Good News in the Battle Against Diabetes

Dr. Mark A. Hyman, known to his patients and co-laborers in the preventive medicine world as “The UltraWellness Doc,” is an internationally respected physician, researcher, and author of five New York Times best-selling books on health and nutrition. Dr. Hyman is the founder and medical director of The UltraWellness Center in Lenox, Massachusetts, where he directs a team of physicians, nutritionists and nurses who utilize his life-changing approaches to health. Dr. Hyman is the world’s leading practitioner of Functional Medicine, a groundbreaking, systems-based approach that works by rooting out all the underlying causes of a problem rather than merely responding to outward symptoms. Now, in his newest book, *The Blood Sugar Solution: The UltraHealthy Program for Losing Weight, Preventing Disease, and Feeling Great Now!* (Copyright © 2012 by Hyman Enterprises, LLC; published by Little, Brown and Company, February 2012), Dr. Hyman applies his breakthrough techniques to the global epidemic of obesity.

On The 700 Club, Dr. Hyman talked with co-host Terry Meeuwsen and shared the latest research findings that show that insulin imbalance is the major cause of not only obesity and diabetes, but also heart disease, cancer, and dementia. And according to Hyman, more than 100 million Americans suffer from what he has termed “diabesity”—the spectrum of imbalance ranging from mild insulin resistance to prediabetes to full-blown type 2 diabetes—and many don’t even know it! Dr. Hyman estimates that worldwide, the number of people suffering from diabesity is an alarming 1.7 billion people—with 90 percent of the cases undiagnosed. But Dr. Hyman also shared some good news…diabesity is reversible!

In his new book, *The Blood Sugar Solution*, Hyman presents his scientifically based program that rebalances insulin and blood sugar levels, reduces inflammation, increases nutrition, and allows folks following the program to finally reach their optimal body weight. According to Dr. Hyman, before folks are able to accept this new, ground-breaking information on rebalancing their insulin and blood sugar levels, they first must first get rid of some old myths about diabetes that could keep them from embracing a healthy, disease-free future. He shared those myths, and a few others, with Terry Meeuwsen and our viewing audience.

**Diabetes Myths That Keep You Trapped in a Cycle of Disease.** From www.thebloodsugarsolution.com.

**Myth #1: Diabetes is Genetic**

*False!* Diabetes is almost entirely induced by lifestyle and environmental factors. You may have predisposing genes, but those genes will only get turned on by poor diet, a sedentary lifestyle, stress, and exposure to toxins. These non-genetic factors explain why diabetes is skyrocketing.

**The good news:** Breakthroughs in nutrigenomics prove that you can “switch off” the genes that trigger insulin resistance and “switch on” genes that provide protection and health. The right foods and nutrients literally become your medicine.

**Myth #2: Diabetes is Not Reversible**

*Baloney!* There is clear evidence that diabetes is reversible, especially if it’s caught in the early stages and treated through nutritional support and lifestyle changes.

**The good news:** One study showed that even people with advanced type 2 diabetes can recover. In some cases, diabetes can be reversed in just one week through dramatic dietary changes.
Myth #3: Prediabetes Isn’t a Problem Until it Turns Into Full-Blown Diabetes

WARNING: This myth could kill you. Prediabetes is NOT just a warning sign. This phase of diabesity has nearly all the risks of diabetes itself, including cognitive impairment, and can kill you through heart attack, stroke, and even cancer before it reaches full-blown diabetes.

The good news: Prediabetes is almost always 100 percent curable. That means you don’t have to “manage” or monitor prediabetes, you can eliminate it. And the sooner, the better!

Myth #4: Lowering Blood Sugar With Medication Prevents Death and Heart Attacks

The evidence shows otherwise. Studies show that treating risk factors with drugs does very little to prevent heart attacks and diabetes. Worse, they give you a false sense of security and put you at risk for dangerous side effects.

The good news: Science shows that reversing high blood sugar through diet and lifestyle changes works better than medications anyway, and without any of the side-effect risks.

Myth #5: Weight Loss is Necessary To Reverse Diabetes

Actually, the right dietary changes can create dramatic metabolic improvements even before significant weight loss takes place, when the right genes get turned on or off.

The good news: Once you’ve achieved a healthier metabolic balance, excess weight will fall off naturally and almost effortlessly. You will lose weight by getting your biology into balance, not by starving yourself, and you’ll learn how in The Blood Sugar Solution.

Take Action! Create an Emergency Food Pack

Dr. Hyman tells his readers that they should never leave home without their “life pack,” an Emergency Food Pack. The Emergency Food Pack contains a day’s worth of specific diabeity-friendly foods contained inside a small, handheld cooler that is just large enough to hold your daily nutritional needs. The pack is quick to assemble and easy to take with you—to work, to school, and on vacation. No excuses! Just because you have every detail of your day planned with low-glycemic meals and snacks (at home or from your favorite restaurant), reality can derail even the best of plans and leave you hungry, facing a snack machine filled with over-processed, toxic creations that pose as food. You will never find yourself in this unhealthy predicament when you carry your daily life pack.

Over time you will discover the best foods to include in your personal life pack to give your body the nutrition and energy it needs. To get folks started, Dr. Hyman gives his readers an example of what could be included inside one day’s life pack:

- A small bag of raw almonds, walnuts, or pecans
- A small bag of cut carrots or cucumbers
- A small container of hummus (he suggests trying the Wild Garden single-serve packets)
- A can of wild salmon
- A can of sardines
- A container of chickpeas with olive oil, lemon, salt, and pepper
- A healthy, whole-food protein bar
- A bottle of purified water

About the Author:

Dr. Mark A. Hyman, “The UltraWellness Doc,” is an internationally respected physician, researcher, and author of five New York Times best-selling books, including The UltraMind Solution, The UltraSimple Diet, UltraPrevention, and UltraMetabolism which has been published in over a dozen languages worldwide. Dr. Hyman is the founder and medical director of The UltraWellness Center in Lenox, Massachusetts, where he directs a team of physicians, nutritionists and nurses who utilize his life-changing approaches to health. He is also chairman of the Institute for Functional Medicine, a member of the Board of Directors of The Center for Mind Body Medicine, and a member of the Board of Advisors of Dr. Mehmet Oz’s HealthCorps. His newest publication, The Blood Sugar Solution, is available wherever books are sold. For up-to-date information on Dr. Hyman and his Blood Sugar Solution program, visit his website: www.blood sugarsolution.com.

His vast media experience includes appearances on the Today Show, Good Morning America Weekend, The Early Show, The View, The Doctor Oz Show, 60 Minutes, CNN, FOX, PBS, and NPR, as well as many other television and radio stations. He regularly contributes to Body & Soul, Elle, Family Circle, Fitness, Glamour, Health, Men’s Health, Natural Health, Parade, Self, Shape, Town & Country, Woman’s World, and other leading magazines.