

CompleteHealth

July 2014

Holistic Natural Happy Healthy Life

Raw
POWER
Join our roar!



Sweet Poison

7 days to confidence
Diabetes - are you the 1
in 3?

Join the Debate...

Living with Endometriosis
Raw=High Power

DIABETES

Are you the **ONE** in **THREE?**



With an extensive scientific background (and Masters of Science in electromagnetic engineering) Thierry Ollac's interest in natural healing was re-ignited when a severe form of arthritis that almost crippled him was treated successfully by a Homeopath. From there he decided to study how the body & mind works, homeopatically, herbal therapy and nutrition. Thierry's successful Homeopathic Clinic is in Cambridge, UK and as well as teaching in the UK, France & Spain, Thierry's dream is to help bridge the gap between conventional medicine, homeopately and nutrition.



Diabetes is on the rise, and will keep rising.... A few weeks ago, the BBC reported a study that one in three adults in the UK have diagnostics-reading close to diabetes-level (from one in ten 10 years ago).

For people who are diabetics or close to it, changing their lifestyle may not be as easy as it seems and also not as effective as the damage of many years of poor diet, stress or exposure to toxins will not be reversed just over a few months of eating "good food".

For most people in the West, the bad habits have started at a very early age, and society does not make it easy, with processed food usually cheaper than vegetables.

Physiologically, blood sugar balance can also be hard to reverse without the right kind of support and assistance. Here are some background information on this condition, that everybody will find useful, not only diabetes sufferers and their relatives.

It is a condition close to my heart as many of my family members and close friends suffer from it, and I was always worried about it for myself, until I changed my life.

So, what is diabetes?

Simply defined, diabetes means that the body is unable to balance the level of glucose in the blood. Glucose is the simplest type of sugar. Normal glucose or sugar levels should be

between 0.8 and 1.2 gram per litre of blood when fasting. Below that level, someone will faint, and above that, the sugar level may become too high for the body, potentially causing life-threatening complications.

Sugar is used by all cells of the body, but is a primary food for the muscles and the brain. For this reason, sugar is highly needed when we are under physical or emotional stress.

The pancreas, a very large organ, is in charge of checking the sugar level in the blood. If it is too high, it will release the insulin hormone, so that the excess glucose is stored into glycogen or fat. If the glucose level is too low, the pancreas will release the glucagon hormone so that the body processes fat or glycogen back into sugar. The liver is the primary processor of this glucose / fat-glycogen process.

The condition of Diabetes is split into two:

Type I diabetes: this is when the pancreas does not produce insulin anymore, and the blood sugar level is not regulated by this organ. While Type I is very difficult to fully cure with a holistic approach (and potentially impossible), a sound approach will help reduce the required levels of insulin and the side-effects related to diabetes. It will bring a better quality of life.

Type II diabetes (about 80% of diagnosed diabetes): this is when the liver does not respond to insulin - the body basically refuses to respond to the requests of the pancreas.

Type II covers about 90% of the cases of diabetes in the West, and it can be greatly improved if the person is ready to change diet and take a treatment to re-nourish the body and strengthen his or her vital organs.

What are the main causes behind this diabetes' epidemic?

Before the discovery of the Americas, diabetes was named "the honey-man's disease" The first sugar-beet arrived on the European shores in the XVIIth century. In the early XXth century, sugar was representing in terms of calories about 5% of the average intake of a Western European. Now this is 20% but our genes have not changed so fast, and we are now basically over-feeding ourselves with sugar, a potentially toxic food for the body.

However, sugar and diet is not the only culprit. Often in health, there is a combination of elements that create a condition. When seeing clients, I would always investigate these possibilities as well:

Emotional stress - when people are under stress, the body requires sugar, and if there is immense stress, the body's response may just go on over-drive. For this reason, unaddressed trauma, injury or emotional balances need to be processed and integrated by the body.

Hormonal imbalance - diabetes is a known complication of pregnancy. Hormonal changes will also impact the sugar level in the



body. Here again, if this is found out early enough, this can be greatly improve.

Medication - Some types of conventional medications can also increase sugar levels. For example, Statin has been known to increase your blood sugar level by 10 to 15% by French medical studies.

Viral infections - this is a very common cause of Type 1 (when the pancreas does not work). A good holistic treatment will also help, even if this can be very difficult to fully "revitalise" the pancreas.

Why is it so hard to stop sugar?
 Because of my background, when I took up my studies in complementary medical studies, I thought "well, sugar is no good, I should stop it from tomorrow" and on the day after, I decided to have a healthy breakfast with no jam, no sugar, no honey. Well, at 10AM, I was completely shaking, ready to open up by force the vending machine to get a Mars bar!

Sugar is hard to stop because it is highly addictive. It is highly addictive because a body who is commonly under the influence of sugar will have drastically adapted its ways to deal with blood glucose. The pancreas and the liver will be struggle to deal with it, and this means that the body finds it difficult to function without that addition of sugar.

No wonder why sugar is added in so much food because it is so addictive that people need to buy it! It took me 2 years to have a whole 3 days without any craving of sugar. This is how long it takes, if like me you have been on a lot of sugar for 30 years!

What can I do to help my blood sugar balance?

By experience, it is very difficult to just stop sugar when you have been classified as "pre-diabetic" or if you have an issue with feeling dizzy if you skip a meal.

The best and simple way is to have a customised diet for you, that will be high in

protein until your body adapts. In that case, you will not have the crazing or bad temper associated with sugar withdrawal.

A holistic approach will also assist in "re-generating" the liver and the pancreas.

Have a look at the "pancreas" advice on my [diet tips for the hormonal system](#). This may help you to feel much healthier and better.

If I am taking Diabetes medications or suspect diabetes, what shall I do?

First, you need to understand that taking a synthetic hormone such as insulin is not a good sign of health. It is helping you cope with a poorly-functioning pancreas or a weak response to sugar, but it is not about bringing your health back. While you should not stop insulin, it is important that you are aware of the long-term complications if taking such medications. Insulin, while helping you, also has unwanted side-effects such as weight-gain or increased high blood pressure.

For a detailed list of the side-effects of insulin, [check here](#). It is important that you do not stop your insulin or diabetes medications, and continue taking them as suggested by your conventional doctor. However, if you are really serious at making a long-term difference in your health and life, it will be necessary to develop a complementary approach based on nutrition and holistic medicine.

