THE DIABETES PROGRAM

Also for hypoglycemia , syndrome X (insulin resistance) and unexplained weight gain

STATISTICS:

Diabetes Prevalence:
Total prevalence of diabetes in the United States, all ages, 2005
Total: 20.8 million people 7.0% of the population have diabetes.
Diagnosed: 14.6 million people. Undiagnosed: 6.2 million people
25% of the population of the United States has Insulin Resistance.

Prevalence of diagnosed diabetes in people aged 20 years or younger, United States, 2005
About 176,500 people aged 20 years or younger have diabetes. This represents 0.22% of all people in this age group.
About one in every 400 to 600 children and adolescents has type 1 diabetes.
Although type 2 diabetes can occur in youth, the nationally representative data that would be needed to monitor diabetes trends in youth by type are not available. Clinically-based reports and regional studies suggest that type 2 diabetes, although still rare, is being diagnosed more frequently in children and adolescents, particularly in American Indians, African Americans, and Hispanic/Latino Americans.

Incidence of diabetes, United States, 2005

1.5 million new cases of diabetes were diagnosed in people aged 20 years or older in 2005.
Deaths among people with diabetes, United States, 2002
Diabetes was the sixth leading cause of death listed on U.S. death certificates in 2002. This ranking is based on the 73,249 death certificates in which diabetes was listed as the underlying cause of death. According to death certificate reports, diabetes contributed to a total of 224,092 deaths. Diabetes is likely to be under reported as a cause of death. Studies have found that only about 35% to 40% of decedents with diabetes had it listed anywhere on the death certificate and only about 10% to 15% had it listed as the underlying cause of death. Overall, the risk for death among people with diabetes is about twice that of people without diabetes of similar age.

Complications of diabetes in the United States

Heart disease and stroke:
Heart disease and stroke account for about 65% of deaths in people with diabetes. Adults with diabetes have heart disease death rates about 2 to 4 times higher than adults without diabetes. The risk for stroke is 2 to 4 times higher among people with diabetes.

High blood pressure:
About 73% of adults with diabetes have blood pressure greater than or equal to 130/80 millimeters of mercury (mm Hg) or use prescription medications for hypertension.

Blindness:
Diabetes is the leading cause of new cases of blindness among adults aged 20 74 years. Diabetic retinopathy causes 12,000 to 24,000 new cases of blindness each year.

Kidney disease:
Diabetes is the leading cause of kidney failure, accounting for 44% of new cases in 2002. In 2002, 44,400 people with diabetes began treatment for end-stage kidney disease in the United States and Puerto Rico. In 2002, a total of 153,730 people with end-stage kidney disease due to diabetes were living on chronic dialysis or with a kidney transplant in the United States and Puerto Rico.

Nervous system disease:
About 60% to 70% of people with diabetes have mild to severe forms of nervous system damage. The results of such damage include impaired sensation or pain in the feet or hands, slowed digestion of food in the stomach, carpal tunnel syndrome, and other nerve problems. Almost 30% of people with diabetes aged 40 years or older have impaired sensation in the feet (i.e., at least one area that lacks feeling). Severe forms of diabetic nerve disease are a major contributing cause of lower-extremity amputations.

Amputations:
More than 60% of nontraumatic lower-limb amputations occur in people with diabetes. In 2002, about 82,000 nontraumatic lower-limb amputations were performed in people with diabetes.

Dental disease:
Periodontal (gum) disease is more common in people with diabetes. Among young adults, those with diabetes have about twice the risk of those without diabetes. Almost one-third of people with diabetes have severe periodontal disease with loss of attachment of the gums to the teeth measuring 5 millimeters or more.

Complications of pregnancy:
Poorly controlled diabetes before conception and during the first trimester of pregnancy can cause major birth defects in 5% to 10% of pregnancies and spontaneous abortions in 15% to 20% of pregnancies. Poorly controlled diabetes during the second and third trimesters of pregnancy can result in excessively large babies, posing a risk to both mother and child.

Other complications:
Uncontrolled diabetes often leads to biochemical imbalances that can cause acute life-threatening events, such as diabetic keto-acidosis and hyperosmolar (nonketotic) coma. People with diabetes are more susceptible to many other illnesses and, once they acquire these illnesses, often have worse prognoses. For example, they are more likely to die with pneumonia or influenza than people who do not have diabetes.

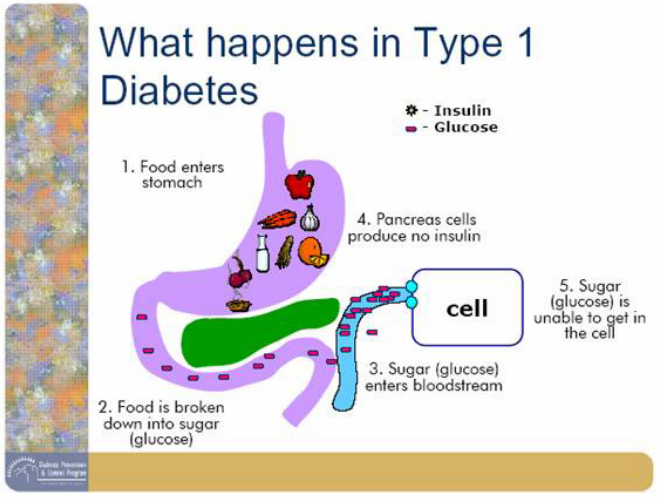
What is Diabetes? (Too Much Sugar in the Blood)

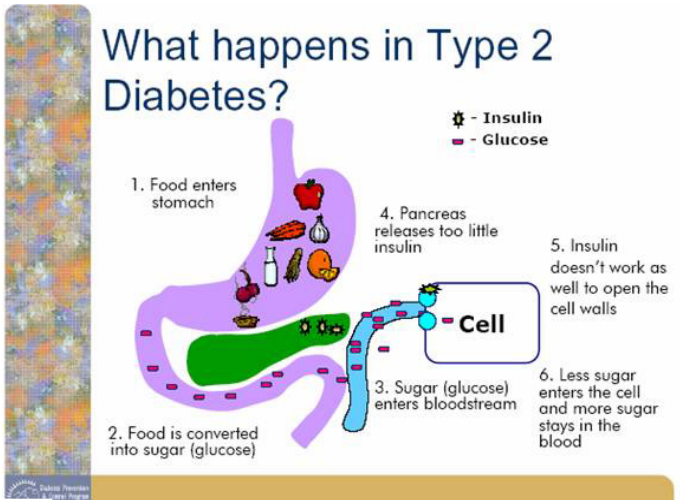
Diabetes is a chronic disorder of metabolism (how you use food)
Having diabetes means you are not able to use food like other people.

Normal blood sugar keeps you healthy. (Between 80-110)
Too low (below 70): you feel shaky and sweaty
Too high (over 200): you feel tired and sleepy

Diabetes Mellitus is an ailment that occurs when the Pancreas is unable to secrete enough Insulin to maintain a normal blood sugar (Glucose) level, leading to high Blood Sugar levels. A person is regarded as having Diabetes Mellitus if their Blood Sugar concentration is greater than 140 mg per deciliter after an overnight fast (In-Tele-Health © 2005).

Diabetes can lead to serious complications and premature death, but people with diabetes can take steps to control the disease and lower the risk of complications.





Symptoms of Diabetes

You may experience more frequent urination – because the body is trying to get rid of the extra blood glucose, and this is one way it can be done – in your urine.

Because of the frequent urination, the body needs to replace the water, so you feel thirsty more often.

Your body is not able to properly use the food you do eat, so the body thinks it is not getting enough food (fuel) – therefore you may feel hungry more often.

Also, since the cells in your body are not able to use the sugar properly, you may not have energy to do your normal activities.

Hypoglycemia (Low Blood Sugar)

Hypoglycemia is a "catch-22" disease where Insulin over-counteracts high Blood-Sugar levels, leading to low Blood Sugar (Blood Glucose) leading to a craving for more Sugar (In-Tele-Health © 2005).

Symptoms of Hypoglycemia

Shaky and Weak- Since there is not enough energy for your muscles.

Sweating is a common physical response to low blood sugars. Your body knows something is wrong.

Hungry-The body senses low blood sugar, and signals the brain to try and find something to eat.

Tired- Again, the muscles in your body do not have enough glucose for energy, so you feel tired and not able to move like you normally do.

Irritable & Confused- The brain uses only glucose for energy. If there is not enough glucose, the brain can not function properly, and people feel and act irritable and confused.

Insulin Resistance (Syndrome X)

Syndrome X or Insulin Resistance is a condition that involves a decrease in the sensitivity of the body's Cells to the actions of Insulin (i.e. a decrease in Insulin Sensitivity). Insulin Resistance is characterized by decreased sensitivity of Insulin Receptors for Insulin. This lack of sensitivity to the effects of Insulin results in ever-increasing production of Insulin, to the extent that dangerously high levels of Insulin can occur. (Intele-Health 2005)

Symptoms of Syndrome X

There is no single laboratory test for the diagnosis of Insulin Resistance. Diagnosis is usually based on clinical findings corroborated with laboratory tests. The following tests are often used:

- Fasting total Cholesterol (high levels may indicate Insulin Resistance)
- Total serum Triglycerides (high levels may indicate Insulin Resistance)
- High Density Lipoproteins (low levels of HDL-C may indicate Insulin Resistance)
- Low Density Lipoproteins (high levels of LDL-B may indicate Insulin Resistance)

- Uric Acid (high Uric Acid levels may indicate Insulin Resistance)
- Fibrinogen (high Fibrinogen levels may indicate Insulin Resistance)
- Homocysteine (high levels may indicate Insulin Resistance)

The Glycemic Index and Glycemic Load

The Glycemic Index is a measurement based on the amount of increase in blood glucose levels after eating a specific food.

A low GI food will cause a small rise (low glycemic)
A high GI food will trigger a dramatic spike (high glycemic)

A GI is 70 or more is high
A GI of 56 to 69 inclusive is medium
A GI of 55 or less is low
A GI under 20 is ultra-low

You can slow the rate which your blood sugar spikes by using the following:

- Protein
- Fat
- Fiber

When choosing foods it is also important to note what nutrients you are getting.
Vitamins, Minerals, Phyto-Chemicals, Protein, Carbs, Fiber, Essential Fatty Acids etc... Don't just eat empty calories.

Net Carbs

When looking at how many carbs are in a food it is important to look at Net Carbs.
Net Carbs are Carbohydrates minus Fiber minus Sugar Alcohols (like Xylitol).

Net Carb s= Total Carbs -Fiber -Sugar Alcohols.

Fiber and Xylitol do not require insulin for utilization so they are not counted towards carbohydrates that impact your blood sugar.

Glycemic Load (The Bottom Line For Your Blood Sugar)

The Glycemic Load estimates blood sugar response based on how many carbs are in a serving of a food multiplied by its glycemic index.

Therefore the glycemic load (GL) takes the glycemic index into account, but provides a more detailed response to the rise of blood sugar.

A GI (glycemic index) value specifies how rapidly a particular carbohydrate turns into sugar.

It doesn't tell you how much of that carbohydrate is in a serving of a particular food.

It is important to know both to understand a food's effect on blood sugar. The Glycemic Load of a food gives you the most accurate number when planning your meals for sustained blood sugar balance.

Glycemic Index of Foods

For specific glycemic index/loads of foods visit www.glycemicindex.com

Exercise:

The American Diabetes Association recommends the following:

Best activity (Type)– There are many good ways to exercise or be active for longer periods of time. Walking is one of the best, as is swimming. Dancing, riding bikes, or doing other hard work are also good forms of exercise/activity.

The best kind (Type) of exercise/activity for you is the one you will do almost every day. You can do different kinds of exercise on different days.

You know you are exercising well at the right intensity if you start breathing hard. You should be breathing hard enough that you can't sing but you should still be able to talk.

It would be good to do one of these activities for 1/2 hour (or more) most days of the week, but it may take a while for you to work up to that amount. Start with just 5 minutes a day and slowly increase how long and how hard you do these activities.

There are some important rules to follow when starting an exercise program

If you use insulin you should wear diabetes identification so people can help you if you have a problem with low blood sugar during exercise.

Stretch – remember to stretch your muscles you are going to use, and start moving slowly, getting faster gradually. At the end of exercise, slow down gradually and stretch again.

Shoes – wear good shoes and make sure they are not causing blisters or red/hot spots on your feet. Check your feet right after your exercise.

Pain – If you feel any kind of pain, it is a sign you should slow down. If the pain does not get better after slowing down, STOP IMMEDIATELY.

Doctor – Make sure your doctor knows you are going to start exercising so he/she can give you specific instructions just for you and your medical history.

Water – Drink plenty of water before and after exercise, especially if you sweat a lot. As you start exercising for longer periods of time, you should even drink water during physical activity.

Important Rules with Exercise -

If you have any of these things happen while you are exercising, STOP exercising and tell your doctor as soon as possible:

After you start exercising, you start to feel nauseated, or need to vomit

If you feel like your heartbeat becomes irregular.

If you suddenly start feeling very tired while doing something you have recently felt comfortable doing

If you start to feel faint or light headed

If you start to feel pain or pressure in your chest or arm.

Remember, do not wait, contact your doctor as soon as possible to let them know what you were doing and how you felt.

Rewards- You should plan a way to celebrate when you have followed the plan for 2 or 3 weeks. You might want to go to a movie with a friend or buy yourself something fun. Share your plan with someone who will celebrate with you.

When you celebrate, remind yourself that you are doing it because you succeeded in improving your health. (D.C.P.C. 2006)

The Diabetes Program

We have discussed the importance of keeping your blood sugar balanced. Like all M'lis programs the M'lis Diabetes Program focuses on nutritional supplementation, diet, education and exercise.

The M'lis supplements will help nourish and cleanse vital organs that perform blood sugar regulation functions. Specific supplements will slow the rate of blood sugar spikes and help to control appetite. The M'lis Instant Meal is a great way to replace a balanced meal. Others such as the Simply Sweet product can act as a natural great tasting sugar substitute to keep sugar levels in balance while providing necessary dietary fiber. These supplements all work together to help maintain healthy blood glucose levels.

Explanation of the Diabetes Calendar:

DISCLAIMER: This program and recommended supplements have not been evaluated by the FDA and is not indented to treat, prevent, or cure any disease. Consult with a health care professional (Diabetes Educator, Medical Doctor etc...) before beginning this wellness program. Blood sugar levels should be taken every hour on cleansing days to insure good health. Contact your doctor immediately if levels fall out of your specific range.

Overall Goals: Eliminate refined sugar, carbonation, and white flour. Eliminate red meat, pork and trans-fatty acids. Because our bodies have an easier time regulating blood sugar, we have recommended that you eat 4-5 glycemic balanced meals through out the day. You can use the M'lis Instant Meal to replace 1-2 of those meals.

Week 1) GOAL: Gently move stored toxins through the body. A great deal of emphasis has been placed on detoxifying the Kidneys as most individuals with blood sugar imbalances have additional stress placed on these organs. The Kidneys must be working properly to help filter the impurities coming from the Liver. Without this high level of focus, toxins will continue to recirculate in the body. Use Simply Sweet to replace refined or artificial sweeteners. Eliminate carbonated beverages. On days 1 & 2 upon waking drink a M'lis Instant Meal and than try to eat only organic (preferred) apples until mid afternoon. Take 4 M'lis Fiber Caps. This will begin to prepare the body for the cleansing process. Try not to eat any meat on Day 1 and 2. Use nuts, or the M'lis Instant Meal to act as a good source of protein to help balance blood sugar. Take week 1 supplements.

Distilled water (on days 1 & 2) will help to remove heavy metals from the organs and flush the Kidneys. Slender Aid and CelluRid will also provide additional support to Kidneys and Liver. Simply Sweet is an excellent way to replace refined sugar or artificial sweeteners that can damage your long term health. Simply Sweet also provides essential dietary fiber to act as a pre-biotic enhancing digestion and immune function. Drink at least 2 quarts of water a day.

Week 2) GOAL: Continue to flush Kidneys and begin working with the GI tract. Use the smoothie or cranberry cleanse (recipe below) to gently jump start the cleansing process. Upon waking drink a M'lis Instant Meal, than follow with the smoothie or cranberry cleanse to gently jump start the cleansing process. Drink another Instant Meal in the afternoon and for dinner, using the cranberry/ smoothie cleanse in- between your Instant Meals. If blood sugar levels stay in range use this protocol on both days 8 & 9. Remember that throughout the week the M'lis Instant Meal can be added for additional protein if needed. Continue to use eat plenty of fiber rich foods. Be sure to monitor blood sugar levels closely. Take week 2 supplements.

BEST OPTION: Cranberry Cleanse

Cranberry Cleanse Recipe. Purchase Knudsen Pure Cranberry Juice Concentrate and Raw Agave Nectar. Mix 2 TBS of Knudsen Cranberry Concentrate with 1/4 cup of Raw Agave Nectar in a M'lis Sipper Bottle. Fix to top with filtered water and shake. Sip throughout the day in-between the M'lis Instant Meals. Drink 2-3 a day on days 8 & 9.

SECOND BEST OPTION: Smoothie Cleanse (If you can't find the Cranberry Juice Concentrate and Agave Nectar)

Smoothie Recipe: 100% pure organic (preferred) apple juice (20 oz) , 1 small or half med banana (not to ripe) , ice, frozen berries, Simply Sweet to taste. Fill the M'lis Sipper Bottle. Drink throughout the day in-between the M'lis Instant Meal. Drink 2-3 a day on days 8 & 9.

Week 3) GOAL: You are now moving towards a more focused juice cleanse. Apple Juice helps remove toxins from the Kidneys, Liver and GI tract. Be sure to closely monitor blood sugar levels while juice cleansing. Upon waking drink a M'lis Instant Meal, than follow with the apple juice cleanse. Drink another Instant Meal for dinner. On days 15 and 16, continue only drinking organic (preferred) apple juice as long as blood sugar levels are in your recommended range. If your sugar levels go out of range drink the Instant Meal and take the M'lis Fiber Caps. Remember that protein and fat may help decrease high sugar levels. Your body will be able to focus considerable amounts of energy cleansing vital organs. In the long run, this can help your Pancreas work more efficiently in Insulin (hormone to lower blood sugar) and Glucagon (hormone to raise blood sugar) production. Take week 3 supplements.

Week 4) GOAL: This week you do not have an additional juice cleanse on days 22 & 23. You focus specifically on the week 4 supplements. You have now built up to 3 Cleanse caps before bed and 8 Fiber caps to specifically target the GI tract. Calcium has been increased to help keep your internal pH balanced. Be sure to focus on healthy greens and more alkaline based foods.

By focusing on education, supplementation, diet and exercise you have taken a total wellness approach to blood sugar management. Visit www.mlis.com/diabetes.html for additional information.

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THE M'LIS DIABETES PROGRAM

DAY	1	2	3	4	5	6	7
DATE							
INSTRUCTIONS Week 1	2 qts of distilled water. Apple Cleanse *1	2 qts of distilled water. Apple Cleanse *1	Recommended Foods. 2 qts Purified Water *2	Recommended Foods. 2 qts Purified Water *2	Recommended Foods. 2 qts Purified Water *2	Recommended Foods. 2 qts Purified Water *2	Recommended Foods. 2 qts Purified Water *2

DAY	8	9	10	11	12	13	14
DATE							
INSTRUCTIONS Week 2	Cranberry Cleanse *2	Cranberry Cleanse *2	Recommended Foods. 2 qts Purified Water	Recommended Foods. 2 qts Purified Water	Recommended Foods. 2 qts Purified Water	Recommended Foods. 2 qts Purified Water	Recommended Foods. 2 qts Purified Water

DAY	15	16	17	18	19	20	21
DATE							
INSTRUCTIONS Week 3	Juice Cleanse *3	Juice Cleanse *3	Recommended Foods. 2 qts Purified Water	Recommended Foods. 2 qts Purified Water	Recommended Foods. 2 qts Purified Water	Recommended Foods. 2 qts Purified Water	Recommended Foods. 2 qts Purified Water

DAY	22	23	24	25	26	27	28
DATE							
INSTRUCTIONS Take Week 4 supplements and eat recommended foods	Recommended Foods.2 qts Purified Water *4	Recommended Foods.2 qts Purified Water *4	Recommended Foods.2 qts Purified Water	Recommended Foods.2 qts Purified Water	Recommended Foods.2 qts Purified Water	Recommended Foods.2 qts Purified Water	Recommended Foods.2 qts Purified Water

EXERCISE & RECOMMENDATIONS

Exercise 2-3 times a week for 20-30 minutes. Try to eat 4-5 small glycemic balanced meals a day

Drink Two quarts of purified water a day. You may choose to add oxygen or trace mineral drops

*1. Refer to document "Explanation of the Diabetes Calendar" for detailed information regarding days 1 & 2 of the apple cleanse.

*2. Refer to the same document for detailed information regarding days 8 & 9 of the cranberry cleanse

*3. Refer to the same document for detailed information regarding days 15 & 16 of the juice cleanse

*4 Week 4 does not have an additional juice cleanse on days 22 & 23. Take the recommended supplements for week 4.

Supplements				
Product	WK1	WK2	WK3	WK4
Simply Sweet	3 -4 servings a day. Use to replace Sugar	3 -4 servings a day. Use to replace Sugar	3 -4 servings a day. Use to replace Sugar	3 -4 servings a day. Use to replace Sugar
Slender Aid	1 cap 3 X	2 caps 2 X	2 caps 3 X	2 caps 3 X
Cell U Rid	1 cap 2 X	2 caps 2 X	3 caps 3 X	2 caps 2 X
Flax Oil	1 gel 3 X Take with carbs to slow sugar spikes	2 gels 3 X Take with carbs to slow sugar spikes	2 gels 3 X Take with carbs to slow sugar spikes	2 gels 3 X Take with carbs to slow sugar spikes
Calcium	4 with dinner	4 with dinner	4 with dinner	3 lunch 3 dinner
Daily	1 cap 2 X	1 cap 2 X	1 cap 2 X	1 cap 2 X
Enzymes	2 before meals also slows sugar spikes	2 before meals also slows sugar spikes	2 before meals also slows sugar spikes	2 before meals also slows sugar spikes
Vital	1 cap	1 cap	1 caps 2X	1 cap 2X
Cleanse	NONE	1 before bed	2 before bed	3 before bed
Instant Meal	Use as 2 of your 5 meals	Use as 2 of your 5 meals	Use as 2 of your 5 meals	Use as 2 of your 5 meals
Fiber	2 before bed also slows sugar spikes	4 before bed also slows sugar spikes	6 before bed also slows sugar spikes	8 before bed also slows sugar spikes
Heat	Rub on feet before bed	Rub on feet before bed	Rub on feet before bed	Rub on feet before bed

Consult with a health care professional before beginning this wellness program. Blood sugar levels should be taken every hour while cleansing to insure good health. Contact your doctor immediately if levels fall out of your specific range.

Visit www.mlis.com/diabetes.html for additional information.