

Preventing or Reversing Type 2 Diabetes

Dr. Linda Marquez Goodine, D.C.



www.DrLindaMarquez.com

**SURROUND YOURSELF
ONLY
WITH PEOPLE WHO ARE
GOING TO LIFT YOU
HIGHER.**

Goals for Tonight

- What is Type 2 Diabetes
- The new kid Diabetesity
- Signs & symptoms
- Complications of Diabetes
- Why is there an epidemic
- Simple Strategies
- Talking to your doctor about blood sugar issues/
hyperinsulinemia

What is Diabetes

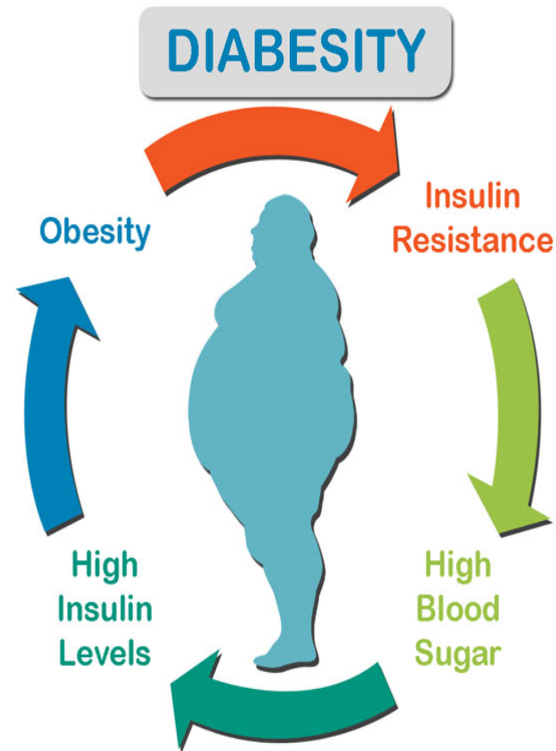
- According to the National Institute of Diabetes and Digestive and Kidney Disease:
- “Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is TOO HIGH.
- Blood glucose is the main source of energy In a SAD
- Pancreas makes insulin to help the glucose from food into the cells for energy

Diabetes Not A Disease

- It's a symptom!!
- High blood sugar
- ANYTHING that interferes with the body's regulation of blood sugar levels will cause type 2 diabetes
- The body doesn't use insulin well & the glucose stays in your blood and doesn't reach the cells

Do you know about diabetes?

- Diabetes + Obesity = Diabetesity
- Dr. Francine Kaufman coined the term to describe them
- Defined as a metabolic dysfunction that ranges from mild blood sugar imbalances to full fledged type 2 diabetesity

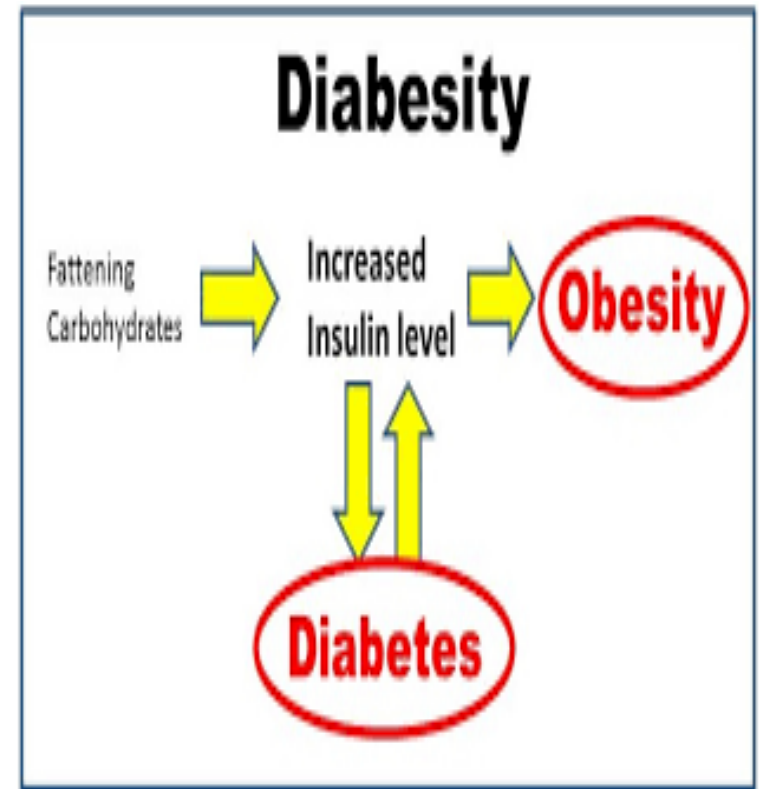


The stats of diabetes (diabetes + obesity)?

- In U.S. 1 person dies from diabetes related causes every 10 seconds (360 in the hour together)
- Affect more than 1 BILLION people world wide
- 100 MILLION Americans
- 50% of Americans over 65
- More than HALF of Americans are overweigh
- 1/3 are clinically obese
- 24 million Americans have T2D
- 1 in 3 unaware that they have it

Signs of diabetes

- Abdominal obesity (spare tire)
- High blood pressure
- Dyslipidemia (low HDL, high LDL & high Tg)
- High blood sugar (fasting above 100mg/dL, HbA1c above 5.5)
- Systemic inflammation
- Tendency to form blood clots



Symptoms of diabetes

- Sugar cravings
- Fatigue after meals
- Eating sweets does not relieve cravings for sugar
- Frequent urination
- Increased thirst & appetite
- Difficulty losing weight
- Slowed stomach emptying
- Sexual dysfunction
- Visual problems
- Numbness & tingling in the extremity

The cost of diabesity

- Direct & indirect costs of T2D \$174 BILLION In 2007
- Obesity \$113 BILLION IN 2007
- Combined about \$300 BILLION/year
- Has cost the U.S. \$3 TRILLION over the past decade
- Projected to more than \$330 BILLION by 2034



Complications

- Alzheimer's Disease
- Neuropathy
- Kidney damage**
- Eye damage
- Foot damage
- Cardiovascular disease
- Skin conditions
- Hearing impairment

Why Is There An Epidemic?



- ADA has been recommending a low-fat, high carb diet as a treatment for diabetes for decades
- Standard of Care
- Didn't work in 1985 & still not working

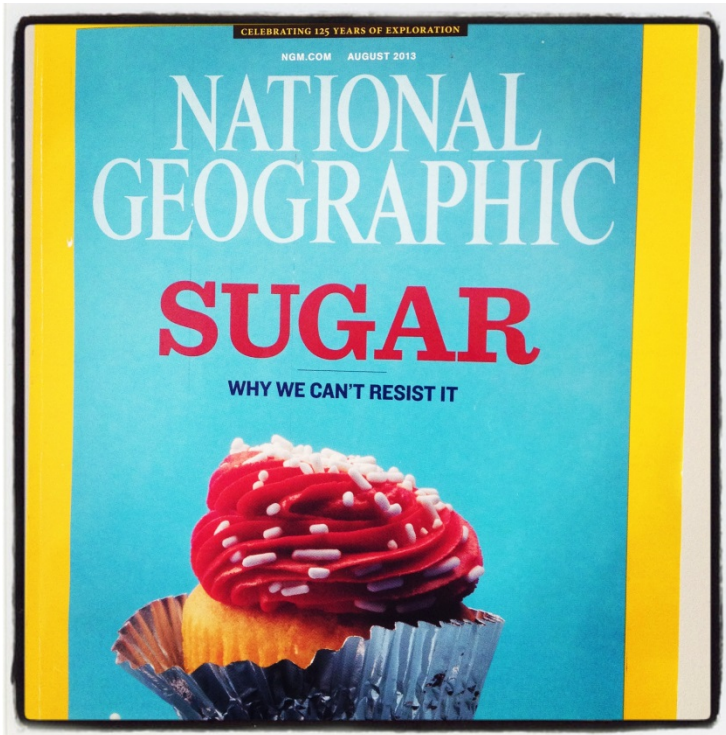
“Insanity is doing the same thing over & over & expecting different results” -Einstein

Did You Know?



Triggered by the cholesterol theory 1961 by Ancel Keys which led to the low fat diet, high carb

Did You Know?



- Low fat led to lots of sugar in our food
- Increase carbs
- Hyperinsulinemia

The missing link



The missing link

DIABESITY IS A **AUTOIMMUNE,**
INFLAMMATORY DISORDER INVOLVING A
PATHOLOGICAL EXPRESSION OF THE
INNATE IMMUNE SYSTEM

*A chronic, low grade inflammation that continues to stimulate the
Innate immune response*

The MISSING LINK

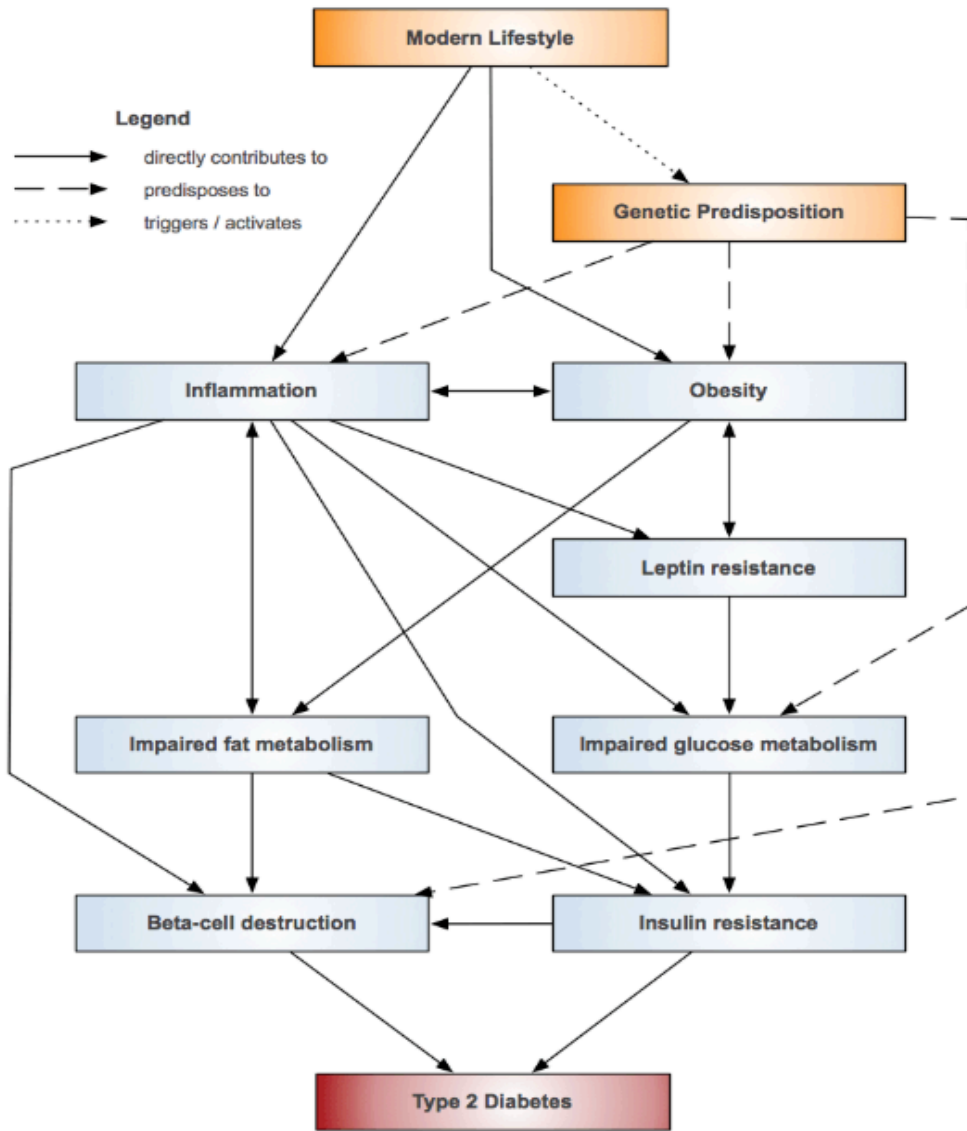
DIABESITY IS A **AUTOIMMUNE, INFLAMMATORY**
DISORDER INVOLVING A **PATHOLOGICAL EXPRESSION**
OF THE **INNATE IMMUNE** SYSTEM

The **innate immune** system defends us from infection or ANYTHING the body perceives as harm

Inflammation is the primary response of the innate immune system

In Autoimmunity the body has a response against it's own cells and tissues & becomes struck in a continuous loop of chronic inflammation

INFLAMMATION contributes to leptin resistance, impaired glucose & fat metabolism; leptin tells the brain to decrease appetite, increase metabolic rate & increase physical activity



The missing link

*The cause of inflammatory response
is stress*

Inflammatory Cascade

1. Stress

- Physical
- Chemical
- Emotional

2. Poor Sleep

3. Lack of Movement

4. Poor Diet

5. Poor Digestion



The cause of inflammatory response is stress



Bisphenol A or BPA - is a common chemical we're exposed to every day in household plastics and in the lining of many canned foods.

The cause of inflammatory response is stress



Polychlorinated biphenyls (PCBs) - are man-made chemicals that can be found throughout your home, business and even in schools. Primarily used in insulation, paints, sealants, glues, pesticides. Also found in farmed salmon!

The cause of inflammatory response is stress



- **Growth hormones in factory farmed animals**
- **GMO foods (corn, soy)**
- **Food colorings**
- **Sugar**
- **Grains**

The cause of inflammatory response is stress



Phthalates

- Beauty products
- Personal Hygiene

What Toxic Stressors Are Lurking in Your Home?

Plastic Containers
Water Bottles
Saran Wrap

Household
Cleaners

Shampoo
Lotion
Perfumes

Air
Fresheners
Deodorants

Cosmetics,
Nail Polish

Feminine
Hygiene
Products

Dryer Sheets
Dry cleaning

Tap Water

Styrofoam
Cups or
Containers



SUCCESS OCCURS
WHEN YOUR DREAMS
GET BIGGER THAN
YOUR EXCUSES

Ways To Stack The Odds In Your Favor

- Buy Organic Veggies-see dirty dozen list
- Trash the microwave
- Glass containers
- Use ceramic, stainless steel or glass cookware
- Avoid bisphenol-A (BPA) cans
- Natural cleaners Vinegar, Borax, Baking Soda
- Avoid fabric softeners
- Use natural beauty products and personal hygiene items
- Wild-caught Fish
- Avoid factory farmed animals (humanely treated) buy grass fed
- Clean water

© EWG'S 2015

Dirty DOZEN™

Shopper's Guide to Pesticides in Produce™

- APPLES
- CELERY
- CHERRY TOMATOES
- CUCUMBERS
- GRAPES
- NECTARINES
- PEACHES
- POTATOES
- SNAP PEAS
- SPINACH
- STRAWBERRIES
- SWEET BELL PEPPERS
- HOT PEPPERS & KALE/COLLARD GREENS

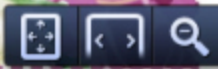
© EWG'S 2015

Clean FIFTEEN™

Shopper's Guide to Pesticides in Produce™

- ASPARAGUS
- AVOCADOS
- CABBAGE
- CANTALOUPE
- CAULIFLOWER
- EGGPLANT
- GRAPEFRUIT
- KIWI
- MANGOES
- ONIONS
- PAPAYAS
- PINEAPPLES
- SWEET CORN
- SWEET PEAS (FROZEN)
- SWEET POTATOES

E



Strategies for taming stress & chaos

- Start your day with a cup of warm water and add 2 tablespoons of fresh lemon juice
- Regular exercise – Find an exercise you love and stick to it
- Meditation Saunas, hot yoga, epsom salt baths
- Cleansing Superfoods – Prepare meals or juice with Broccoli, Kale, Cabbage, Dandelion Greens, Turmeric, Apples, Beets, Artichoke, Seaweed and Garlic
- **Nutritional Support**

Stress and Your Health

- 43 % of adults health issues from stress
- 75-90 % doctor's office visits are for stress-related
- Stress can contribute to:
 1. Headaches
 2. Blood pressure
 3. Skin issues
 4. Digestion issues
 5. Anxiety
 6. Depression
 7. Pain
- costs Americans **\$300 billion annually**

Simple strategies for blood sugar management – glucose meter



Test morning 3 days get baseline

Test 1 hour after meal <140

Test 2 hours after meal <120

Test 3 hours after meal back to baseline

Ideal fasting blood sugar <86
Hemoglobin A1c (%) <5.3

Diabetes is not all about diet



How you live (relationships, community, contribution & significance)

Sit less & move more

Get enough exercise – find exercise you enjoy

Sleep 7-8 hours/night – 1 night of sleep deprivation causes IR

Heal your gut

Manage stress

Simple Strategies – Talk to Your PCP



Diet – Paleo, Keto, Vegan

Food quality

Add more fiber (veggies & PGX)

Glucose meter – check your levels

Ketone meters

Family Time - dinners

Find an exercise you love

Benefits of Omega-3 Fish Oil

Heart Health

Inflammation

Joint Health

Calming
Nerves

Brain – Mood
Memory

Strong
Immune
System

Healthy
Glowing Skin

Dr. Linda's TOP 6 Supplements

PGX- fiber

**Berberine-
improves insulin
sensitivity**

**Fish Oils -
inflammation**

**Alpha Lipoic
Acid**

**Plant Based Protein
- nutrition &
cleaning**

**Hydrochloric Acid -
digestion**

Important Markers

Lipid Panel

CMP

Homocysteine

Hg A1c-average blood sugar

2-3 months

C-peptide

Insulin

Glucose

Vitamin D3

Fructosamine-glycated protein 2-3

weeks

Traditional Medicine

Standard of
Care =
Medication
to relieve
symptoms

*Quick relief & short
term solution*

Functional Medicine

Find the ROOT
CAUSE &
Provide A
Holistic Drugless
Whole Body
Approach To
Wellness

*Longer to heal & life long
lifestyle strategies*

Our Approach

1. 1 hour consultation to determine appropriate testing
2. Know your hormones – hormones control fat burning
3. Know your blood tests – bank account for your body
4. GI testing – gut health is linked to every system in your body
5. Ancestral approach – family, ethnicity
6. Lifestyle –mom, career woman, travel
7. Customized plan according to test results, ancestry, lifestyle using food, nutritional support, essential oils, coaching to remove the biggest obstacle in your head

Dr. Linda Marquez

Follow me on Facebook and Twitter!



Instagram

Or visit my website

www.DrLindaMarquez.com