



MANAGING YOUR **BLOOD SUGAR** DURING THE PANDEMIC



During the current coronavirus pandemic, diabetes has become a serious concern. People with type 1, type 2 and pregnancy-related (gestational) diabetes are at a higher risk of developing serious complications from COVID-19 which could potentially be life-threatening. Having diabetes reduces a person's immunity and thereby increases the chances of contracting any viral or bacterial infection and having delayed recovery.

Diabetes is one of the most common non-communicable diseases worldwide, and in 2019 as many as 463 million people globally were living with diabetes. Type 2 diabetes is the most frequent form affecting mostly adults, however it has been increasingly diagnosed in children and adolescents and is also associated with poor lifestyle choices.

Diabetes is characterized by high levels of blood glucose resulting from a defect in the production of insulin in the pancreas and/or impaired response to insulin by the body's cells. Insulin is the hormone responsible for maintaining the body's blood sugar level within normal range. Due to ineffective action of insulin, the body's cells are continuously exposed to high amounts of glucose and get damaged, thereby impairing functions of many organs and causing serious health complications. Diabetes is a "silent" problem as almost 40-50% of the diabetes patients are asymptomatic and the disease can go unrecognized over a long period of time. High sugar levels increase risk of vision loss, nerve damage, kidney damage, and cardiovascular disease. Conventional treatments focus only on decreasing the blood sugar levels; however, nutrition and the intake of micronutrients are critical for reducing the risk or management of diabetes.

Vitamins such as C, E and the B group are essential in correcting the imbalances caused by increased blood sugar levels. Vitamin C is an especially critical micronutrient, as it is not produced in the body. Structurally, a molecule of vitamin C closely resembles a sugar molecule. Excess sugar molecules in the blood compete with the

vitamin C molecules for cellular entry effectively causing a deficiency of vitamin C which can lead to complications including cardiovascular diseases. Moreover, an increased amount of sugar inside the cells leads to inflammation which in turn impairs the body's immunity. A daily intake of essential cellular nutrients, particularly vitamin C, lysine, and proline not only increases immunity, but also helps to restore the balance between vitamin C and sugar metabolism inside the cells. The B group of vitamins helps to support the metabolism of the pancreas and liver and provide cellular energy. Plant extracts such as green tea extract, cinnamon extract, and grape seed extract, act as antioxidants and provide protection to the cells from damage caused by excessive sugar molecules. Minerals such as chromium and vanadium, and the specific nutrients inositol and choline are critical for maintaining normal levels of blood sugar.

The Dr. Rath Research Institute conducted a pilot clinical trial using a specific micronutrient combination in patients suffering from type 2 diabetes.* After six months of following the specific micronutrient program, the participants showed a decrease in blood sugar level by 23%. The micronutrient combination also helped in the reduction of glycosylated hemoglobin A1c (HbA1c) levels, by an average of 9.3%. HbA1c is an important parameter of long-term blood sugar management and indicates the blood sugar levels over the previous three months.

While everyone has to take necessary precautions to protect themselves from the coronavirus, people having high blood sugar are more vulnerable for developing complications from COVID-19. Essential micronutrient supplementation should be a priority for them because the micronutrients not only help in increasing the body's immunity; they also help in maintaining normal levels of blood sugar and supporting optimum long-term health.

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The ground-breaking nature of this research poses a threat to the multi-billion dollar pharmaceutical "business with disease". It is no surprise that over the years the drug lobby has attacked Dr. Rath and his research team in an attempt to silence this message. To no avail. During this battle, Dr. Rath has become an internationally renowned advocate for natural health. Says he: "Never in the history of medicine have researchers been so ferociously attacked for their discoveries. It reminds us that health is not given to us voluntarily, but we need to fight for it."

This information is based on scientific research results. It is not intended to substitute for medical advice to treat, cure, or prevent any disease.
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