



*Dr. David Brownstein's*

# NATURAL WAY TO HEALTH

Achieving & Maintaining Your Optimal Health

Special Issue

## Special Report:

# A Doctor's Guide to Maintaining Healthy Blood Sugar Levels

**W**e are now in the midst of a high blood sugar epidemic.

In fact, 79 million Americans have blood sugar (blood glucose) levels that are high, but not high enough to result in a medically diagnosed condition. Research studies indicate that most of these 79 million people will go on to develop Type 2 diabetes within 10 years.

Folks, I believe that high blood sugar is a national problem and should be addressed by the highest levels of government. If we don't stop this out-of-control freight train, I believe it could bankrupt our society.

Before we go further, I must explain a little physiology about how your body controls blood sugar. When you eat food and digest it, you produce blood sugar or glucose. As your blood sugar levels rise, your pancreas is signaled to release the hormone insulin. Insulin's job is to force your cells to take up glucose in order to make ATP molecules or energy. Later, as your blood sugar levels decline, your pancreas releases less insulin. This lowered blood glucose level sends a signal to your brain that it is time to eat again and the cycle starts over.

If everything is working well, the level of glucose in your bloodstream is tightly controlled in order to not go too low or too high. Either high or low glucose levels are not healthy for your body. In the most common cases of high blood glucose, the body's use of glucose has been disrupted. In this situation, the cells of the body have become resistant to insulin. What that means is that as glucose levels rise in the bloodstream, the cells are resistant to taking up glucose. In this case, the body will allow blood glucose levels to rise in order to overcome the resistance. The elevated blood sugar is an appropriate response by the body when there is insulin resistance present.

However, there are many consequences of having elevated blood sugar. The long-term consequences include the following:

- Increased risk of heart or blood vessel problems. Poor circulation, especially in the feet, is frequent.
- Nerve damage is also common in those with high blood glucose. Symptoms may include pain, tingling, or numbness in the hands, arms,

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# 52 Million Americans Have a Thyroid Deficiency and Don't Know it!

And it's linked to heart disease,  
stroke, cancer, diabetes —  
**59 diseases** in all!



**ALERT:** 40 to 70 percent of Americans have a thyroid hormone deficiency called “hypothyroidism” and do not know it!



Dr. David Brownstein, M.D.

And, according to Newsmax medical expert Dr. David Brownstein, what's even more shocking is that their doctors don't know it, because the standard thyroid test is wildly inaccurate.

If left untreated, this thyroid deficiency can play a major contributing role in 59 separate diseases — some that are just troubling, others that can ruin your life, and a few that can actually kill you.

Fortunately, Dr. Brownstein, editor of the popular **Dr. Brownstein's Natural Way to Health**, will share with you the “correct thyroid test,” along with the simple, “natural” solution in his exclusive special report, **59 Diseases Linked to Thyroid Imbalance** — yours FREE (a \$20 value).

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- ✓ An accurate, easy thyroid test you can do at home
- ✓ Why the conventional thyroid tests are inaccurate
- ✓ The link between low thyroid and heart disease
- ✓ See the diseases caused by too much thyroid
- ✓ Get effective natural solutions for overcoming thyroid disorders

That's just a small sampling of all the potentially life-changing information you'll receive in this FREE

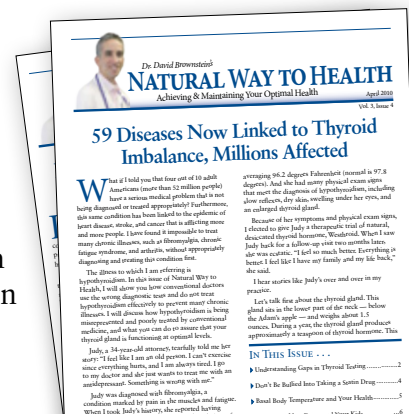
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## Signs & Symptoms of High Blood Sugar

- Frequent hunger
- Frequent thirst
- Frequent urination
- Blurred vision
- Fatigue
- Weight loss without trying
- Dry mouth
- Poor wound healing or recurrent infections
- Erectile dysfunction
- Itchy or dry skin
- Tingling or numbness in feet
- Headaches
- Strong and sudden urge to urinate
- Weak urine stream

**Please note:** Many people experience no signs or symptoms!

feet, or legs.

- Damage to the kidneys is a frequent consequence of long-term high blood glucose.
- Eye problems are also common.
- Long-term high blood glucose is also associated with brain conditions.
- High blood glucose levels may lead to sexual dysfunction in men.

Needless to say, having high blood glucose levels is one thing you want to avoid — if you haven't developed it yet.

There are many risk factors for developing high blood glucose levels. The most common risk factor, by far, is being overweight or



obese. Nearly two-thirds of Americans are overweight and one-third are obese. The more fat tissue that is present, the more resistant the cells become to insulin.

There is good news, however. Losing just 5-10% of your body weight can help improve insulin resistance. Plus, just being more physically active helps your body use insulin more effectively.

Some other risk factors include inactivity, family history, older age, and high triglyceride levels (>250 mg/dL).

I am continually amazed at the number of patients who have high blood glucose levels. It is, by far, the number one health problem we are facing. Why has this concern increased so much? The number one reason may be because Americans are the heaviest people on the planet. We are simply too fat. Blood sugar levels would not be a problem if we ate better and exercised more.

Here are a few tips on diet to help you avoid or reverse high blood sugar.

## Diet and High Blood Sugar: Avoid Artificial Sweeteners

There is no question that we are facing an epidemic of high blood glucose levels due, in large part, to eating a poor diet. Why are we eating a poor diet? We are simply following the direction of the powers that be, including the American Dietetic Association. They mandated that we should eat more carbohydrates, including grains, and less fat. We followed their direction nearly 40 years ago and the result is we are heavier and have more people with high blood glucose levels.

Furthermore, this organization has

Dr. David Brownstein's *Natural Way to Health* is a publication of Newsmax Media, Inc., and Newsmax.com. It is published monthly at a charge of \$49.00 per year and is offered online and in print through Newsmax.com.

Our editorial offices are located at 560 Village Boulevard, Ste. 120, West Palm Beach, Florida 33409.

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## What Is Metabolic Syndrome?

Metabolic syndrome comprises a group of risk factors that put you at risk for Type 2 diabetes, heart disease, and stroke.

The two most important risk factors are central obesity or “apple shaped” fat deposition around the middle of the body, and insulin resistance.

Technically, metabolic syndrome is present if you have 3 or more of the following signs:

- **Increased waist circumference (40 inches or more in men, or 35 inches or more in women)**
- **Elevated triglycerides (150 mg/dL or higher)**
- **Elevated blood pressure levels (130 mm Hg or higher systolic or 85 mm Hg or higher diastolic)**
- **Elevated fasting blood glucose levels (100 mg/dL or higher)**
- **Low levels of HDL or good cholesterol (below 40 mg/dL in men or 50 mg/dL in women)**

legitimized the use of low-calorie artificial sweeteners such as aspartame (Equal, NutraSweet) and sucralose (Splenda). Recent studies have shown that diet sodas are associated with increased weight gain in humans. Another study found that artificially sweetened drinks resulted in elevated blood sugar in mice. In fact, the researchers stated, “Data from this and other prospective studies suggest that the promotion of diet sodas and artificial sweeteners as healthy alternatives may be ill-advised.”

Ill-advised is being much too nice. I have written numerous articles and books describing the problems with artificial sweeteners. These substances are excessively sweet to the taste. They deceive the body into thinking that a large amount of sugar is being released. This causes the pancreas to secrete elevated insulin levels. What happens when a large amount of insulin is released after ingesting an artificially sweetened drink? The blood glucose levels begin to fall. The falling glucose levels signal a hunger feeling, whereby more food will be ingested. It is felt that this is the crux of why artificial sweetened drinks/food can cause weight gain; people are eating too much food after they ingest aspartame and/or sucralose. Also, due to artificial sweeteners causing a large amount of insulin to be released from the pancreas,

the result is a reduced insulin sensitivity of the cells. In other words, too much insulin disrupts the normal functioning of the cells, which can lead to insulin resistance.

I have no doubt that artificial sweeteners are a large part of our growing epidemic. These substances should be avoided. Sucralose, when heated, becomes a dioxin-like product. Aspartame, when heated, becomes a formaldehyde-like product. My experience has been clear; it is nearly impossible for one to lose a significant amount of weight while ingesting these substances. I am not against eating food that has a sweet taste to it. I am a proponent of using natural sweeteners such as unrefined cane sugar, which contains a full complement of minerals.

## Diet and High Blood Sugar: Avoid Refined Carbohydrates

You probably remember the food pyramid sent to us by the U.S. Department of Agriculture. The original food pyramid that I remember learning about in school taught us that we need to eat the majority of our food from grains — bread, pasta, and cereal. Furthermore, the original pyramid told us to use fats and oils sparingly. What did we do as a society? We followed the recommendations and increased our use of grains and decreased the intake of fat. As I stated previously, the consequences of following this advice have been severe; we are

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and one of the foremost practitioners of holistic medicine. Dr. Brownstein has lectured internationally to physicians and others about his success with natural hormones and nutritional therapies in his practice. His books include *Drugs That Don't Work and Natural Therapies That Do!*; *Iodine: Why You Need It, Why You*

*Can't Live Without It*; *Salt Your Way To Health*; *The Miracle of Natural Hormones*; *Overcoming Arthritis*; *Overcoming Thyroid Disorders*; *The Guide to a Gluten-Free Diet*; *The Guide to Healthy Eating*; and *The Guide to a Dairy-Free Diet*. He is a medical advisor for Medix Select and the medical director of the Center for Holistic Medicine in West Bloomfield, Mich., where he lives with his wife, Allison, and their teenage daughters, Hailey and Jessica. For more information about Dr. Brownstein, please go to [www.MedixSelect.com/brownstein](http://www.MedixSelect.com/brownstein).

suffering from an epidemic of high blood sugar and obesity due to eating too many refined carbohydrates and not enough good fats.

Refined carbohydrates including bread, pasta, and cereal are made from refined flour, sugar, salt and oils. The refining process depletes these substances of healthy, natural ingredients including vitamins, minerals and enzymes. Why would the food industry use refined ingredients in these products? Refined foods have a much longer shelf life as compared to a natural whole-food product. Removing naturally-occurring vitamins, minerals and enzymes leaves a devitalized product that has a very long shelf life. It has a long shelf life because it's devoid of the naturally occurring ingredients that will break down over time. Eating devitalized food leads to a devitalized body.

My experience shows that patients who eat a diet high in refined carbohydrates are often deficient in a variety of vitamins and minerals. This includes deficiencies of B vitamins, vitamins C and E, as well as minerals such as zinc, selenium, and chromium. All of these items are necessary to help the cells utilize insulin efficiently. More about specific nutrient therapies will be discussed later in this article.

And what about sugar? Researchers at the Centers for Disease Control and Prevention and Emory University examined the sugar intake and blood fat levels in over 6,100 American adults.

They found that study participants consumed a whopping 21.4 teaspoons of added sugars per day.

Sugar can come in many forms, some better than others. Refined white sugar, high fructose corn syrup and others are particularly bad. But even unrefined cane sugar or honey should be minimized in your diet. And of course, sugars in foods such as soft drinks, iced tea, candy, cookies, pastries, and other foods are merely carbohydrates to be avoided.

Too much sugar is not only problematic for your

blood sugar levels, but also contributes to general ill health, poor immunity, and even premature aging.

## Diet and High Blood Sugar: Avoid Refined Oils

Since the powers that be told us to lower our intake of fats, we have followed suit. We lowered our intake of saturated fat and followed their advice to substitute vegetable oils such as corn, canola and soy oil. My clinical experience has clearly shown that refined vegetable oils are not healthy substances and should be avoided.

The refining process for oils is done for the same reason that grains are refined; it increases the shelf life of the final product. If you go into a supermarket anywhere across the United States, there is a plethora of refined vegetable oils. These oils have had all of the necessary fats and vitamins removed from their final product. The manufacturing process of refined oils also disrupts the normal chemical structure of the oil, leaving hydrogenated fats in the final product.

Hydrogenation refers to the abnormal chemical structure of the fat. In this case, the hydrogenated fat has a very long shelf life. In fact, if you look at a container of refined vegetable oil, it is doubtful if you will find an expiration date. Therefore, this product can literally stay on the shelf forever — it has nothing in it to ever break down.

The human body was not designed to ingest the majority of its fat as hydrogenated fat. Studies have shown that ingestion of hydrogenated fats in the form of vegetable oils can increase the risk of breast and prostate cancer. However, there is a wide range of health problems associated with the use of refined oils including heart disease, hypertension, immune system disorders, and issues with blood sugar levels. My experience has been clear: Hydrogenated vegetable oils should be avoided.

Humans need adequate amounts of healthy fats in their diet. This includes healthy sources of saturated fats. Healthy fats are found in organic vegetables and free-range, organically raised animal products. I have found it nearly impossible for someone to achieve their optimal health without ensuring adequate intake of good, healthy fats.

Furthermore, those with high blood sugar need





to ingest healthy fats. Healthy fats found in organically raised animal products such as eggs, meat, chicken and wild-caught fish provide the body with the correct balance of essential fats. These essential fats are needed to ensure that the cells of the body are healthy. Healthy cells will utilize insulin appropriately and help maintain normal blood sugar levels.

## High Blood Sugar and Diet in the 21st Century

As I previously mentioned, we are in the midst of an epidemic of rising blood sugar levels. It is being driven, in large part, from eating a poor diet. Eliminating refined foods and eating a whole-food diet will help minimize your chances of developing any issues associated with raised blood glucose levels.

Our food supply is woefully lacking in vitamins and minerals. Studies have shown that over the last 50 years, the food supply of minerals and vitamins has declined. It is certainly best to get the proper supply of vital nutrients from your food. Unfortunately, in our polluted 21st century world, I do not believe that is possible, even by eating a purely organic diet. That is not to say there is no use to eating healthy, organic food;

organic food is a better choice.

As we age, our cells naturally lose some of their ability to maintain homeostasis or stability. Just as our skin, muscles, and hair age, so do all of our cells. In fact, the aging process causes our cells to become less malleable and stiffer. However, if we provide our cells with the basic raw materials they need, they will function much more efficiently, even during the aging process. In the case of those with high blood glucose levels, as compared to those without elevated blood glucose levels, the cells are aging much more quickly.

Furthermore, high blood glucose levels may cause a systemic problem where the cells are not functioning efficiently. The analogy is similar to a car that has a dirty carburetor.

I recall as a teenager, driving my 71 Ford Torino was always challenging. The carburetor kept becoming dirty. I would have to spray in carburetor cleaner in order to be able to drive the car.

In the case of high blood glucose levels, it is important to provide the body with the correct nutrients in order for the cells to utilize insulin correctly. Eating a good diet, as previously mentioned, is important. It is also important to take the right supplements in order to help the body maintain an optimal blood sugar level.

## Special Nutrients for High Blood Sugar

Vitamins C and E are vitally important for those with high blood sugar. Most with high

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## 10 Simple Tips to Prevent or Manage High Blood Sugar

1. **Lose weight if necessary.**
2. **Minimize the use of refined carbohydrates in your diet.**
3. **Eliminate refined sugar, salt, and flour, artificial sweeteners, and hydrogenated oils from your diet.**
4. **Maintain good hydration with pure, filtered water.**
5. **Be physically active daily and learn to manage your stress levels.**
6. **Ensure adequate iodine levels in your diet and maintain proper thyroid function.**
7. **If you smoke, quit now.**
8. **Use good oral hygiene (brushing & flossing) to prevent gum infection.**
9. **Don't overindulge in alcoholic beverages.**
10. **Make sure you get enough quality sleep.**

blood sugar are low in both, which are needed for decreasing the toxicity of elevated blood sugar levels as well as improving insulin sensitivity.

B vitamins are also essential. They help prevent complications, including nerve and kidney concerns. In particular, vitamin B12 has been studied as a treatment for nerve damage. And vitamin B3 (niacin) has been shown in studies to lower cholesterol levels in those with high blood sugar.

Patients with high blood glucose levels are frequently deficient in basic minerals such as selenium, potassium, and manganese. How can these patients heal injured tissue if they are deficient in vital minerals?

One mineral that is very interesting is chromium. There are many research studies showing the relationship between low chromium levels and high blood sugar. I have found nearly every one of

my new patients with blood sugar issues to be low in chromium, via hair and red blood cell mineral testing. Chromium has been found to increase insulin binding, increase the number of insulin receptors and increase insulin receptor responsiveness (via increased insulin receptor phosphorylation).

Alpha lipoic acid is a vitamin-like substance that has multiple clinical uses. It has long been researched for its effectiveness at treating nerve damage as well as other complications of high blood sugar. Plus, it is a powerful antioxidant and is thought to help slow down the aging process.

Green tea contains a large amount of antioxidant flavonoids. One study of nearly 17,000 men and women found that frequent drinkers of green tea (>6 cups per day) were less likely to develop high blood sugar as compared to those who drank less than one cup per week. Other studies have shown green tea can help regulate blood sugar. It has also been shown to reduce the risk of developing high blood sugar.

Vanadium is a chemical element with a long history of treating people with high blood sugar. Vanadyl sulfate (a form of vanadium) was found to improve both skeletal and muscle insulin sensitivity in patients with high blood sugar. A further study found vanadyl sulfate associated with a 20 percent decrease in fasting glucose concentration and lowered hepatic liver insulin resistance.

Acetyl L-carnitine is a naturally occurring substance in both plants and animals. It has been shown to correct altered peripheral nerve function in patients with high blood sugar.

## Herbal Help for High Blood Sugar

Certain herbs can also be very beneficial at treating elevated blood sugar.

Pterocarpus marsupium is a highly valued tree in Eastern herbal medicine. Its wood contains a high concentration of flavonoids, which are potent

“Keeping your blood sugar in the normal range is one of the most important things you can do for your own health.”

– David Brownstein, M.D.



antioxidants. Research has shown that *Pterocarpus marsupium* has excellent blood sugar benefits. In fact, *Pterocarpus* extract was shown to improve blood sugar control in 73 percent of the treatment group. Another study found improved glucose tolerance, a decrease in fasting blood sugar and improvement in symptoms in patients treated with *Pterocarpus* extract.

*Gymnema sylvestre* is an herb from the tropical forests of southern India. It has been used as a natural treatment for high blood sugar for over 2,000 years. Its leaves contain many phytochemicals which have been shown to reduce blood sugar, and it has been shown to reduce cravings for sugar. It can also help support healthy weight.

The medicinal use of cinnamon bark dates back over 4,000 years. Cinnamon bark contains chemicals that appear to mimic the effects of insulin in lowering blood sugar and also act to help with insulin resistance.

Bitter melon is a tropical vine found in Asia, Africa, and the Caribbean. Research dating back almost 50 years showed bitter melon improving insulin sensitivity.

Banaba leaf has been shown to help improve glucose entry into cells and reduce body fat.

Fenugreek is a plant that grows in India, Egypt, and other areas of the Middle East. It contains chemicals that slow carbohydrate absorption, and it increases the number of insulin receptors. It also has been shown to decrease blood sugar in those with high blood sugar.

## Exercise Help for High Blood Sugar

As I noted previously, our sedentary lifestyle contributes to the epidemic of high blood sugar. Therefore, becoming more active is very important in reversing or preventing blood sugar concerns.

Exercise helps in various ways:

- Improving your body's ability to utilize insulin.
- Burning excessive body fat and optimizing

weight.

- Supporting normal blood circulation and blood pressure.
- Increasing strength and improving bone density.
- Increasing energy.
- Reducing stress and tension.

Aerobic exercise that gets your heart rate going is excellent for everyday fitness. Plus, it helps you lose weight, improve your heart health, and even balance your blood sugar. Aerobic exercise could include walking, swimming, riding a bike, or other sustained exercise.

However, the latest research indicates that strength training (also known as resistance training) is especially beneficial for those with blood sugar concerns. Resistance training usually involves lifting weights or exercising by using your own body weight, such as with

pushups.

Strength training has been found to improve insulin sensitivity and glucose tolerance.

I would recommend a moderate combination of both aerobic and strength training. Remember to start slowly, stretch or warm up before exercising, and get instruction on using weight equipment if needed. Plus, make sure to get your doctor's approval before starting an exercise program, especially if you've been sedentary.

## Final Thoughts

Issues associated with elevated blood sugar are occurring at epidemic rates. Unless medicine adopts a holistic approach to treatment, I believe we will continue to get sub-par results. In the vast majority of patients, high blood sugar can be managed by making lifestyle changes — losing weight, eating a better diet and exercising — as well as taking the appropriate supplements to correct nutrient imbalances and help the body gain better blood sugar control.



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