

Update on "The Silent Killer": Diabetes

Arthur M. Echano, MD, ND, MACNEM

In spite of the amazing advances in modern medicine, nothing appears to be working in preventing diabetes from becoming an epidemic. Globally, experts estimate that about 140 million people are diabetics. The World Health Organization predicts that this figure could double in less than 25 years.

Sugar in the Wrong Place

The main problem in diabetes is insulin insufficiency or insulin resistance. Either way, since this pancreas-secreted hormone allows the entry of glucose (sugar) into cells, lack of it or lack of response to it will prevent the blood-to-cell transfer of glucose. Too much blood glucose and too little cellular glucose where it is needed could kick start an array of metabolic problems leading to serious complications.

Eyes, Kidneys & Nerves

The three well known long term complications of diabetes are diseases of the eyes (retinopathy), the kidneys (nephropathy) and the peripheral nerves (neuropathy). Other complications are heart disease, stroke, ulcerations, etc. Uncontrolled diabetes may give rise to diabetic ketoacidosis, a potentially fatal condition.

They Are Getting Younger

Experts are alarmed by the increasing number of young ones having diabetes. When I was a medical intern in 1979, the diabetic ward at Mary Johnston Hospital in Tondo, Manila was full of type II diabetics in their 50's and above. The only young ones there were the type 1 diabetics (juvenile onset)

Today, specialists are diagnosing type 2 diabetics in people as young as 10. Why is this so? Our dietary habits appear to be the culprit. According to Dr. William Dietz of the U.S. Centers for Disease Control and Prevention, "These include increased reliance on foods consumed outside the home; increased consumption of soft drinks and fast foods; reduction of physical education in schools; and elimination of recess in schools.

Dead Food Favors Diabetes

Apart from the high "simple sugars" content of refined foods and drinks, these foods/drinks are devoid of much needed food enzymes, the catalysts in the digestion of foods. Without food enzymes, our pancreas has to do all the work in manufacturing ample supply of digestive enzymes. After many years of being overworked, the pancreas starts to fill the pinch and can no longer make enough insulin to meet the demands of the body. The end result is hyperglycemia, too much blood sugar, the hallmark of diabetes mellitus.

Food Enzymes Help the Pancreas

So the foremost suggestion to prevent diabetes is to thrive on an enzyme-rich foods like fresh, raw fruits (non-sweet variety) and vegetables. By deriving half of the enzymatic needs (for digestion) from plant-based foods, the pancreas is not overburdened. It does not have to do all the work. The food enzymes in foods will carry part of the digestive work. The pancreas therefore does not have to do a solo job.

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It is not surprising then that many health care providers recommends food enzymes supplementation in helping normalize blood sugar level. Amylase, lipase and protease are the main enzymes used to digest carbohydrates, fats and proteins respectably. In the Western world, with the mainly animal-based diet, many use papase or papain from Papaya to digest proteins. I personally take Papaya 35, a fermented super liquid concentrate that not only digest food but also cleanses the gut. Its selective cleansing power spares the normal lining of the gut from damage.

Herbal Complex Has Promising Results

In 1921, Canadian diabetic researchers, Drs. Banting and McLeod of the University of Toronto made world headlines when they won the Nobel Prize in Medicine for their work in isolating insulin, the pancreatic hormone involved in maintaining normal blood sugar level. In the late 90's, after 20 years of research and clinical trials, Canada made a big hit again when the Julia MacFarlane Diabetic Research Centre (JMDRC) in Calgary released the amazing clinical results with the use of a 15 multi-herb complex called P-700 in managing non-insulin dependent diabetics.

According to the Medifile Report titled New Canadian Triumph in Diabetic Research, Herbal Complex: "Near Normalcy restoration for 70% of Type II diabetics," this herbal complex appears to be the nearest cure to type II diabetes mellitus. It is unique in that there are no side effects and no secondary failure. It regenerates pancreatic B-cells, increases GLUT 2 concentration and controls carbohydrate release.

P-700 is now available in powder form. The usual dose is half a teaspoon twice a day. According to Dr. Michael Sichel, ND, DO, editor of the Medifile Report, 98% of patients who take P-700 for 6-12 months can see a huge drop in hyperglycemia (high blood sugar) and have a near normal to normal blood glucose level even if it is discontinued. By regenerating pancreatic B-cell function, there can be a "gentle enhancement of insulin secretion" and "no rebound" effect.

No Major Side Effects

It is worthy to reiterate the fact that side effects are virtually non-existent. Out of 5,000 patients who used P-700, only two reported minor effects, one with constipation and the other one with diarrhea. The high fibre content of P-700 was the explanation for the diarrhea. Reducing the dose solved both problems. This is a significant advancement in the search for a natural anti-diabetic complex since there are many herbs that can reduce blood sugar count but the side effects severely limit their clinical use. Not so with P-700 which has withstood the rigorous clinical trials up to this time.

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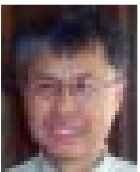
American Launch of P-700

With the consistent remarkable clinical outcome with the use of P-700 in diabetes mellitus, an info-commercial video on it will be released in July 2003 in the U.S. A nationwide TV campaign is planned to make the U.S. public aware of the safety and effectiveness of P-700 in the management of diabetes. About 270 operators from Boston are going to be ready to answer queries from interested viewers across the U.S. With the almost epidemic proportions of diabetes mellitus, it would be fair to expect a phenomenal response from this U.S. awareness campaign on a natural anti-diabetic herbal complex that has proven its superiority both in safety and effectiveness.

Light at the End of the Tunnel

Once a diabetic, always a diabetic. Nobody challenged this saying before P-700 came into the picture. Not anymore. With the very favorable clinical record of P-700, more and more diabetics are finding relief from this chronic disease. We could be seeing one of the most important discoveries in the field of diabetic research since the insulin work of Drs. Banting and McLeod in the early 1920's.

For those who would like to give complementary medicine a go in the management of diabetes, P-700 is on top of the list. The acceptance of some diabetic quarters in the United States in the clinical use of P-700 is a positive sign in the usefulness of this herbal complex. With the potentially devastating effects of this "silent killer" on our bodily systems, any therapy, medical or natural should be known to all diabetic sufferers. Of course, the value of taking enzyme-rich foods (fruits and vegetables, food enzymes, Papaya 35), of proper diet and exercise **MUST** be part of any diabetic control program. Such simple measures will surely lead to better blood sugar levels and avoid its serious complications.



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