

What they don't tell you about diabetes

By Xavier Bazin

- First, you are told that it is an incurable disease - which is not true;
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- Secondly, you are advised to follow a diet that will increase your diabetes instead of improving it;
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- And finally, the danger of the drugs you are prescribed is minimised... and you could do without them if you were given good advice!

In France, this misinformation puts 3 million diabetics in a sad situation: they are assisted for life by medical treatments, and condemned to suffer a slow and continuous deterioration of their health condition... risking heart attack, amputation or blindness, three common complications of diabetes.

And yet, diabetes is not a fatality.

The proof: it sometimes disappears... after a simple surgical operation!

Go under the knife... and come out without diabetes

You may have heard of 'bariatric' surgery. These involve reducing the size of the stomach, forcing you to eat less.

These operations are risky. I obviously do not recommend them... except in very special cases: when someone is "morbidly obese" (50 or 100 kilos too much) and has already tried everything to lose weight, without success.

Doctors have found that these operations have spectacular results against type 2 diabetes - a disease that was thought to be incurable.

After three years, one third of diabetics who undergo surgery no longer have diabetes, compared to 5

% in those on conventional treatments. ^[1]

And that's not all: all the patients who undergo the operation see a dramatic improvement in their condition. Only 5 to 10% still take insulin (the most violent treatment) 3 years later, compared to 55% of other patients.

This is proof that diabetes is not incurable! And the good news is that you don't need a scalpel to do it.

Because if the patients operated on have had such results, it is simply because they have

lost 5 times more weight than the others.

Losing weight is of course easier said than done... but it is always possible, even without surgery!

A simple diet can cure type 2 diabetes

This has been proven twice by researchers at Newcastle University, led by visionary physician Professor Roy Taylor.

In 2011, he had already shown that a very restrictive diet (600 calories per day) enabled 11 patients to reverse their diabetes in just 8 weeks.^[2]

Three months after the end of the diet, 64% of the participants were still free of symptoms of the disease. Their fasting blood sugar levels (blood sugar levels before a meal) had returned to normal.

This study, published in the medical journal *Diabetologia*, caused a lot of excitement... but it remained to be proven that this apparent cure could last more than three months.

This has been the case since March 2016 and the publication of a new study by the same team.^[3]

She put 30 diabetics on this restrictive diet again for 8 weeks. This time, however, they followed a 6-month "stabilisation" phase designed to prevent them from gaining weight again (low carbohydrate).

During this period, they completely stopped their medication or insulin injections (but beware: they were under constant medical supervision, under no circumstances should you stop your treatment without your doctor's agreement).

The results exceeded expectations: 40% of the patients regained fasting blood sugar levels below 1.26 g/L. This meant that, medically speaking, they were no longer considered diabetic. They had beaten the disease!

This is proof that it is possible to reverse diabetes by changing your diet. change, because eating better is more important than eating less.

Changing your diet also works!

Because contrary to what you are told, there is a category of foods that maintain and aggravate your diabetes... and it is not at all those that are "Fat!

These are sugars of all kinds, especially those that raise your blood sugar levels too quickly (they are said to have a high 'glycaemic index'). This is the case with table sugar, of course, but also with most starchy foods such as bread and potatoes.

When you know how diabetes works, it makes sense to cut back on carbohydrates. The very definition of this disease is having abnormally high blood sugar levels.

But this has also been proven by countless scientific studies over the years. ^[4]

I'm going to detail two of them - the most recent - so that you can see how outdated the 'official' discourse on diabetes is.

More good fats, less carbohydrates (sugars and starches)

In 2014, researchers from the University of California, San Francisco^[5] selected 34 obese, pre-diabetic or diabetic patients. They divided them into two groups:

- The first group had to follow the official American recommendations: a calorie-restricted, carbohydrate-rich diet (165 grams per day, i.e. 45-50% of calories) and low fat;
- The second group had to eat a high-fat, very low-carbohydrate diet, with about 20 to 50 g of carbohydrates per day. Unlike the first group, the participants were allowed to eat as much as they wanted.

After three months, the low-carbohydrate diet group (let's call it the "fat group") beat the

(let's call it the "carbohydrate group"):

- Weight loss: the fat group lost twice as much weight as the carbohydrate group, even though they were not instructed to eat fewer calories;
- Blood sugar: blood glucose was reduced in the group
"He had not moved an inch in the group.
"Carbohydrate";

- Medical treatments: 44% of people in the fat group were able to stop one or more of their medications, compared to only 11% in the carbohydrate group.

These results are impressive. The only downside is that the "fat" diet in question is very restrictive, since it excludes even the sweetest fruits.

Do as our hunter-gatherer ancestors did

Fortunately, there is a simpler diet that also works wonders against diabetes... and that you can easily maintain for the rest of your life.

It consists of eating like our hunter-gatherer ancestors: vegetables, fruits, nuts, eggs, meat, fish, shellfish, etc. Only foods that appeared with agriculture 10,000 years ago are forbidden, especially cereals and dairy products. Only foods that appeared with agriculture, 10,000 years ago, are forbidden, in particular cereals and dairy products.

This is the delicious "paleo" diet. By definition, it eliminates foods with a very high glycemic index, such as cereal products (bread, breakfast cereals, pasta, pizza, etc.).

This is why it is particularly beneficial for diabetics, as several studies have shown.
[6]

The most recent, published in 2015, showed that just two weeks of this diet was enough to improve all blood markers of diabetes. [7]

Again, these results were far superior to those of the "comparison group", which had to follow the "official" diet, including whole grains, pulses and low-fat dairy products.

French authorities lag behind science

However, despite the accumulation of scientific evidence, the French authorities continue to recommend that diabetics :

- Consuming a huge amount of carbohydrates (more than 50% of daily energy intake), which is clearly counterproductive;
- Eating starchy foods (bread, pasta, potatoes) at every meal, even though these foods increase blood sugar levels and are directly involved in the epidemic of diabetes and overweight that Western countries have been experiencing for the past 30 years!

You can see why I call it a lie.

With a diet like this, losing weight will be an obstacle course... and you have almost no chance of curing your diabetes.

And yet, these are the recommendations of the *National Nutrition Programme Health* (PNNS). You can even find them on the website of the *French Federation of Diabetics*, on the page "The anti-diabetes diet". [8]

The sad weight of conflicts of interest

Misinformation of this magnitude is difficult to understand.

Unless you take into account the lobbies of the food and pharmaceutical industries.

The former have an interest in people eating milk, cereals and sugar, of which the French agricultural sector is in permanent overproduction (hence the falling prices).

The latter have an interest in ensuring that diabetics do not stop taking their medication.

Their interests are therefore the same, to maintain the official recommendations on diabetes as they are.

I have no direct evidence, but here are two more than disturbing coincidences:

- Among the experts of the PNNS, most have had links of interest with the wheat or milk industry... which would lose a lot of money if the population adopted a "paleo" diet;
- The *French Federation of Diabetics* receives hundreds of thousands of euros each year from pharmaceutical laboratories, such as Lilly or Merck^[9]. Diabetes drugs are taken for life... imagine the loss of earnings for the laboratories if the effectiveness of the diet was known!

And the worst thing is that these diabetes drugs are much less benign than they would have you believe.

Anti-diabetes drugs are anything but harmless

It is important to understand one thing: finding a molecule that reduces blood sugar levels is not complicated. Many laboratories succeed in doing this.

What is difficult is to achieve this result without upsetting the body.

Because it is not to annoy us that our body starts to maintain a high blood sugar level. We don't know exactly why, but it's the best way to keep your blood sugar up. This is the "solution" it has found to deal with the aggressions it is subjected to, notably the ingestion of foods too rich in sugar, starch and fructose.

Don't forget that our body is very intelligent. It knows better than anyone how to produce the best state of health, even in adversity.

The regulation of blood sugar is a sophisticated balance, which is almost impossible to change at one point in the chain without causing damage at another.

Pharmaceutical companies are therefore reduced to trying out molecules, often somewhat randomly, and praying that they produce more benefits than disasters.

Inevitably, in most cases, this ends badly:

- The commonly used diabetes drugs 'sulphonylureas' (hypoglycaemic sulphonamides) increase the risk of death by 58% compared to the reference drug^[10] (they can also put you into a coma);
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- Avandia, an anti-diabetic drug launched with great fanfare in 2002, was withdrawn from the market in 2010 by the European Medicines Agency because it was discovered (somewhat late) that it considerably increased the risk of heart attacks;
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- Insulin injections, which are difficult to avoid when diabetes is very advanced, have serious undesirable effects, including the fact that they can make you fat, which is a real problem when you already have diabetes! ^[11]

As for the reference drug, Glucophage (Metformin), although it is by far the most recommended, it is not without risk.

Although it was isolated from a medicinal plant, *Galega Officinalis*, it too has significant side effects.

It creates deficiencies in vitamin B12, a vitamin your brain badly needs to function^[12]. It also causes permanent, very unpleasant digestive problems. And in very rare cases, it kills the patient by causing lactic acidosis.

Even a 100% effective and safe drug should be avoided

All these side effects are known and documented. But the most worrying thing about this drug is that nobody really understands why and how it regulates blood sugar.

This is not very reassuring: who knows if new side effects will not be discovered in a few years?

But in the end, the side effects are not even the biggest problem.

Even if a "miracle" molecule could be found that would stabilise the blood sugar of diabetics without inconvenience, one should still avoid succumbing to the easy way out.

Because diabetes never happens by chance.

It is the consequence of a problematic lifestyle (stress, lack of sleep, lack of physical activity) and a bad diet (too much sugar, fructose, starchy foods, industrial products and oils rich in omega-6) that produce inflammation in the body.

Diabetes is just one of the manifestations of this inflammation - the most visible. But its deleterious effects on your health go far beyond that.

Therefore, if you simply stabilize your excess blood sugar with a magic pill, you will not solve the root problem that led you to diabetes... you will continue to abuse your body... and therefore ruin your health!

"I can't help it, the patient doesn't want to change"

Many doctors know all this well.

But they say they have no choice... that they are forced to prescribe Metformin because they are faced with patients who refuse to change their habits.

This happens frequently, indeed. And in this case, medication is valuable and unavoidable.

But I claim that many more patients would be willing to make the necessary efforts if they were told the truth:

- Don't think that diabetes is incurable. It can be beaten naturally, and the habits you develop to do so

will also improve your fitness, energy and health;

- Do not follow official nutritional recommendations. They are outdated. The latest scientific studies show that it is possible to lose weight and stabilise your blood sugar with far fewer sacrifices than you might imagine;
- Try at all costs to go without medication: even the least dangerous pills have serious side effects and do not address the problem of
to the real causes of the disease.

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