

# DIABETES

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## Statins (LIPITOR Crestor, etc.) Increase Risk of Developing Type 2 Diabetes Dr. Stephen Chaney, MD

The news about statins keeps getting worse. In a recent "Tips From the Professor: I shared with you the latest studies showing that there **was no convincing evidence that statins decreased the risk of heart attack and stroke** in patients who have not already suffered a first heart attack.

And now a brand new study published in the April 5, 2011 issue of the Journal of the American College of Cardiology (Waters et al, volume 57, pages 1535-1545) shows that **statins may actually increase the risk of developing type 2 diabetes.**

The authors looked at the results of three large randomized clinical trials with a total of 18,859 patients. An increased risk of developing type 2 diabetes was associated with statin use in all 3 trials. It was dose dependent and was seen with two different statin drugs.

The overall increased risk of developing type 2

diabetes was relatively small - 9% in patients using statin drugs compared to 6% in the placebo group.

**But the effect was also highly dependent on pre-existing risk factors for developing type 2 diabetes - namely excess weight, slightly elevated blood sugar, elevated triglycerides and high blood pressure.**

In patients with no pre-existing risk factors statins had no effect on risk of developing diabetes. **But, in patients with two or more pre-existing risk factors the use of statins significantly increased the risk.**

**And in patients with all four risk factors the use of statins increased the risk of developing type 2 diabetes by 48% compared to 20% in the placebo group!**

Like all brand new clinical studies this will need to be confirmed by other studies before it starts to significantly influence medical practice.

But if you are using a statin and you have two or more risk factors for type 2 diabetes you may wish to consult with your physician. *To Your Health!*

## A BRIEF SYNOPSIS ON DIABETES FOR THOSE WHO HAVE NO TIME TO READ

**\*Diabetes, especially Type II, is a disease that comes on slowly.**

**\*You have many signs that your body is not functioning correctly**

**\*Once the diabetes is established, your risk of complications increases greatly**

**\*The complications can be prevented and controlled by taking food supplements, and only Shaklee food supplements.**

**\*Use only food supplements (Shaklee supplements) that have had double blind clinical studies published in**

**peer-review journals. These supplements are proven to be bio-available to your body through valid scientific research.**

**\*Our foods do not give us the nutrients we need.**

**\*Take your head out of the sand. Do not be in denial. Do not think that you are in control because your doctor claims that you are in control. Each tissue of a diabetic body is different from tissues of a normal body**

**\*For every year that you are diabetic, your risk of heart disease, stroke, blindness, and amputations increases.**

## DIABETES is epidemic in North America

### Two Types of Diabetes:

**Type I** – Juvenile diabetes representing 10% of diagnosed cases. Known causes include:

- damaged beta cells in pancreas caused by viral infections (flu, mumps, chicken pox, measles)
- environmental chemicals
- stress
- genetic (inherited)

**Type II** – Adult Onset diabetes, representing 90% of diagnosed cases. There are two types of Type II Diabetes:

- Insulin Dependent** – caused by not enough insulin being manufactured by the pancreas
- Insulin Resistant** – caused by ....
  - insulin receptors malfunctioning, OR
  - insulin receptors missing

**To reduce the risk of developing Type II Diabetes, we must maintain good blood sugar levels, which is dependent on four things:**

- 1) wise diet (including adequate fiber & avoidance of simple carbohydrates);
- 2) healthy pancreas;
- 3) healthy adrenal glands;
- 4) exercise
- 5)

The PANCREAS makes INSULIN. Insulin is the “door-man” for the cell – it opens the door and allows glucose into the cell. In order to have a healthy pancreas, it is essential to consume adequate nutrients, especially protein, vitamin C, B vitamins, and zinc.

The “**Insulin Receptor Sites**” on the cell can be compared to “door-knobs”. Insulin resistant diabetics often have:

- “Missing door-knobs” which is usually due to lack of nutrients (**minerals, B vitamins, and all of the amino acids**)

Diabetes kills approximately 350,000 North Americans per year.

It is the third largest killer after heart disease and cancer.

Diabetes is the number one cause of blindness in North America

**Insulin DOES NOT CURE diabetes!**  
**Insulin keeps you alive.**

and a dirty liver. Therefore, Alfalfa, B Complex, Complete Soy Protein, Liver DTX is recommended;

OR

- “Door-knobs” covered with fat. Therefore, they are malfunctioning, and insulin cannot open the door to allow glucose in. **Weight loss is essential to solve this situation.**

Due to more understanding of blood sugar, diabetics rarely die from elevated blood sugar levels now as they did in the past. However, instead, **they have to contend with the LONG-TERM COMPLICATIONS of the DISEASE that will happen in 5 to 15 years unless steps are taken to prevent or reduce the complications.**

(By Martha Willmore CDN) Continue on Page 4

### Glucose Regulation Complex

allows the cells to use the insulin already in the blood stream. Other products on the market for insulin resistance may increase the production of insulin in the body. This is exactly the **WRONG** thing to do.



## Diabetes - My Story... Leddy Vanderpool



I have a family history of diabetes - **my mother, father and brother are all diabetics**. I have always felt good, kept my health in check and got annual checkups with my family physician. It wasn't until August 2007 that I was diagnosed with this disease. I had not been feeling good - mostly just tired all the time, sleepy all the time and I could never get enough water! When I was diagnosed, my blood sugar was over 700 and my A1C was 12. Even my doctor could not believe these numbers!

I immediately started taking a number of medications- insulin, metformin, a diuretic, etc. to try and get my sugars under control. Even with a significant change in my diet (I had an enormous sweet tooth before and ate a lot of red meat), I could not get my daily sugars under 180-200. The "normal" range is anything less than 150 - with numbers closer to 100 being ideal. Worse than this, I felt horrible. I felt more tired than before and depression became a part of my life. I was taking 7 medications daily because after taking many of the diabetes meds, my cholesterol was out of whack too. I was desperate and really looking for anything to help me.

In January 2009, my wife convinced me, begrudgingly, to attend a Shaklee meeting with her. My wife is a 2nd generation Shaklee kid as her family has used Shaklee products for more than 25 years. She had always tried to get me to take my health more seriously - but I was a naysayer and skeptic (which is an understatement) and would never even take a vitamin. We have always used the Shaklee products in our home during our 9 year marriage- but I never thought I needed any supplements or vitamins.

However, it was during this meeting that I was introduced to **Vivix**. I learned about the mechanism of action and how it was supposed to work at a cellular level in the body. I also had the opportunity to hear from Jim Burke, Presidential Master Coordinator, about **Vivix**

and about Shaklee's science behind the product. Finally, I heard from a 70+ year old lady that was also a diabetic. She had been a diabetic for as long as she could remember and had been on medications for most of her life. She reported that she had been taking **Vivix** and had seen a dramatic decrease in her blood sugar levels - now to the point that she was actually no longer on ANY medications. My only thought at that point was...if I could just cut my medications and 3 daily injections in half, I would consider it a success.

So - on the ride home that Saturday, I agreed to try **Vivix**. I was skeptical but desperate. I began taking the product in late January. While taking the product, I began to research resveratrol. I couldn't believe the research and science that had been done on this one ingredient!

I also started listening to more information from Shaklee. I had the opportunity to hear Dr. Jamie McManus here in Phoenix in March 2009. She talked about the state of health today in the US - and diabetes was definitely a topic. **Dr. Jamie recommended a high quality protein for diabetics (like Cinch) and also Vitalizer for a healthy balance of nutrients. I decided to add these products to my daily regimen.**

I was very dedicated to monitoring my blood sugar daily and noticed, after about 60 days, that my levels were, in fact coming down. I was consistently below 170 and nearing the 150 mark. **I could not believe what I was seeing - or how I was feeling! More energy, better quality of sleep, and better overall health.**

I continued on this regimen and after about 4 months, I started to decrease my injections because my sugars were getting too low! **When I went in to see my endocrinologist, my A1C had lowered to a 7 and my sugars were definitely within range.** Even better, my cholesterol was not just within normal ranges - I was on the low end of the range for LDL and triglycerides. So I continued to wean myself off my meds until my blood sugar levels were consistently normal - with my doctor's help

I now take NO medications at all - and continue to take my Shaklee vitamins and protein. I added extra B-Complex and OmegaGuard as well. After I began telling others my story, it became clear that we needed to start our own business.

Shaklee has given me my life back and I feel better today at 51 than I have felt in many years. Turns out, there really is something to this nutrition stuff!

Great Articles from page 1

### Complications of Diabetes

- 1) **Heart Disease** (narrowing of large arteries that supply the heart + increased risk of strokes + high cholesterol & triglycerides due to high sugar level in blood)
- 2) **Peripheral Vascular Disease** (poor circulation to the legs & feet leading to gangrene & amputations)
- 3) **Retinopathy** (narrowing & breakage of blood vessels in the eyes leading to blindness)
- 4) **Neuropathy** (tingling, burning, numbness, and pins and needles sensations, especially in legs and feet)
- 5) **Kidney Problems** (do to high sugar in urine) – kidney failure is the cause of death for many diabetics.
- 6) **High Blood Pressure** (due to narrowing of the blood vessels)
- 7) **Infections** (Diabetics are more prone to infections and often don't heal well.)

### Reduce the Impact of Diabetes on Your Life!

- 1) Exercise (removes glucose from the blood without insulin)
- 2) Follow the Diabetics Diet Management principles (to follow) This is ESSENTIAL!
- 3) Take supplements to reduce or prevent the complications, as well as help prevent disease.
- 4) Since obesity can affect insulin receptor sites, get weight under control.
- 5) Don't smoke anything! (It causes constriction of arteries)

### SUGGESTED SUPPLEMENTS:

**Glucose Regulation Complex** is where to start. It helps the uptake of glucose into the cells by making the receptor sites work more efficiently.

- 1) **Soy Protein** - low fat protein source (essential for healthy insulin receptor sites)
- 2) **Vita-Lea Multi-Vitamin** (vitamin & mineral smorgasbord)
- 3) **Fiber** (slows down glucose absorption into blood)
- 4) **OmegaGuard & Lecithin** - (helpful for neuropathy symptoms & reduces heart disease risk)
- 5) **Vitamin E** (improves circulation, helps reduce risk of clotting, reduces risk of retinopathy & neuropathy, and reduces oxidation – thereby, reducing LDL cholesterol)
- 6) **B Complex** (reduces neuropathy, reduces plaque formation in arteries, increases glucose utilization, and increases immunity)
- 7) **Vitamin C** (natural infection fighter, improves healing, and essential for health of eyes & kidneys)
- 8) **Alfalfa**, an excellent source of minerals (diabetics experience excess mineral loss due to frequent urination)
- 9) **Zinc** (essential for pancreas health and to increase the body's immune function)
- 10) **CarotoMax** in U.S. / Advanced Beta Carotene PLUS in Canada (for the eyes)
- 11) **Vivix** – helps reduce formation of damaging AGE proteins in the cells

## Shaklee News



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TUESDAY - 8:00 p.m. Central Time

