired fasting glucose." (1) It's actually much worse!

**One third of Americans are now Diabetic. This is astonishing, especially when Diabetes didn't even exist prior to 1940!**

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Personally, I have many clients with Diabetes who follow my advice and see amazing results. With their doctor's supervision, many of them are able to reduce or even stop using their medications. This is simply because they are reducing Carbohydrate (sugar) in their diet and getting essential nutrients that support their health in a variety of ways. Bottom line, the more sugar you eat the more insulin you need. Insulin is the "fat storage hormone." That's why some diabetics eat lots of simple and complex sugars, use lots of insulin and are overweight, while others eat smaller amounts of carbohydrates, use less insulin and remain thin.

For everyone looking to improve their health and reduce sugar/carbs in their diets, the Essential Fatty Acids I recommend are crucial. Not only are they vital for healthy cellular structure, brain health, energy and as a shield against disease, they also provide appetite fulfillment. The main benefit being a serious reduction in sugar/carb cravings! How do they accomplish this? Simply by providing your body with the nutrition it's begging for, thus turning off that hunger switch that makes you constantly crave foods that aren't good for you. Eating carbs only makes you want to eat more carbs. But giving your body EFAs silences those cravings. You'll find you'll eat less carbs and crave the most nutrient-rich foods instead. The difference is like night and day. If you think that "carbohydrates give you energy," then answer this: How can I eat 2 whole wheat bagels and 20 minutes later feel EXHAUSTED? I call it "energized for SLEEP!" That's what carbohydrates do UNLESS you are immediately intensively exercising, which most of us aren't.

An important note about exercise: You will get a much greater benefit by avoiding carb-loading before working out. If you're looking to lost body fat, you don't want your body using the carbs for its energy during workout - you want it using your stored body fat. It will choose the carbs before the body fat, keeping you from burning away the fat you're trying to lose. I recommend avoiding all carbs 2 hours before to 2 hours after you workout. And be sure to take a couple of EFA capsules about 20 minutes before workout. You'll get greater endurance and much faster recovery time with the EFAs!

**Rest assured, there is help for you if you're Diabetic, and if you're not, it may be preventable.\***

References:

1. Study Finds A Third Of American Adults Have Diabetes, May 27, 2006 12:01 p.m. EST, Matthew Borghese - All Headline News Staff Writer, Washington, D.C. (AHN), to be published in Diabetes Care, June 2006.

*\* Diabetes may be caused by disease, accident or illness. In these cases, diet may not prevent Diabetes, but it can help manage symptoms. Please consult your physician before starting any new eating regimen.*

If you have any questions or comments about this month's newsletter please e-mail the professor at: [info@brianpeskin.com](mailto:info@brianpeskin.com)

# This Month's Low-Carb Recipe: Island Spice Chicken

## INGREDIENTS

1 cup finely chopped white onion  
1/3 cup white wine vinegar  
6 green onions, finely chopped  
6 cloves garlic, minced  
1 habanero or serrano pepper,\* finely chopped  
4 1/2 teaspoons olive oil  
4 1/2 teaspoons fresh thyme leaves or 2 teaspoons dried thyme leaves  
1 tablespoon ground allspice  
1 - 2 teaspoons sugar  
1 teaspoon salt  
1 teaspoon ground cinnamon  
1 teaspoon ground nutmeg  
1 teaspoon black pepper  
1/2 teaspoon ground red pepper  
6 boneless chicken breast

\* Peppers can sting and irritate the skin; wear rubber gloves when handling peppers and do not touch eyes. Wash hands after handling.

## PREPARATION

1. Combine all ingredients except chicken in a medium bowl; mix well. Place chicken in re-sealable plastic food storage bag and add seasoning mixture. Seal bag; turn to coat. Marinate in refrigerator for 4 hours or overnight.
2. Spread organic peanut or coconut oil on cold grid. Adjust grid to 4 to 6 inches above heat. Preheat grill to medium-high heat.
3. Remove chicken from marinade. Grill 5 to 7 minutes per side or until chicken is no longer pink in the center, brushing occasionally with marinade. *Do not brush with marinade during last 5 minutes of grilling.* Discard remaining marinade. Garnish if desired.

Enjoy!

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