

# Diabetes + Obesity = Diabetes

*"Reducing the total microbial load may be as important or more important than diet and exercise."*

Dr. Alex Vasquez continues to sound the alarm that new research shows diabetes and obesity are metabolic disorders with a strong microbial component. Consider a case where a scientist who was morbidly obese found out he had an extremely high concentration of a bacteria called *Enterobacter* in his bowel. He went on a plant based diet of whole grains, Chinese medical foods and prebiotics. He subsequently lost 113 lbs in 23 weeks and recovered from both hypertension and hyperglycemia.

By the end of treatment, and his subsequent weight loss, the *Enterobacter* was not detected in his bowel. Being a scientist he decided to inoculate this bacterium into germ free mice and induced fully developed obesity and insulin resistance. "The obese *Enterobacter*-induced mice showed increased serum endotoxin load and aggravated inflammatory conditions."



We realize that healthy food is not only valuable for its nutrient content but also its ability to influence and alter the microbes in our gut. The change in microflora in the gut is one of the greatest factors that changes the disease. This gives a whole new perspective to fruits and vegetables. What is the link between altered gut microbes and disease? One effect is that these microbes excrete endotoxins or by-products, and these waste materials can signal chemical messengers called cytokines which

modulate the immune system in the gut.

The number and variety of microbes create a total microbial load that when it reaches a tipping point can, in a sense, overwhelm the immune system producing excessive free radicals and inflammation. Total microbial load predicts the risk of diabetes and obesity. The higher the microbial load, the higher the total inflammatory load. Reducing the total microbial load may be as important or more important than diet and exercise. You see, if we change the

microbes; we change the metabolism. If we change the metabolism; weight can be lost and in many cases blood sugar regulated.

Seeing this data appear in a mainstream journal is validating because traditional medicine has ignored the role of gut health for years. Dr. Vasquez uses a number of antimicrobial compounds from Biotics Research Corporation including ADP, an emulsified oregano product; FC-Cidal an antimicrobial formula also geared to deal with stubborn yeast populations; and Dysbiocide. Dysbiocide was designed to eliminate small worms and is most effective in the large intestine. However, the beauty of Dysbiocide as well as other plant compounds like ADP and FC-Cidal is that they all demonstrate multiple roles and show anti-fungal and antimicrobial activity.

In his webinar which you can access below, Dr. Vasquez shows the strong correlation that exists between diabetes and chemical toxins. The correlations are so strong that the evidence can no longer be ignored. He quoted a paper relating how over 90 studies on diabetes have found links between persistent organic pollutants, (POP) other chemical toxins and sugar dysregulation. The more toxins present; the greater the risk for diabetes. Dr. Vasquez points out that people with degenerative diseases like diabetes must organize their lives so that they are living a "detoxified lifestyle." The presence of disease demonstrates that internal and external factors have set insulin resistance and diabetes into play. Because these forces are already present, additional toxins can add further stress to already "toxin-burdened" weakened tissues.

The take home message for the patient is that they must now eat and use food supplements to slowly detoxify. One of the safest and most

convenient ways to keep chemicals to a minimum is by increasing chlorophyll foods especially chlorella. Chlorella is a natural chelator and helps to reduce persistent organic pollutants. Since chlorella does chelate heavy metals naturally, it is important to purchase it from a source like Biotics that looks for heavy metals and prescreens all their products for solvents and environmental toxins. Some companies claim their product comes from pristine waters off the coast of some isolated island. And they may believe that their product comes from this source every time. But unless they have a phytochemistry lab in house to prove it, they are blindly accepting someone's certificate of analysis. On several occasions Biotics has found and rejected contaminated chlorella from "pristine waters." Dr. Vasquez's dosage recommendations are detailed below using Chlorella Caps by Biotics Research Corporation. Three capsules supplies 1.35 grams of toxin free chlorella.

I am sure if you are like me, you are bombarded with research studies and information on ways to optimize wellness. That was one of the reasons we created the Tuesday Minute, to give you little pieces of information that you may have missed in the literature and then provide a clinical application for that data. I have to say, what we are accomplishing in our brief videos is a reminder and encouragement to learn more. Dr. Vasquez however provides the latest scientific background for what is becoming an explosive paradigm shift in health and wellness care. Please look for his material and mark your calendar for his webinars currently the first Wednesday of every month. You'll know with confidence you are in the right place at the right time.

Thanks for reading this week's edition of the Tuesday Minute. I'll see you next Tuesday.