

Diabetes as a Sign of Our Times – a Review

Manfred Doepp^{1*}

¹Head of HolisticCenter, 13 Haupt St., Abtwil 9030, Switzerland

***Corresponding author**

Manfred Doepp, Head of HolisticCenter, 13 Haupt St., Abtwil 9030, Switzerland

Submitted: 27 Aug 2022; Accepted: 05 Aug 2022; Published: 07 Sep 2022

Citation: Manfred Doepp (2022). Diabetes as a Sign of Our Times – a Review. Arch Epidemiol Pub Health Res, 1(2),58-60.

Abstract

One of the Most increasing diseases of our time is diabetes mellitus. It has a main cause in our civilization lifestyle. This has a variety of abnormalities and risks, especially with regard to the intake of industrially processed substances and sugars. The problems are listed. A return to a more natural way of life is inevitable.

Introduction

Nowadays, it is better not to look at statistics, because one could easily become depressed. One of them is the development of the frequency of diabetes mellitus, the diabetes disease. It affects both type 1 and type 2. This is most clearly the case in countries that within a short time have adopted the so-called Western lifestyle and abandoned their previous ways of life, such as Saudi Arabia and China. In the last 10-20 years, the rate of diabetes has increased there. In contrast to previously adapted diets, fast food chains have introduced themselves as fashionable. Those who do not accept this are simply «out». Especially the youth can be captured in this way.

Based on the results of such huge “field trials”, the likes of which no scientist would get approved by an ethics committee, it cannot be denied that there is a connection between lifestyle/nutritional style and the risk for diabetes. In parallel, at our HolisticCenter, we have found that a number of food intolerances have increased significantly in recent years (1,2), namely to :

1. Gluten : most common grains
2. Fructose : many common fruits
3. Lactose : milk sugar, consequence of lactase deficiency
4. Casein : cow’s milk protein
5. Peanuts, hazelnuts

Carbohydrates and Proteins

Eating “insulinogenic short-chain carbohydrates” and protein at the same time is considered a particular danger. There is a rapid rise in blood sugar, a rise in insulin, a rapid drop in blood sugar with relative hypoglycemia, a rapid drop in insulin. The islet cells in the pancreas consider this roller coaster to be an overload. A parallel release of enzymes is required for the protein, which leads to an overload, too. If this is done in the evening, digestion continues throughout the night, sleep is disturbed and weight is gained. The best prevention is considered to be a diet rich in fiber, the avoidance of excess weight and sufficient physical exercise. Unfortunately, this is generally lacking, because PC

desk work during the day and the “couch potato” in the evening characterize the lifestyle.

Histaminosis, i.e. a frequently or constantly elevated level of histamine in the blood, has established itself as a food allergy disease. The small intestine, when fungalized, secretes histamine instead of serotonin, resulting in a vicious cycle in the brain. A normal intestinal environment is hardly found anymore, instead pathogenic bacteria, fungi and parasites, whose metabolic products act as toxins.

Since this can be seen not only in our country, but even more clearly in the USA, where genetic manipulation has become an accepted and common fact even by progressives, a counter-movement arose there, the “Paleo Diet” or Stone Age diet.

The Paleo Diet

In principle, it is a very simple diet, because you eat the way we did as Stone Age people. Everything that comes from our turbo agriculture and industry is rejected. The motto “back to nature” is taken seriously.

Characteristics are:

1. no factory products
2. no common grains, at most original grains such as emmer, green spelt, quinoa, kamut, amaranth, chia, or grasses like oats or rice
3. meat only from organic farms
4. no overbred fruit varieties
5. unadulterated berries and herbs
6. no cow’s milk or products
7. no GMO products

This movement is still inhomogeneous, however, is mostly included a recommendation to the separation diet, i.e. proteins and carbohydrates not to eat together. Likewise it is often recommended to take after 18.00 o’clock no more carbohydrates to

itself, i.e. above all no bread, no salads and no fruit. This eliminates popular eating habits such as muesli with milk, burgers or sausage or cheese sandwiches. But the usual midday meal of soup, meat, potatoes, vegetables, gravy and sweet dessert must also be judged to be harmful to health. This requires a fundamental change in attitude to nutrition. Turbo wheat, flour, sugar and turbo milk as basic products must be omitted.

An American Opinion

American author Ethan A. Huff 2013 wrote an important article on nutrition [3,4,5]:

“Reasons why you should never eat industrially processed foods again.

It can be hard to resist the craving for a soda or potato chips, especially if you’ve become accustomed to such addictive foods. But once you know how industrially processed foods affect your brain, body and even your soul, it will be easier for you to make healthier food choices that are good for you, not bad for you. Here are reasons that should motivate you to eliminate industrially processed foods from your menu.

1. Industrially processed foods are addictive. Your body processes whole foods very differently than refined, processed and highly modified “junk food.”
2. Many industrially processed foods contain phosphates that damage organs and bones. Phosphate additives improve flavor and texture and extend shelf life. But they are also known to lead to problems such as rapid aging, kidney damage and weak bones, according to the Rodale Institute.
3. Industrially processed foods cause chronic inflammation. Among the leading causes of chronic disease is inflammation. And constantly, studies reveal that refined sugars, processed flours, vegetable oils, and many other nasty ingredients in processed foods are highly responsible for this inflammatory epidemic. So the next time your body is screaming for a candy bar or a pack of cheese crackers, remember: heart disease, dementia, neurological problems, respiratory insufficiency, and cancer are all linked to chronic inflammation.
4. Industrially processed foods ruin digestion. Because they have been stripped of their natural fiber, enzymes, vitamins and other nutrients, processed foods wreak havoc on the digestive tract.
5. Industrially processed foods wreck your mind. If you suffer from constant “thinking disorders” or have difficulty concentrating or thinking normally, your diet may have something to do with it. This possibility is backed up by the results of a recent Oxford University study: eating junk food could lead to anger and irritability.
6. processed foods contain lots of GMOs (genetically modified organisms). The key building blocks of industrially processed foods come from the lab, not from nature. Genetically modified organisms, which have been linked to infertility, organ damage, gastrointestinal disorders and cancer, are found in abundance in industrially processed foods. Excessive consumption of these toxins promotes weight gain,

acidifies the blood, and can permanently alter the composition of intestinal flora.

7. industrially processed foods are loaded with pesticides. In producing the GMOs found in processed foods, conventional farmers must apply Roundup (glyphosate) and other weed and pest killers. According to figures compiled by Rodale, breakfast cereals contained up to 70 different types of pesticides.
8. Industrially processed foods are not really foods at all. One way to assess food is to observe how animals, insects, bacteria and fungi react to it. Real foods spoil or become moldy, while fake processed foods do not change shape or appearance. As NaturalNews reported, industrially processed foods are largely synthetic, and manufacturers also admit that significant intervention and clever alterations are needed to make them taste real, even though they’re not.”

To be clear, the “American way of life” is the worst there is on this earth. And the issue of chronic smoldering = silent inflammation is of great importance for the diseases of civilization. This is true for all diseases whose incidence is increasing, including Alzheimer’s, dementia, and, of course, diabetes.

Undoubtedly, diet is not the only determinant as far as the increase in diabetes incidence is concerned. There are a lot of negative influences, which we have to deal with only in the last decades or even years. One example is the sleep hormone melatonin.

Here’s a study from the U.S.:

Low Melatonin

“Decreased melatonin levels coupled with increased diabetes risk.

The April 3, 2013 issue of the Journal of the American Medical Association (JAMA) reports a link between low levels of the hormone melatonin and an increased risk of type 2 diabetes [6]. Melatonin induces sleep and is produced by the pineal gland in response to darkness. The hormone has been studied as a prevention or treatment for several conditions along with insomnia, with included diabetes.

Melatonin receptors have been found throughout the body including pancreatic islet cells, suggesting the broad effects of melatonin on physiological functions such as energy balance and regulation of body weight,” Ciaran, McMullan and colleagues at Brigham and Women’s Hospital noted in the introduction to their article.... And, “Loss-of-function mutations in melatonin receptors are associated with insulin resistance and type 2 diabetes. Moreover, in a cross-sectional analysis of individuals without diabetes, lower nocturnal melatonin releases were associated with increased insulin resistance.”

The Daily Rhythm

Is it any wonder here that melatonin, unlike chemical sleep aids, has been banned in many countries? We almost all suffer from poor, too short and/or disturbed sleep, tied into the fact of an abnormal day-night rhythm. The natural hormonal and vegetative

rhythm with a morning rise of adrenaline and cortisol, a midday dip, then a renewed rise, and an evening drop of these hormones parallel to a rise in melatonin is no longer a reality. We need “uppers” like caffeine or taurine in the morning and “downers” like alcohol in the evening to be able to establish a rhythm at all, albeit an artificial one. We suffer from technical e-smog and also from light poisoning, especially from fluorescent tubes.

The solar plexus functions as the abdominal brain. It is very sensitive, regulates automatic processes in the abdomen and is closely coupled to the pancreas. Any disturbance of this nerve plexus by technical frequencies is immediately reflected in the pancreas. Thus, between a PC/laptop and the upper abdomen, there should be a protection device or a grounding mat. In order not to be burdened by electromagnetic waves of all kinds and to be prevented from sleeping, grounding e.g. by means of a mat is a possible solution. We need a peaceful sleep in order not to develop diabetes mell.

Another issue is toxins of all kinds, i.e. heavy metals as well as hydrocarbons. Let’s keep in mind that the pancreas is a soft, high-fat organ. Thus, it is used by the body as a garbage depot for fat-soluble waste products and toxins (as is the brain). The number of pancreatic cancers is increasing at a similar rate as diabetes. The portal vein, as transporter of substances absorbed in the intestine, delivers them not only to the liver but also to the spleen-pancreas system. As we consistently and increasingly suffer from fermentation instead of digestion, histamine disease, fusel alcohols, and leaky gut syndrome (perforated intestinal walls), the metabolism is burdened with substances that cannot be processed, which clog the lymph and are deposited in fatty tissues.

The Psyche

Let’s not forget the psyche: blood sugar represents affection, recognition, longing, especially for happiness and security. If I have such desires or expectations, but then see them as insufficiently fulfilled, I create a constantly elevated blood sugar level for myself as substitute, i.e. diabetes. If I give up these ideas and expectations, I can heal myself.

The prerequisite for this is that I know and consider the cosmic laws (above all the laws of Hermes and those of the Sermon on the Mount). After this has been known in the churches and the denominations for almost 2000 years without having been realized or at least taught, the time is ripe to move from utopia to our life. This would make the so-called Christian world a successor of Jesus Christ. The mere consideration of the Golden Rule would mean that one would refrain from filling the mass of the people with junk food and fast food. Because the upper classes of the population do not eat such things.

Conclusion

It is therefore a miracle of nature that we do not all suffer from diabetes in the meantime. But what is not, can still become. The pharmaceutical industry will not be unpleasantly touched by this. One can also find similarities between the last years of the Roman Empire, before it was overrun by the Teutonic barbarians, and the degenerations in the Western world in the present. Perhaps this is why, as a preventive measure, possible rivals such as the Arabs and Chinese are being infected with the virus of a lifestyle that is detrimental to our health. However, we still have free will, including the free will not to be manipulated but to live healthy [1-6].

References

1. <https://de.wikipedia.org/wiki/Nahrungsmittelallergie>
2. Steinhart, H., Paschke, A., & Zunker, K. (2001). Lebensmittelallergie—eine individuelle Gefahr: Wenn das Immunsystem falsch reagiert. *Biologie in unserer Zeit*, 31(6), 398-407.
3. Ethan A. Huff. (2013) GMO multi-toxin crops continue to backfire as more insects become resistant to crop chemicals
4. <https://muckrack.com/ethan-a-huff>
5. <https://www.filmsforaction.org/author/ethan-a-dot--huff/>
6. McMullan, C. J., Schernhammer, E. S., Rimm, E. B., Hu, F. B., & Forman, J. P. (2013). Melatonin secretion and the incidence of type 2 diabetes. *Jama*, 309(13), 1388-1396.

Copyright: ©2021 Manfred Doepp. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.