

Diabetes Mellitus Type II

Part I - DM

by Dr. Dale J. Ross, M.D.

Diabetes mellitus type II (DM II) is a complex problem. I have heard it described as a death sentence, just a fact of life, and a wakeup call, among other things. Some patients have come to me out of fear that they will be “put on insulin” or die as they remember their aunt or grandfather dying. Some are looking for me to fix them, or come arguing that the medical establishment, particularly as studied here in the United States, is hiding the true cure and they know because they heard that a relative of a friend found and is selling the cure in Mexico (this has literally happened to me for a number of medical problems). I absolutely believe you can have a dramatic turn-around with DM II; I have been a part of this a number of times, but no one is hiding the secret, magic, no effort, trick just to keep people ill.

Fundamental concepts to treat our bodies the best that we can, go a long way to preventing and treating DM II. I often describe the action of uncontrolled blood sugar, diabetes, as a slow cook process. If you took a roast and placed it in the oven for 7-10 days on 200 degrees, you would have a mess. Think of uncontrolled diabetes as a similar process. Elevated sugars deform proteins in the blood and wreak havoc on our organs. The end result is all the bad things that you hear about: blindness, strokes, heart attacks, kidney failure, amputations, and bad infections. These come late, first you experience feeling weak, rundown, tired, irritable, and frequently losing desire to really do much, oh and for men they can develop certain performance problems. Our organs, our bodies, cannot do their job when they have been damaged so effectively. Learning what foods do to your body and making some better choices can arrest this destructive cycle.

Medicines can be a help at times, but they are not the absolute and only answer. The first step is to understand the problem – what is diabetes, what does it do, how does it progress. The second step is to understand your personal role – you make choices that make success or failure come about. When I have patients that understand what it means to eat with understanding and become more active in the management of their life, and even exercise - they start living better. I have seen dramatic turn-arounds and have often seen the diabetes go away. It may remain a specter, whereby you guard against recurrence, but to see someone able to completely stop needing their medications because they chose to be that much healthier is a truly wonderful thing to be a part of.

Look for the coming article: Diabetes Mellitus II Part II – What’s going on with my body?