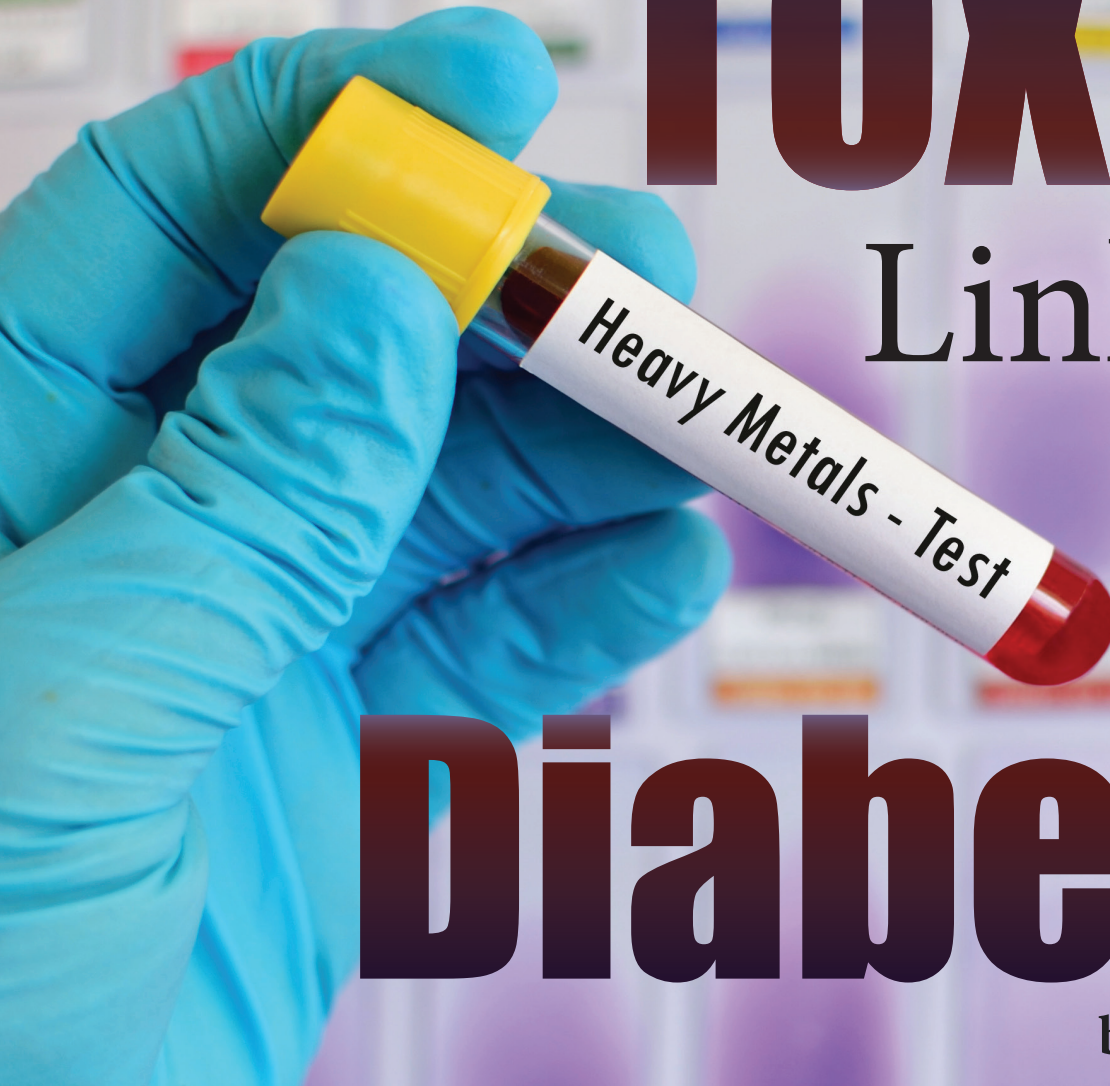


SPECIAL REPORT

# TOXINS

Linked to



# Diabetes

by Dr. Mark Stengler



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## Target and destroy “secret diabetogens” with detox—and watch your blood sugar drop like a rock

Several years ago, I began warning my patients and readers about the potential dangers of the bestselling type-2 diabetes drug Actos (pioglitazone). Research had revealed a link between the use of this blood sugar-lowering-drug and bladder cancer. Even the FDA finally issued a warning in a 2011 statement that use of this drug for “more than one year may be associated with an increased risk of bladder cancer.”<sup>1</sup>

Recently a jury found the drug manufacturers Takeda Pharmaceutical Co. and Eli Lilly Co. liable for suppressing known cancer risks associated with Actos.<sup>2</sup> The drug giants were ordered to pay \$9 billion in punitive damages and another \$1.475 million in compensatory damages, one of the highest in American judicial history. The presiding judge agreed with the plaintiff, a former Actos user who developed bladder cancer, that Takeda had concealed the risks of the medication. The judge stated, “The breadth of Takeda leadership whose files have been lost, deleted or destroyed is, in and of itself, disturbing.”

Unfortunately, finding out that a pharmaceutical company suppressed negative—and in this case potentially deadly—side effects is far from shocking anymore. These multibillion dollar corporations use all sorts of legal and illegal tactics to hide the truth about some of their drugs. In some cases, these drugs are used by millions. Actos alone has generated \$16 billion in sales since it entered the market in 1999.<sup>3</sup>

Pharmaceutical drugs shouldn’t be your answer for type-2 diabetes. In many cases, changing your diet and exercise habits—along with detoxifying and using certain supplements—can lead to your blood glucose levels dropping like a rock in water. Work with a nutrition oriented doctor to incorporate these lifestyle changes. As your body becomes more efficient at transporting glucose into your cells to use as fuel you’ll need less of your diabetes medication. The ultimate goal, which is achievable for many people, is to not need any medication at all!

### Decoding “diabetogens”

There’s one area of diabetes treatment and prevention in particular that’s largely ignored by mainstream medicine. It involves environmental toxins known as “diabetogens.” These foreign chemicals disrupt the ability of the hormone insulin to transport glucose into your cells in a variety of ways. The end result is higher blood sugar levels that lead to prediabetes or type-2 diabetes.

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Although research on these creepy chemicals stretches back at least as far as a 1961 article in the *British Medical Journal*, few people (even doctors) have heard of them.<sup>4</sup> Everyone has a certain amount of diabetogens hiding in their body, but some of us are better equipped to fight them either because of our genetic makeup or our nutritional status.

Don't rely on your mainstream doctor to provide you with the information you need to protect yourself from these toxins and their diabetes promoting effect. For example, the National Diabetes Information Clearinghouse, a division of the National Institute of Health gives a review of the causes of type-2 diabetes, but has little to say in regard to diabetogens and environmental toxins. They mention that dioxin, a component of Agent Orange used during the Vietnam War *may* be linked to type-2 diabetes. In my opinion, the word "causes" would be much more accurate. The U.S. Department of Veterans Affairs lists chemicals such as nitrites and arsenic as having possible links to the disease.<sup>5</sup> Yet there's ample evidence that many other toxins are linked to diabetes as well.

## Make the heavy metal connection

One group of toxins that has a big impact on glucose metabolism is toxic metals. Examples include arsenic, lead, and mercury. When researchers from the Indiana University School of Public Health followed 3,875 American men and women between the ages of 20 and 32 for 18 years, they found that adults who were exposed to higher mercury levels when they were younger had an incredible 65% increased risk of developing type-2 diabetes later in life!<sup>6</sup> This study was published in the most mainstream diabetes journal known, *Diabetes Care*, yet it seems like no one has ever heard about these astounding findings (except, of course, my *Health Revelations* readers, who read about it in their June 2013 edition).

Common sources of mercury exposure include coal-burning power plants, fish (especially tuna, swordfish, and shark) and amalgam fillings, courtesy of your non-holistic family dentist. Lead, which accumulates in our bones, is also a problem. The heavy metal was once a common ingredient in paint and gasoline and can still be found in the soil in many parts of the country. It is not uncommon to find lead hiding in herbs, spices, and even baby toys that are imported from other countries like Mexico, China, and India. Over a decade ago a study found a significant link between the levels of lead found in the bones of middle age and older men and diabetes. In other words, the level of lead found in bone is a predictor of diabetes risk as men age.<sup>7</sup>

Arsenic, which has also been linked with diabetes, is a known toxin in our drinking water and is found in seafood and other foods which have been sprayed with

herbicides. A 2013 review of several different studies found an association between arsenic and diabetes.<sup>8</sup> Another found that people with type-2 diabetes had a 26% higher level of arsenic in their urine than those without the disease.<sup>9</sup>

There are likely other toxic metals that wreak havoc with glucose metabolism. Toxic metals damage your organs disrupting your pancreas' ability to produce insulin, your liver's ability to manage glucose levels, and even the ability of your cells to accept and use insulin and glucose. A blood or single catch urine test performed by your family doctor is a poor way to screen for metals. It's better to work with a holistic doctor to test your toxic metal levels. If you do find that your levels are elevated then detoxification and chelation will be needed to pull these killers from your body. Once your system is clear your glucose levels can then be balanced.

## Beware of BPA

Thanks to the efforts of a lot of people outside of conventional medicine channels, you may have heard of bisphenol A (BPA), which is finally becoming better known to the American public. This industrial chemical is used to make a common plastic called polycarbonate. Polycarbonates are used in a variety of plastic products, including food and drink containers. BPA is also used to make the epoxy resins that line most of the food and beverage cans in the United States.<sup>10</sup> The chemical is practically inescapable. Research has shown that BPA is present in 9 out of 10 cord blood samples. And a 2011 study in the *Journal of Agriculture and Food Chemistry* found BPA in 71 of 78 canned food samples tested.<sup>11</sup>

BPA has been shown to cause insulin resistance and to alter pancreatic cell function in animal studies.<sup>12</sup> Fortunately BPA-free bottles and canned foods are now becoming more widely available. To limit your exposure, look for canned foods labeled BPA-free and avoid handling BPA-laced cash register receipts (decline a receipt, or have it mailed to you if it's a option). If you have to handle a receipt wash your hands right afterwards.

Another group of potentially harmful diabetogens, similar to BPA, that are commonly found in plastics are phthalates. Phthalates are found in plastic wraps, paint, fast food containers, beverage containers, and lining the insides of cans. A recent study linked both BPA and phthalates exposure in middle aged women to type-2 diabetes.<sup>13</sup>

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