

Rebecca Sues Her Mother

*"You Caused
My Diabetes"*



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**Over 200 scientific studies have established that
Type 2 diabetes is reversible.**

**This has been confirmed by the application of this research by
many respected doctors such as Mark Hyman, Julian Whitaker, Dean Ornish,
Neal Barnard, Michael Murray, Gabriel Cousens and Cass Ingram.**

**In many cases the success rate is 90-100%
with diabetes sometimes being reversed in as little as three days.**

Preface

Diabetes has reached epidemic proportions in the United States and will continue to increase rapidly with no end in sight. Type 2 diabetes accounts for over 95% of all cases, and is due primarily to lifestyle choices. In fact, 89% of Type 2 diabetes cases could be avoided if people ate a healthy diet, exercised, did not smoke and consumed low levels of alcohol.

Over 200,000 people die each year from the complications associated with diabetes, such as heart attack, stroke, amputations, nerve damage and blindness. The average female diabetic loses 12 years of her life, and the average male loses 15 years.

The cost of treating this disease will eventually bankrupt the United States. The average cost of health care for treating a diabetic was \$11,700 per year in 2009, compared to \$4,400 for a nondiabetic person. The overall cost is about \$200 billion a year, and this will increase to over \$500 billion by the year 2020, if the projected increase in cases occurs.

The Centers for Disease Control and Prevention project dramatic increases in the number of diabetic cases. For children born after the year 2000, the risk of becoming diabetic will be as follows:

35% for Caucasian children-

43% for African American children-

49% for Hispanic children-

The current percentage of diabetic Americans is 8.3%.

Various studies have identified a link between the level of education and who is at risk of diabetes, as well as ethnic/genetic tendencies. This would point to income levels as another factor, and certainly the price of healthy food should be seriously considered. However, these arguments, or influencing factors, seem to melt away when another statistic is considered. Everyone agrees there is a strong

relationship between being overweight and the risk of becoming diabetic. In 2009, over 68% of the population was overweight, and economists have projected that 100% of the population in the United States will be overweight by the year 2065. That means all Caucasians, African Americans, and Hispanics will be overweight regardless of their income or their education levels.

There must be another common denominator that will determine if everyone is overweight and over 40% of the population is diabetic.

Who decides what children eat? The answer, in most cases, is mothers. Mothers not only set the eating patterns in early life, they influence the eating patterns of a lifetime. One could argue that mothers, more than any other group, have caused the current epidemic of diabetes. Who would dare to make such an outrageous statement when we all know how much

mothers love their children? That may be true, but it does not preclude the fact that many mothers are doing a poor job of feeding their children.

Those who would defend mothers might offer the following explanations or excuses:

They are busy working and don't have the time to properly 1. shop and prepare meals.

They don't have the money to buy expensive fruits and 2. vegetables.

They did not learn enough about nutrition in school.3.

Their doctor never warned them about eating properly.4.

The media presents conflicting and confusing information 5. about what is healthy to eat.

Their children will not eat healthy foods.6.

Their children are under peer pressure.7.

The schools do not serve healthy foods.8.

These, and other similar excuses, are all valid to a degree. However, in the final analysis, most mothers don't do a very good job feeding their children because they are too lazy or preoccupied to pay attention to what their children are eating. They think they are feeding them a lot better than they really are. And, when the kids do become overweight and/or diabetic, the mothers have a whole list of excuses to offer.

There is no acceptable excuse for not feeding children properly. This book points out what could happen if children could bring themselves to understand how they became so ill.

Diabetes is just one illness to consider. Poor nutrition leads to many other chronic illnesses, including arthritis, heart disease, cancer, digestive illness, depression and many more. And mothers should bear a share of the blame for these illnesses as well.

Finally, there will be the hue and cry of those who say we all are responsible for our health, especially once we become adults. That may be true. However, it is very hard to find an adult who was raised on a healthy diet and went off on a tangent to eat only unhealthy foods. The patterns we learn in childhood, good or bad, usually stay with us for a lifetime. It can certainly be shown that as many people improve their diets in adulthood as those who opt for a less healthy diet.

Mothers are still the most influential factor, and it is high time somebody said so. The fable about the naked king could not be more aptly applied. No one dared to say he wore no clothes out of fear. Well, I guess it must be said, "The emperor had no clothes."

Mothers could do much better at feeding their children, and unless they do, we will face the most serious health crisis of the past 100 years.

Rebecca Confronts Her Mother

That evening, after another day on her special high-fiber, high-protein, low-sugar diet, as well as another day of blood testing and taking medicine, Rebecca decided it was time to speak with her mother. She wondered whether to call her or just go over and talk to her in person.

This was not going to be easy. A lot depended on her mother's reaction to the situation. If she responded well with sympathy and remorse, it would be very difficult to find the courage to even consider a lawsuit. A part of Rebecca wanted her mother to be spared that horrible experience, and yet another part of her hoped she would go into denial and resent the suggestion that she was somehow to blame for Rebecca's unfortunate situation.

"I should at least call her and tell her I have something very important that I need to come over and talk to her about," Rebecca thought to herself. "I guess I could also tell her that it has something to do with my health. At least that way she will be a little worried about me. Maybe the chances of her being sympathetic will be heightened."

Rebecca went to the phone. "Wow, this is not going to be easy," she said to herself. "I guess I should just go for it because it certainly isn't going to get any easier."

She picked up the phone and dialed the number. Her mother answered.

"Hi, Mom, it's Rebecca. How are you doing?"

"Oh fine, I guess," was her mother's reply, "another tough day at work. You know, same old, same old. Too much work, not enough help, and idiots for managers. What can I say? How about you, honey, how are you doing? Is everything okay at school?"

"Uh, sure," Rebecca replied, "everything is okay at school, but I do have something else that I need to talk to you about."

"Sure, Becky, what is it?"

"Well, it's pretty serious, Mom. It's something to do with my health and I think that I should come over and tell you in person."

"Oh, baby, what is it? You're not pregnant, are you?"

"No, I'm not pregnant."

"Well, then, what is it? Please tell me you don't have cancer."

"Okay, Mom, I don't have cancer and I really don't want to do the 20-question thing right now. I really want to come over and talk to you in person."

"Okay, honey, come right over. Your dad is here so we'll be waiting for you, and don't worry, Becky, I'm sure you're going to be okay no matter what it is. If you aren't pregnant and you don't have cancer, how bad could it really be? Come on over. We'll see you in a little bit."

Rebecca gathered up all of her information and paraphernalia dealing with diabetes to help make her case. Maybe the finger pricking would help to get

some sympathy. Maybe the diet would help to make the point about the difference between what she had to eat now and what she ate growing up.

"Boy, this is not going to be easy," Rebecca repeated to herself, for what seemed like the millionth time. She was finally ready and off she went to the big confrontation. The ride was a short one, but it seemed like an eternity. Finally she was there on the front porch reaching for the front door. It came to her that this was her house. This was where she grew up. This was the place where all of those wonderful memories of her childhood were created, but it was also where her problem began. "My God," she thought, "this is the scene of the crime."

She opened the door and walked in. "Hello everyone," she announced in a not-too-loud voice, because she knew it was just her mom and dad and they were probably just sitting in the kitchen. How ironic was that? Talk about the scene of the crime. Rebecca made her way to the kitchen and her mother got up to give her a hug, as usual. They all moved into the living room and sat down.

Her dad was the first to speak: "Hi, baby, what's up? Your mother tells me you've got some sort of health problem. What is it?"

"Well, Dad, if you must know, this is what it is..." and with that, Rebecca laid all of the diabetes information and items on the coffee table.

Her parents quickly looked through it all and her mother said in her most surprised voice, "Diabetes? You mean that you have diabetes?"

"That's right, Mom, I have diabetes. I wasn't feeling well so I went to Dr. Morgan for a check-up and the tests said I have diabetes."

Her dad quickly asked, "Could the tests be wrong? Are you sure?"

"I'm very sure, Dad, Dr. Morgan ran tests over a whole day and every blood sample indicated I have diabetes. Apparently my pancreas is so weak that it can't make enough insulin to deal with the sugar I eat."

"Well, honey," her mother said, "why are you eating so much sugar?"

"It's not just sugar, Mom, it's everything that turns to sugar. Things like white bread, white pasta, and all the pastries and other sweet stuff that I've been eating for so long."

"But you ate a good diet," her mother retorted. "I know you did, because I always made good, healthy food for you."

"Not always, Mom. You used to, before you went to work, but not after that."

"What do you mean, Becky?" questioned her dad.

"What I mean, Dad, is that after Mom went to work, when I was in the second grade, things changed. She didn't have time to make eggs in the morning or put a lot of thought into our lunches. We were kind of on our own and the quality of our diet went down. We started to eat Capt'n Crunch and other sugary cereals for breakfast."

"But that's what you said you wanted," her mother quickly replied.

"I know, Mom, but we didn't know it wasn't healthy. You should have. You should have stopped us from eating it."

"My God, Becky, you would have had a fit in the store if I didn't buy what you wanted."

"I know, Mom, I remember. But I think that you were wrong to give in to me. Look what happened. Now I have diabetes."

"Are you saying that Cap'n Crunch gave you diabetes?"

Diabetes Risk Factors Assessment Tool

Many factors contribute to the development of diabetes, such as diet and exercise, but there are also some secondary factors that occur before, during, or after the influence of diet and exercise. These factors were reported in an article in Fitness magazine in April of 2007. These nine contributing factors for diabetes should be given serious consideration in any diabetes-prevention or natural treatment plan.

1. **A large waist:** When there is excess fat on the abdomen, there are compounds produced that make cells insulin-resistant. As a general rule women should keep their waist size below 35 inches and men should keep theirs below 40 inches.

2. **High stress:** Stress can interfere with the body's ability to make insulin and process glucose. Stress hormones stimulate the release of glucose from the pancreas, which is not usually needed, thus causing the excess production of insulin. Insulin-producing cells can become exhausted, and then less insulin is produced when it is needed to help glucose get into the cells.

3. **Eating fast food:** People who eat fast food such as burgers, French fries and soda more than twice a week usually gain an extra 10 pounds and are twice as likely to become resistant to insulin. This is caused by the excessive stimulation of the body's insulin receptors and the stiffening of cells due to the consumption of saturated fat.

4. **Waking up during sleep:** Waking up in the middle of the night means good restorative sleep has not occurred. This is when the body detoxifies and balances its pH, which means cells may not receive the full benefit of these restorative processes.

5. **Drinking one soda per day:** Drinking just one soda per day not only adds to weight gain, but also causes the pancreas and the cells' insulin receptors to be overworked, all of which are major contributors to diabetes.

6. **Skipping breakfast:** Not eating breakfast causes the body to go into fat storage mode leading to weight gain. It also increases the production of the

appetite-stimulating hormone ghrelin, which increases hunger, causing more eating and more weight gain.

7. **Consuming processed meat:** Processed meats such as hot dogs and bacon are loaded with preservatives that can destroy the insulin-producing cells in the pancreas. This destruction is part of the free radical process where chemicals foreign to the body try to steal an electron from a healthy cell.

8. **Developing depression:** Depression and other mood challenges change the body's acid-alkaline balance to become more acidic. This causes damage to the insulin receptors on our cells as well as in the pancreas where insulin is produced.

9. **Watching television:** Watching television more than two hours every day means there is less time spent exercising or doing other physical activities. This adds extra weight, but even more importantly leads to insulin receptors becoming lazy and less sensitive.

Factor Increased risk

1. A large waist 330%
2. High stress 184%
3. Fast food 100%
4. Wake up during sleep 98%
5. Drinking one soda 83%
6. Skipping breakfast 50%
7. Consuming processed meat 43%
8. Developing depression 23%
9. Watching television 14%

Guidelines for Losing Weight

J. The Weight Gain Connection

● Obesity is a Major Cause of Diabetes

- Obesity interferes with normal glucose metabolism.
- Insulin receptors on fat cells don't work very well.
- High insulin levels make fat loss more difficult.
- Appetite is increased when cells are not working efficiently.
- Losing 20 to 50 pounds of body fat has been known to reverse or control diabetes.

● Pena Indians are Genetically Predisposed to Diabetes

- U.S. Pena Indians consume refined carbohydrates, sugar, and alcohol. They have a high level of diabetes.
- Mexican Pena Indians have a diet of 80% carbohydrates, but they are complex carbohydrates. They exercise and don't drink alcohol. They have extremely low levels of diabetes.

● **Physiological Factors in Weight Gain**

- There are 20 factors that need to be considered in weight gain.
- Some are genetic, but most are controllable.
- Every person's physiology is different.
- Many popular diets don't work because of this physiological difference.

● **Psychological Factors in Weight Gain**

- Personality and behavioral traits play a key role.
- There is an assessment to help determine your weight gain personality profile.
- Knowing what triggers your eating can help to control unhealthy eating patterns.

The Rules for Successful Weight Management

1. Eat the same or fewer calories than you burn every day.
 2. Eat according to your metabolism.
 3. Eat five small meals each day or three small meals and two snacks.
 4. Eat until you are nearly full, but never until you are totally full.
 5. Eat only whole, natural foods; no processed foods.
 6. Shop only in the outer aisles of the supermarket.
 7. Eat organic foods as often as possible. The toxins in nonorganic foods contribute to weight gain.
 8. Eat some protein and carbs with each meal.
 9. Eat foods low in fat. Eat mostly healthy fat (unsaturated).
 10. Eat foods low in sugar. Eat only unprocessed sugars such as fruit, maple syrup, or molasses.
 11. Eat fruit with nuts as often as you can. Nuts slow the absorption of the sugar in fruits. Eat all nuts except peanuts, cashews and pistachios.
 12. Eat seven to nine servings of fruits and vegetables every day.
 13. Eat only protein from plants, fish, and birds, if possible.
 14. Avoid shellfish and concentrate on coldwater fish such as salmon, tuna, sardines, etc.
 15. Eat complex carbs like whole grain breads, whole grain cereals, whole grain brown rice, and whole grain oats or other cooked cereals.
 16. Do not eat any starches or bread after 3 p.m.
 17. Drink at least eight glasses of spring or filtered water each day.
 18. Take a high-quality multivitamin to ensure that you get all of the nutrients you need every day.
 19. Take CoQ10 to improve energy production in your cells and protect your DNA and RNA.
 20. Take gymnema sylvestre, chromium, berberine and vanadium if you need help with balancing blood sugar.
 21. Take lecithin if you need help with processing fats.
 22. Be certain your digestion is working well.
- Chew your food thoroughly.

- Take extra enzymes if you need them (most people do).
 - Be sure your intestines have enough friendly bacteria in them.
23. Make sure you consume at least 40 grams of fiber every day.
 24. Make sure you get at least 45 minutes of serious exercise every day.
 25. Keep your stress level low by avoiding stress that is avoidable.
 26. Handle unavoidable stress calmly. Be Zen-like. Don't worry about things you can't control.
 27. Practice meditation, yoga, or deep breathing to control cortisol levels and increase endorphins.