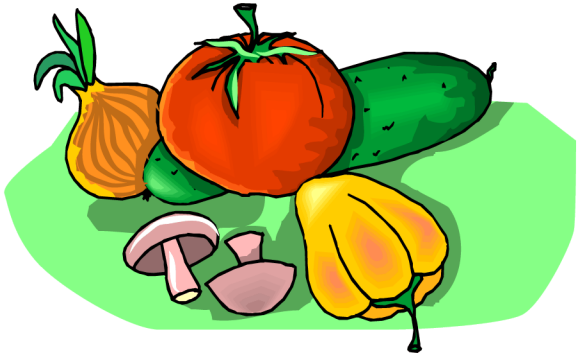
If you are Type II diabetic, or pre diabetic, and want to prevent or reverse diabetes, the solution is the same: a regular program of walking *twice a day for thirty minutes* to reduce and prevent insulin resistance. You

"In the sweat of your brow you shall eat bread"

also need to use a plant-based or Eden diet (Gen 1:29), free from the animal and other free fats that contribute too many calories. Using this lifestyle intervention method, eighty percent of diabetics can show marked decreases in insulin resistance *in only three days*! Remember the energy equation given by our Creator in Genesis 3:19. Make sure you are balancing your energy output with your energy input. It not only prevents, but *reverses diabetes!*



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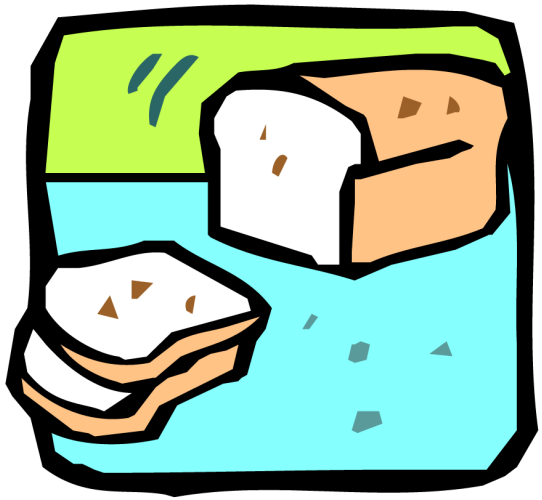
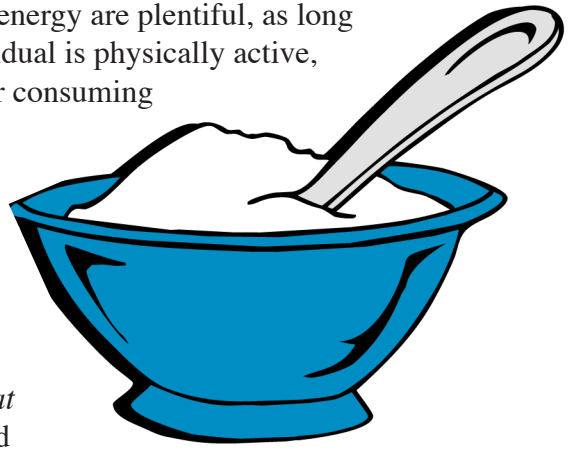
Preventing and Reversing Diabetes

One of the fastest growing health challenges to Americans is diabetes….the kind that develops over time, otherwise know as Type II diabetes. Type II individuals *become* diabetic because they suffer from a serious metabolic disorder called *insulin resistance*. *Why would the body resist its own insulin?* In order to understand this phenomenon, we first have to review how the body uses energy.

When we take in an energy source like a piece of bread, the body breaks down the complex carbohydrate into a simple sugar called glucose, which circulates in the blood. However, when the glucose gets down to the level of the cell where the food energy is needed, the sugar cannot enter the cell of itself. It requires hormone facilitation, namely insulin. Insulin locks on to the sugar, and with the sugar in tow, enters the cell through a special "door" called an insulin receptor. These receptor sites for the



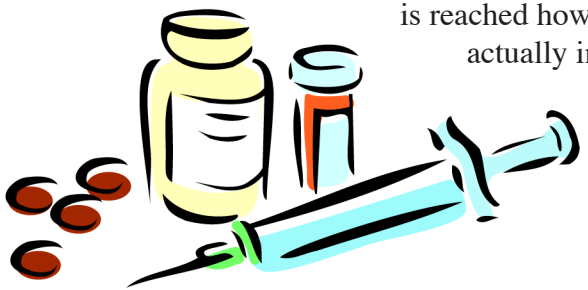
entrance of energy are plentiful, as long as the individual is physically active, and not over consuming calories.



But if the individual takes in too many calories, *especially fat calories*, and is not active physically, *the body begins to store the unused energy as fat*. And the fatter we become, the more the body withdraws the insulin receptors. This is really what insulin resistance is…the body's resistance to the entrance of more energy into the cell. It's as if the cell is saying: "Thank you, I have enough energy…and I don't need any more!"

Why would the body resist its own insulin?

When this happens, insulin cannot find enough receptors to move sugar into the cell, and the sugar backs up in the blood stream. Over time the fasting blood sugar rises higher and higher, until it gets to that magic number 126, which is the official designation for diabetes. Long before that number is reached however, the person is actually in a pre-diabetic state, and the insulin resistance problem often takes years to blossom into diabetes.



Most physicians treat type II diabetes by administering drugs that whip the pancreas into producing more insulin, which only exacerbates the problem. *Drugs do nothing to solve the insulin resistance problem*. People resist their own insulin because of too much food energy, and not enough physical activity to burn up that energy. It reminds me of something our Creator said to Adam in the beginning: "In the sweat of your brow you shall eat bread" Gen 3:19

If you examine this text carefully you will see that *it is actually an energy equation*: energy output, and energy input. What it is saying is that there must be a *balance between the two!*

In order to decrease resistance to his or her own insulin, the diabetic must create *a demand for blood sugar in the muscles by walking*. All muscles need blood glucose for energy. Walking creates a demand for energy (blood sugar) in the leg muscles. In response to the increased demand for sugar created by walking, the muscles put out millions of insulin receptors. These "docking sites" or "doors" for insulin are located on the surface of the muscle cell. Insulin "locks on" to the newly created receptor sites, and literally moves blood sugar into the muscle cells. In about three days, if the walking is regular--twice a day for 30 minutes--the blood sugar starts to come down dramatically for 80% of diabetics. Walking, along with an elimination of animal products from the diet, brings *dramatic results*!