

Diabetes

DIABETES

Diabetes is credited as the sixth largest cause of death in the United States, although it is probably significantly higher because of underreporting of diabetes-related deaths. Diabetics usually die of something else - such as a heart attack - and diabetes is often not noted on their death certificates. Diabetes affects nearly one out of every fifteen people, *almost a third of whom are unaware of their condition*. It can cause unpleasant side effects like foot pain, leg ulcers and carpal tunnel syndrome. Most diabetics have high blood pressure. Diabetes is the leading cause of blindness and the main reason for amputations in adults. It is the primary reason for people to have kidney disease bad enough to require dialysis. Diabetics are more likely to get sick than non-diabetics and when they get sick, they always have it worse. Diabetics are 2 to 4 times more likely to have heart attacks or strokes than people without diabetes. They are overall twice as likely to die from *any* cause as non-diabetics. ***And it is all preventable.***

What is prediabetes?

Prediabetes is a condition of abnormal blood sugar readings with impaired fasting blood sugar or impaired glucose tolerance. 18 million Americans have diabetes. Over 40% of Americans over 40 have pre-diabetes - that's over 40 million people in the US alone. Could you or any of your family be in that number?

Prediabetes usually has no symptoms. So, why worry? Increased sugar causes damage without your being able to feel it. Just having increased sugar gives you a 50% increased chance of having a heart attack or stroke. It also significantly increases your chances of developing cancer. Worried now? You should be!

What about kids with diabetes?

A small percentage of diabetics are referred to as Type I or Juvenile-onset Diabetics. This form of diabetes typically affects children and is not reversible. No one is sure why kids get diabetes. We do know that early introduction of dairy products to babies increases their risk of developing diabetes. Also, low dietary intake of vitamin D seems to be associated with its development. So, keep breastfeeding and make sure that your kids get plenty of sunscreen-free sun exposure (avoid burning and overheating, of course). Type I diabetes may not be reversible but it is treatable. People with Type I diabetes always need insulin but ***diet and lifestyle management and supplements can prevent the serious problems that are associated with both types of diabetes***, such as loss of vision, foot pain, kidney disease and heart disease.

Your diabetes treatment program will include some or all of the following:

Precise dietary guidelines to maintain normal blood sugars
What to eat and what not to eat (you'll be surprised)

Herbs

Specific Minerals

Vitamins

Essential fats

Homeopathic Remedies

Exercise programs
Therapeutic baths

Testimonials from Dr. Barker's patients:

When I first came to see Dr. Barker, I had been diabetic for six years. I was on two different medications for my diabetes - on my way to three! - and medication for my blood pressure. I was overweight, had lots of heartburn and generally felt terrible. Dr Barker put me on a strict diet and got me started on an exercise program and some supplements. He made himself very available to answer all my questions about the diet and my health along the way.

Within two week of seeing Dr. Barker for the first time, I has lost 10 pounds, my blood sugars had dropped 20 points and I was already off one of my diabetes medications. In three months, I lost over thirty pounds and was able to come off *all* of my medications. My heartburn was gone and my blood sugars were down into the 90s. My Hemoglobin A1C has now gone from 9.3 to 5.2. I haven't felt this good in years! I'm even off most of my supplements!

I have seen people lose their feet to this disease. That was enough for me. Don't wait - take care of the problem now!

R.E., La Cañada