

## Hypoglycemic Health Association of Australia

working to prevent diabetes

# HYPONEWS

April 2012 (Volume 28 No.1)

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*The Newsletter of the Hypoglycemic Health Association of Australia is distributed to members of the association and to health professionals with an interest in **nutritional medicine and clinical ecology**. Past newsletters are also available on the website.*

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Our next Public Meeting and AGM will be at

**2pm on Saturday 31 March 2012**

at **YWCA** (Check Noticeboard in the lobby near the lift on arrival)

**5 – 11 Wentworth Ave, Sydney**

Our guest speaker will be **Dr George Samra:**

**"Save our Children"**

### PATRONS

- Dr George Samra
- Steve McNaughton BE (NSW)

### PRESIDENT

- Dr George Samra

### SECRETARY

- John P Natoli

### TREASURER

- Sue Litchfield

### AUDITOR

- Michael Pendlebury (Chartered Acc't)

### NEWSLETTER EDITOR

- Susan Ridge

Can you please RSVP to Kerrie or Linda on 9553 0084 to assist with the organisation of the catering. If anybody could assist with afternoon tea in any way, please advise at the time of your RSVP as Sue Litchfield is unable to assist on the day as usual.

**(Don't forget to put the next meeting of the year in your diary: Saturday, 4 August 2012 – speaker and topic to be announced in the next newsletter)**

**DISCLAIMER:** The articles in this newsletter are not intended to replace a one-to-one relationship with a qualified health professional and they are not intended as medical advice. They are intended as a sharing of knowledge and information from research and experience in the scientific literature. The Association encourages you to make your own health care decisions based upon research and in partnership.

### Dr George Samra

Dr George Samra is a medical graduate from Sydney University. His special interest in nutrition developed after assessing and treating prisoners on parole, particularly recurrent offenders. In many cases nutrition was the key that ended the wasteful cycle of crime and imprisonment for these patients. Dr Samra also holds a Fellowship with ACNEM (Australian College of Nutritional and Environmental Medicine). He is well known to doctors in the field of nutritional medicine and has special interest in all aspects of allergies, hormonal medicine, nutrition and environmental medicine. He is the Patron of the Australian Hypoglycemic Health Association and has been on regular talk-back radio, is a senior lecturer with ACNEM and lectures regularly to Medical Practitioners as well as various charity and community organisations. Dr Samra has successfully treated thousands of patients with his sensible and simple approach to diet.

## Treasurers Report

**By Sue Litchfield**

What started out as a pretty ordinary year has turned out to be the opposite. As many of you know, an extraordinary meeting was held in October 2011, and ever since it has been full on! The new logo has been very well received. Thanks to Amitee Goulton, our web page is up and running. This has been a huge challenge for Amitee and under the circumstances she is doing a wonderful job. Our web page is also available on iPhone and the various other tablets. Many thanks Amitee for all your hard work, it has been appreciated by us all.

The final draft for our pamphlet is under way and should be available for distribution sometime in March. We, the committee, are very excited about this. Thanks to Alex Rush we are now on face book. I love face book as it is a great way to stay in touch and exchange ideas. I have had meetings with various companies and, as a result, all our members can receive discount Stevia and Xylitol. Hopefully, when I get home from my travels, there will be more coming.

The meetings we had during the year have all be extremely interesting. However, after all the work the committee puts into providing these meetings, the number of attendees is very disappointing. If anyone has any ideas please let me know. These meetings are for all members and the general public free of charge. They help and educate us to understand hypoglycemia. It had been suggested we change the venue.

**All those who are due to renew their subscriptions they are now due.** I have sent out reminders to those who have access to the internet, and I am encouraging members to get emails so they can receive updates on a regular basis. As I am overseas at the moment it is very difficult to give you all our financial details, But when I left home our esaver account had a balance over \$9,000. This will cover the cost of the pamphlet and for the updating of our web page. All we need now is more members to cover the costs in the future as the web page does come at a cost.

I am now looking forward to the next financial year and lets all keep the ball rolling by making our association a very vibrant and proactive one. This can be achieved by the support of all you wonderful members. If anyone has any suggestions at all regarding the association please don't be afraid to speak up. Remember, it is your society and to maintain it we all need to pitch in.

## Financial Statements

THE HYPOGLYCEMIC HEALTH ASSOCIATION OF AUSTRALIA

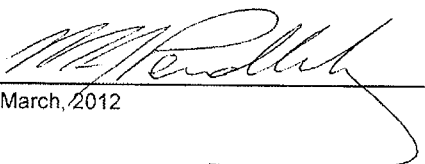
ABN 65 846 851 613

Compilation Report to THE HYPOGLYCEMIC HEALTH ASSOCIATION OF AUSTRALIA

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I certify that I have reviewed the books and records of the Hypoglycemic Health Association of Australia for the year ended 31 December 2011 and confirm the attached financial report is in accordance with the documentation provided to me.

Michael Pendlebury - Chartered Accountant  
Suite 307, 25 Solent Circuit, Baulkham Hills

  
2 March, 2012

**THE HYPOGLYCEMIC HEALTH ASSOCIATION OF AUSTRALIA**

ABN 65 846 851 613

**Detailed Balance Sheet As At 31 December 2011**

	Note	2011 \$	2010 \$
<b>Current Assets</b>			
<b>Cash Assets</b>			
Westpac Cheque Account		87	130
Max-i Direct Account		9,596	8,693
		<u>9,683</u>	<u>8,823</u>
<b>Total Current Assets</b>		<u>9,683</u>	<u>8,823</u>
<b>Total Assets</b>		<u>9,683</u>	<u>8,823</u>
<b>Net Assets</b>		<u>9,683</u>	<u>8,823</u>

**Equity**

Retained profits	9,683	8,823
<b>Total Equity</b>	<u>9,683</u>	<u>8,823</u>

**THE HYPOGLYCEMIC HEALTH ASSOCIATION OF AUSTRALIA**

ABN 65 846 851 613

**Detailed Profit and Loss Statement****For the year ended 31 December 2011**

	2011 \$	2010 \$
<b>Income</b>		
Membership Fees	939	2,142
Donations	163	255
Interest Received	404	363
<b>Total income</b>	<u>1,507</u>	<u>2,760</u>
<b>Expenses</b>		
Hall Hire	490	490
Petty Cash Expenses	62	102
Postage	85	-
Telephone & Internet	8	265
<b>Total expenses</b>	<u>646</u>	<u>857</u>
<b>Net Profit</b>	<u>861</u>	<u>1,903</u>

These financial statements are unaudited. They must be read in conjunction with the attached Accountant's Compilation Report and Notes which form part of these financial statements.

## Cruising

*By Sue Litchfield*

I left home just before Xmas to spend time with my family in Sydney and on 31st December flew out to the States. I packed a large bottle of glycerine (make sure the lid is on nice and tight) into my checked luggage, as if I had put it in my carry-on bag, the glycerine would have been confiscated at the border security.

My first stop in the US was to head to a shop called "Whole Foods". I have mentioned this supermarket-style health food store on my last trip. I bought an ice cream sandwich - it was 2 gluten free biscuits with a rice ice-cream in the centre, all sugar free! Then stocked up on a few things I knew would not be available on board the ship.

We boarded the ship in Fort Lauderdale and it did not take long to get into a routine. At the buffet, breakfast is served from 7 – 10 am. Lunch is served from midday to 2pm, dinner is served from 6 – 9 pm. There is also a formal breakfast and lunch with a set menu served at these times as well. There are two formal sittings for dinner, one at 6pm and the other at 8pm.

My routine is a breakfast at 7, followed by another small one at 9. I have lunch at 12, followed by another small one at 2. At 6, I have an entrée at the buffet, then at 8 I go to dinner in the dining room. Because the buffet is self-serve, the variety available is unbelievable. Breakfast has eggs cooked in any way you wish plus the variety of meats, bread etc. I will never starve! Lunch is always a huge selection of salads, cold meats etc. Also there is a selection of cooked dishes as well, plus a variety of cheeses. Dinner is more or less the same only a bigger selection of cooked mains - there is always a fish, chicken, meat (steak or lamb), plus a vegetarian dish to choose from. I must add, they do have a number of sugar free desserts and cakes, but I found they were sweetened with Splenda, and sickly sweet, so I avoided them.

There are many onboard activities to keep us entertained all day. Both Grahame and I are so busy joining in various activities we hardly have time to sit down. This cruise has taken us to Bocas del Toro near San Lucas, through the Panama Canal. I suggest for those who know nothing about it, read the book "Path Between the Seas". It is an extremely interesting read.

I might add this was my 2nd trip through the Canal and I think I enjoyed it more this time around because I knew more about it. Then onto Manta and Guayaquil in Ecuador, it was here in a pharmacy window I saw a sign that announced testing for hypoglycemia. Because I don't speak Spanish I could not ask them if they did the 4-hour test.

Our next port of call is Lima and we are leaving the boat and going to Machu Picchu, then onto General San Martin and Matarani. I also noticed in many shops were posters for Stevia which is native to Peru. A few interesting stats about Peru:

- The population of Peru is 30 million in an area approximately the same size as Victoria and NSW.
- The bulk of the population live in the coastal region which is 5-10 kms wide by 2,000 kms long.
- The rainfall in Lima 6 cm (2½ ins in the old scale)
- There are over 80 micro-climates
- 16 varieties of corn are grown
- 3,000 varieties of potatoes are grown
- The average wage is US\$250 per month.

Then onto Chile where we will visit La Serena, Santiago, Castro when we will leave the boat again to visit the Atacama desert. We join the boat again to cruise through the Chilli fjords, through the Drake passage, five days around the Antarctic, Falklands islands, Buenos Aires in the Argentine and Montevideo in Uruguay. Then onto Rio de Janeiro for a couple of days followed by, I am hoping, one of the highlights cruising up the Amazon for a week. We spend a total of fourteen days at various ports of call in Brazil, then to French Guinea, St Martin and finally Fort Lauderdale. We expect to fly home in time for Easter.

*Note: At the time of this newsletter, poor Sue actually ended up in hospital in South America after having a stent put into her coronial artery which was 99% blocked. She is also required to have more surgery over the Easter period to unblock at least one other artery. We wish her well and hope she has a speedy recovery.*

## Take the US Hypoglycemia Quiz

The following quiz is the US version of the Hypoglycemic Quiz (<http://hypoglycemia.org/quiz>). In the space provided below, please click "Never" If you don't have this condition, "Rarely" if you have this condition mildly, "Sometimes" if moderate, and "Often" if severe. If you do not have the condition, leave it blank. The accuracy of this questionnaire depends upon complete honesty and serious objective thought in answering the questions. (Many of these symptoms may be related to other health problems.)

	Never	Rarely	Sometimes	Often
Abnormal craving for sweets?				
Afternoon headaches?				
Allergies (tendency to asthma, hay fever, skin rash, etc.)				
Awaken after a few hours sleep/difficulty getting back to sleep?				
Aware of breathing heavily?				
Bad dreams?				
Blurred vision?				
Brown spots or bronzing of skin?				
"Butterfly stomach," cramps?				
Can't make decisions easily?				
	Never	Rarely	Sometimes	Often
Can't start in morning before coffee?				
Can't work under pressure?				
Chronic fatigue?				
Chronic nervous exhaustion?				
Convulsions?				
Crave candy or coffee in afternoons?				
Cry easily for no apparent reason?				
Depressed?				
Dizziness, giddiness or light-headedness?				
Drink more than 3 cups of coffee or cola a day?				
Get hungry or feel faint unless eat frequently?				

	Never	Rarely	Sometimes	Often
Eat when nervous?				
Feel faint if meal is delayed?				
Fatigue relieved by eating?				
Fearful?				
Get "shaky" if hungry?				
Hallucinations?				
Hand tremor (or trembles)?				
Heart palpitates (beats fast) if meals missed or delayed?				
Highly emotional?				
Nibble between meals because of hunger?				
Insomnia?				
	Never	Rarely	Sometimes	Often
Inward trembling, feels better after meals?				
Irritable before meals?				
Lack of energy?				
Moods of depression, "blues" or melancholy?				
Poor memory or ability to concentrate?				
Reduced initiative?				
Sleepy after meals?				
Sleepy during the day?				
Weakness, dizziness?				
Worrier, feel insecure?				
Symptoms come before breakfast?				

Also, from the same website (<http://hypoglycemia.org/surveys>):

## Excerpts from Roberta Ruggiero's book, **The Do's and Don'ts of Hypoglycemia: An Everyday Guide to Low Blood Sugar:**

*"In 1998, I added a hypoglycemia/diabetes questionnaire to our website. Due to the increase of questions and concerns about a possible connection between hypoglycemia and diabetes, I wanted to find out if this association could be observed. The goal was to determine whether untreated hypoglycemia is a prelude to diabetes. The survey was also designed to gather information on how and by whom hypoglycemia had been diagnosed and what type of treatments, if any, were found to be beneficial. As this book goes to press, the HSF has received over 5500 responses (3,752 confirmed hypoglycemics) from 25 countries!"*

We are in the process of sorting through this extensive volume of information to categorize and evaluate the results. Below, however, is a brief synopsis of what we've discovered so far.

64% of confirmed hypoglycemic (diagnosed by a physician with a glucose tolerance test) indicated that one or more family members had been diagnosed with diabetes!

With this information, we can alert hypoglycemics to the seriousness of this information, as diabetes will almost certainly be the next stage if left untreated. It is also critical for diabetics to share this information with other family members as a preventative measure.

When we asked those surveyed what kind of symptoms they experienced, the most common were:

- Heart Palpitations 80%
- Dizziness 79%
- Mood swings 77%
- Headaches 74%
- Depression 67%
- Addiction to sweets 62%
- Extreme fatigue 52%

When diagnosed with hypoglycemia, only 59% changed their diet. That number is high considering only 48% of US physicians who diagnosed hypoglycemia, through a glucose tolerance test, recommended treatment. A little more than 50% of the participants incorporated vitamins and exercise, while only 25% changed their mental attitude towards the illness. Unfortunately, 23% considered candy the cure-all for their low blood sugar problems.”

## Contribution by Nicole Brown

There are a few websites that could be mentioned in the newsletter:

- A quiz to find out your sugar profile (could be used to raise awareness of sugar intake among people not following a hypoglycemic diet)  
<http://www.clubequal.com/Healthandlifestyle/SugarTool/>
- David Gillespie's best-selling book 'Sweet Poison'. He is working hard to inform people more than three quarters of the sugar they eat is hidden in everyday food, like breakfast cereals. A question and answer section of his website could be adapted into an article  
[http://sweetpoison.com.au/?page\\_id=308](http://sweetpoison.com.au/?page_id=308)
- The new iPhone app developed by the health fund BUPA  
<http://www.theaustralian.com.au/australian-it/exec-tech/foodswitch-iphone-app-offers-healthier-supermarket-choices/story-e6frgazf-1226246933975>

## Website Password and Facebook

Members of the Association can access current newsletters from the past 2 years and member-only content (as it becomes available) by entering the following password on the website:

**hypo2012**

Note that members and the public can continue to easily access all previous HHAA newsletters on the website (which go back as far as 1990).

Also, if you are on Facebook please come and join our Facebook group! Click the Facebook link on the website or search for “Hypoglycemic Health Association of Australia (HHAA)”

## Three Hidden Ways Wheat Makes You Fat

By Dr Mark Hyman (<http://drhyman.com/three-hidden-ways-wheat-makes-you-fat-8425/>)

Gluten free is hot these days. There are books and websites, restaurants with gluten free menus, and grocery stores with hundreds of new gluten free food products on the shelf. Is this a fad, or a reflection of response to a real problem?

Yes, gluten is a real problem. But the problem is not just gluten. In fact, there are three major hidden reasons that wheat products, not just gluten (along with sugar in all its forms) is the major contributor to obesity, diabetes, heart disease, cancer, dementia, depression and so many other modern ills.

This is why there are now 30% more obese than undernourished in the world, and why globally chronic lifestyle and dietary driven disease kills more than twice as many people as infectious disease. These non-communicable chronic diseases will cost our global economy \$47 trillion over the next 20 years.

*Sadly, this tsunami of chronic illness is increasingly caused by eating our beloved diet staple, bread, the staff of life, and all the wheat products hidden in everything from soups to vodka to lipstick to envelope adhesive.*

The biggest problem is wheat, the major source of gluten in our diet. But wheat weaves its misery through many mechanisms, not just the gluten! The history of wheat parallels the history of chronic disease and obesity across the world. Supermarkets today contain walls of wheat and corn disguised in literally hundreds of thousands of different food-like products, or FrankenFoods. Each American now consumes about 55 pounds of wheat flour every year.

It is not just the amount but also the hidden components of wheat that drive weight gain and disease. This is not the wheat your great-grandmother used to bake her bread. It is FrankenWheat – a scientifically engineered food product developed in the last 50 years.

### How Wheat (and Gluten) Triggers Weight Gain, Prediabetes, Diabetes and More

This new modern wheat may look like wheat, but it is different in three important ways that all drive obesity, diabetes, heart disease, cancer, dementia and more.

1. It contains a **Super Starch** – amylopectin A that is super fattening.
2. It contains a form of **Super Gluten** that is super-inflammatory.
3. It contains forms of a **Super Drug** that is super-addictive, makes you crave and eat more.

### The Super Starch

The Bible says, "Give us this day our daily bread". Eating bread is nearly a religious commandment. But the Einkorn, heirloom, Biblical wheat of our ancestors is something modern humans never eat. Instead, we eat dwarf wheat, the product of genetic manipulation and hybridization that created short, stubby, hardy, high yielding wheat plants with much higher amounts of starch and gluten and many more chromosomes coding for all sorts of new odd proteins. The man who engineered this modern wheat won the Nobel Prize – it promised to feed millions of starving around the world. Well, it has, and it has made them fat and sick.

The first major difference of this dwarf wheat is that it contains very high levels of a super starch called **amylopectin A**. This is how we get big fluffy Wonder Bread and Cinnabons. Here's the



downside. **wo slices of whole wheat bread now raise your blood sugar more than two tablespoons of table sugar.**

There is no difference between whole wheat and white flour here. The biggest scam perpetrated on the unsuspecting public is the inclusion of "whole grains" in many processed foods full of sugar and wheat giving the food a virtuous glow. The best way to avoid foods that are bad for you is to stay away from foods with health claims on the label. They are usually hiding something bad.

In people with diabetes, both white and whole grain bread raises blood sugar levels 70 to 120 mg/dl over starting levels. We know that foods with a high glycemic index make people store belly fat, trigger hidden fires of inflammation in the body, and give you a fatty liver leading the whole cascade of obesity, pre-diabetes and diabetes. This problem now affects every other American and is the major driver of nearly all chronic disease and most our health care costs. Diabetes now sucks up one in three Medicare dollars.

### **The Super Gluten**

Not only does this dwarf, FrankenWheat, contain the super starch, but it also contains super gluten which is much more likely to create inflammation in the body. And in addition to a host of inflammatory and chronic diseases caused by gluten, it causes obesity and diabetes. Gluten is that sticky protein in wheat that holds bread together and makes it rise. The old fourteen chromosome containing Einkorn wheat codes for the small number of gluten proteins and those that it does produce are the least likely to trigger celiac disease and inflammation. The new dwarf wheat contains twenty-eight or twice as many chromosomes and produces a large variety of gluten proteins, including the ones most likely to cause celiac disease.

### **Five Ways Gluten Makes You Sick and Fat**

Gluten can trigger inflammation, obesity and chronic disease in five major ways:

- Full-blown coeliac disease is an autoimmune disease that triggers body-wide inflammation triggering insulin resistance, which causes weight gain and diabetes, as well as over 55 conditions including autoimmune diseases, irritable bowel, reflux, cancer, depression, osteoporosis and more.
- Low-level inflammation reactions to gluten trigger the same problems even if you don't have full-blown celiac disease but just have elevated antibodies (7% of the population or 21 million Americans).
- There is also striking new research showing that adverse immune reactions to gluten may result from problems in very different parts of the immune system than those implicated in celiac disease. Most doctors dismiss gluten sensitivity if you don't have a diagnosis of celiac disease, but this new research proves them wrong. Celiac disease results when the body creates antibodies against the wheat (adaptive immunity), but another kind of gluten sensitivity results from a generalized activated immune system (innate immunity). This means that people can be gluten-sensitive without having celiac disease or gluten antibodies and still have inflammation and many other symptoms.
- A NON-gluten glycoprotein or lectin (combination of sugar and protein) in wheat called wheat germ agglutinin (WGA)<sup>(1)</sup> found in highest concentrations in whole wheat increases whole body inflammation as well. This is not an autoimmune reaction but can be just as dangerous and cause heart attacks <sup>(2)</sup>.
- Eating too much gluten free food (what I call gluten free junk food) like gluten free cookies, cakes and processed food. Processed food has a high glycemic load. Just because it is gluten free, doesn't mean it is healthy. Gluten free cakes and cookies are

still cakes and cookies! Vegetables, fruits, beans, nuts and seeds and lean animal protein are all gluten free – stick with those.

Let's look at this a little more closely. Gluten, a protein found in wheat, barley, rye, spelt and oats, can cause coeliac disease, which triggers severe inflammation throughout the body and has been linked to autoimmune diseases, mood disorders, autism, schizophrenia, dementia, digestive disorders, nutritional deficiencies, diabetes, cancer, and more.

### **Coeliac Disease: The First Problem**

Coeliac disease and gluten related problems has been increasing and now affects at least 21 million Americans and perhaps many millions more. And 99% of people who have problems with gluten or wheat are NOT currently diagnosed.

Ninety eight percent of people with celiac have a genetic predisposition known as HLA DQ2 or DQ8, which occurs in 30% of the population. But even though our genes haven't changed, we have seen a dramatic increase in celiac disease in the last 50 years because of some environmental trigger.

In a recent study comparing blood samples taken 50 years ago from 10,000 young Air Force recruits to samples taken recently from 10,000 people, researchers found something quite remarkable. There has been a real 400 percent increase in coeliac disease over the last 50 years!

And that's just the full-blown disease affecting about 1 in 100 people, or about 3 million Americans. We used to think that this only was diagnosed in children with bloated bellies, weight loss and nutritional deficiencies. But now we know it can be triggered (based on a genetic susceptibility) at any age and without ANY digestive symptoms. The inflammation triggered by celiac disease can drive insulin resistance, weight gain and diabetes, just like any inflammatory trigger – and I have seen this over and over in my patients.

### **Gluten and Gut Inflammation: The Second Problem**

But there are two ways other than coeliac disease in which wheat appears to be a problem.

The second way gluten causes inflammation is through a low-grade autoimmune reaction to gluten. Your immune system creates low-level antibodies to gluten but doesn't create full blown celiac disease. In fact 7% of the population, 21 million, has these anti-gliadin antibodies. These antibodies were also found in 18% of people with autism and 20% of those with schizophrenia.

A major study in the *Journal of the American Medical Association*, hidden gluten sensitivity (elevated antibodies without full blown coeliac disease) was shown to increase risk of death by 35 to 75 percent, mostly by causing heart disease and cancer<sup>(4)</sup>. Just by this mechanism alone over 20 million Americans are at risk for heart attack, obesity, cancer and death.

### **How does eating gluten cause inflammation, heart disease, obesity, diabetes and cancer?**

Most of the increased risk occurs when gluten triggers inflammation that spreads like a fire throughout your whole body. It damages the gut lining. Then all the bugs and partially digested food particles inside your intestine get across the gut barrier and are exposed your immune system, 60% of which lies right under the surface of the one cell thick layer of cells lining your gut or small intestine. If you spread out the lining of your gut it would equal the surface area of a tennis court. Your immune system starts attacking these foreign proteins leading to systemic inflammation that then causes heart disease, dementia, cancer, diabetes and more.

Dr. Alessio Fasano, a celiac expert from the University of Maryland School of Medicine discovered a protein made in the intestine called "zonulin" that is increased by exposure to gluten<sup>(5)</sup>. Zonulin breaks up the tight junctions or cement between the intestinal cells that normally protect your

immune system from bugs and foreign proteins in food leaking across the intestinal barrier. If you have a “leaky gut” you will get inflammation throughout your whole body and a whole list of symptoms and diseases.

### **Why is there an increase in disease from gluten in the last 50 years?**

It is because, as I described earlier, the dwarf wheat grown in this country has changed the quality and type of gluten proteins in wheat, creating much higher gluten content and many more of the gluten proteins that cause celiac disease and autoimmune antibodies. Combine that with the damage our guts have suffered from our diet, environment, lifestyle, and medication use, and you have the perfect storm for gluten intolerance. This super gluten crosses our leaky guts and gets exposed to our immune system. Our immune system reacts as if gluten was something foreign and sets off the fires of inflammation in an attempt to eliminate it.

However, this inflammation is not selective, so it begins to attack our cells—leading to diabetes and other inflammatory diseases. Damage to the gastrointestinal tract from overuse of antibiotics, anti-inflammatory drugs like Advil or Aleve, and acid-blocking drugs like Prilosec or Nexium, combined with our low-fiber, high-sugar diet, leads to the development of celiac disease and gluten intolerance or sensitivity and the resultant inflammation. That is why elimination of gluten and food allergens or sensitivities can be a powerful way to prevent and reverse “diabetes” and so many other chronic diseases.

### **The Super Drug**

Not only does wheat contain super starch and super gluten – making it super fattening and super inflammatory, but it also contains a super drug that makes you crazy, hungry and addicted.

When processed by your digestion, the proteins in wheat are converted into shorter proteins, “polypeptides”, called “exorphins”. They are like the endorphins you get from a runner’s high and bind to the opioid receptors in the brain, making you high, and addicted just like a heroin addict. These wheat polypeptides are absorbed into the bloodstream and get right across the blood brain barrier. They are called “gluteomorphins” after “gluten” and “morphine”.

These super drugs can cause multiple problems including schizophrenia and autism. But they also cause addictive eating behavior including cravings and bingeing. No one binges on broccoli, but they binge on cookies or cake. Even more alarming is the fact that you can block these food cravings and addictive eating behaviors and reduce calorie intake by giving the same drug we use in the emergency room to block heroin or morphine in an overdose called naloxone. Binge eaters ate nearly 30% less food when given this drug.

**Bottom line: wheat is an addictive appetite stimulant.**

### **How to Beat the Wheat, and Lose the Weight**

Firstly you should get tested to see if you have a more serious wheat or gluten problem such as celiac disease. This includes a blood test (for antibodies) and a small bowel biopsy to check for damaged villi in the small intestine. You should be consuming a normal amount of wheat in your diet leading up to the tests.

Secondly, for the rest of you who don’t have gluten antibodies or some variety of coeliac, the super starch and the super drug, both of which make you fat and sick, can still affect you. So go cold turkey for six weeks. And keep a journal of how you feel. The problems with wheat are real, scientifically validated and ever present. Getting off wheat may not only make you feel better and lose weight, it could save your life.

My personal hope is that together we can create a national conversation about a real, practical solution for the prevention, treatment, and reversal of our obesity, diabetes and chronic disease epidemic. Getting off wheat may just be an important step. To learn more and to get a free sneak preview of The Blood Sugar Solution where I explain exactly how to avoid wheat and what to eat instead go to [www.drhyman.com](http://www.drhyman.com).

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## Sugar Side Effects Put a Wrinkle on More than Just Your Skin!

*Extract from an internet article by Dan Hammer*

<http://www.smoothie-handbook.com/sugar-side-effects.html>

This article was originally intended to concentrate on the **sugar side effects** on aging your skin. However, in researching this article it became clear that it is a major contributor to all forms of degenerative diseases and will impact not just the aging of your skin but also the **aging of your whole body**.

### How Sugar Side Effects Ages Your Skin!

There is a natural process in your body called **glycation**. It happens when the glucose in your bloodstream attaches to proteins to form harmful molecules called advanced glycation end products or AGEs for short. It's a pretty simple process. The more sugar you eat the greater the number of AGEs you develop.

According to Dr. Fredric Brandt, dermatologist and author of *10 Minutes 10 Years*: "As AGEs accumulate, they damage adjacent proteins in a domino-like fashion."

Most vulnerable to this type of damage are the collagen and elastin protein fibers that keep your skin firm and elastic. Collagen is the most prevalent protein in your body. Once damaged, the normally springy and resilient collagen and elastin fibers become dry and brittle. This **leads to wrinkles and sagging skin**. According to a study published in the *British Journal of Dermatology*, this aging effect starts to show itself in the mid 30s and then increases rapidly after that.

In addition to damaging your collagen, the sugar side effects affect the type of collagen your body produces. The most abundant types of collagen in your skin are types I, II, and III. Collagen type III is the most stable and long lasting. The process of glycation will transform collagen type III into type I which has less volume and is more easily damaged. According to Dr. Brandt, "When that happens the skin looks and feels less supple!"

High-fructose corn syrup has the most of all sugar side effects. **High-fructose corn syrup** is used heavily in processed foods because it is sweeter, extends the shelf life, and is cheaper to produce. You will find it in most sodas, fruit-flavored drinks and packaged foods. Unfortunately, it produces the **greatest number of AGEs**.

To compound the problem, AGEs also **deactivate** your body's natural antioxidant enzymes to reduce your antioxidant levels. This leaves you even **more vulnerable** to sun damage from free radicals which are the leading cause of aging for your skin.

### **Sugar Side Effects Depresses Your Immune System!**

Your body uses **white blood cells** to destroy viruses and bacteria. In the 1970's researchers discovered that **vitamin C** was needed by the white blood cells to **aid** them in the process of destroying viruses and bacteria. Researchers developed a "phagocytic index" which tells them how rapidly a particular macrophage or lymphocyte can gobble up a virus, bacteria, or cancer cell to destroy it. **Dr. Linus Pauling** realized that white blood cells need a high dose of vitamin C to effectively do their job in protecting you.

Sugar in the form of glucose has a similar chemical structure to vitamin C. As your glucose levels increase, this molecule **competes** with vitamin C to enter the cell. If there is more glucose present, then there will be **less vitamin C** allowed into the cell. Unfortunately, it doesn't take much glucose for this disruption to occur. A blood glucose level of 120 reduces the "phagocytic index" by 75%!

You need to realize that when you eat sugar, you **depress your immune system!**

In addition to depressing your immune system, refined **sugar lacks minerals and vitamins**. For it to be metabolized into your system it must **draw** upon your body's micro-nutrient stores which can **deplete** them. This process impedes the metabolism of cholesterol and free fatty acids leading to higher blood serum triglycerides and cholesterol. In time, this leads to **heart disease** and **obesity** and becomes a precursor for **diabetes**.

Sugar is **devoid** of minerals, vitamins, fiber. Sugar side effects has such a depressing effect on the **endocrine system**, major researchers and health organizations such as the American Dietetic Association and the American Diabetic Association, agree that its consumption is one of the **3 major causes** of degenerative disease in America.

### **Sugar Side Effects and Cancer!**

In 1931, Nobel laureate Dr. Otto Warburg discovered that cancer cells use a fundamentally **different metabolism pathway** to create their energy needs when compared to healthy cells. The basis of his Nobel thesis was that malignant tumors frequently exhibit an **increase in anaerobic glycolysis**. This metabolic process uses glucose as its primary energy source but without oxygen so that the anaerobic by-product is lactic acid.

Thus, **glucose feeds** the tumor and the end by-product of lactic acid causes the pH of the tumor and surrounding tissue to become acidic. This production of lactic acid also places additional stress on your liver since your liver is used to remove this toxin from your system. Maintaining your acid alkaline balance is **one of the keys** to preventing degenerative diseases, promoting optimal health, and reducing the sugar side effects.

**Cancer therapies** should focus on **limiting your sugar consumption** through diet, supplements, exercise, and/or medication when necessary so that your blood glucose levels are kept in a narrow range. This will help to **starve** the cancer cells while allowing your immune system to help destroy these cancer cells.

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## The Devastating Sugar Side Effects (*most of which you already know!*)!

As we have seen, sugar side effects **age your skin, depress your immune system and is the preferred fuel of cancer cells**. In Dr. Nancy Appleton's book Lick The Sugar Habit she lists 76 ways it can ruin your health. I'm not going to list all 76 but let me highlight the **top 10** that stood out to me:

1. It **feeds cancer cells** and has been connected with the development of cancer of the breast, ovaries, prostate, rectum, pancreas, lung, gallbladder and stomach.
2. It can **cause autoimmune diseases** such as: arthritis, asthma, multiple sclerosis.
3. It greatly **assists** the uncontrolled growth of Candida yeast infections.
4. It can **increase the size of your liver** by making your liver cells divide and it can increase the amount of **liver fat**.
5. It can **increase kidney size** and produce pathological changes in the kidney such as the formation of kidney stones.
6. It can **increase your risk** of Alzheimer's disease.
7. It can **cause hormonal imbalances** such as: increasing estrogen in men, exacerbating PMS, and decreasing growth hormone.
8. Your body **changes it into 2 to 5 times more fat** in the bloodstream than it does starch.
9. It has the potential of inducing abnormal metabolic processes in a normal healthy individual and to **promote chronic degenerative diseases**.
10. It **upsets the mineral relationships** in your body causing chromium and copper deficiencies and interferes with absorption of calcium and magnesium.

This is quite a list of health concerns.

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**Please Note:** If you would like to contribute any articles for any future newsletters, please email the articles or websites to: **suebromwich@hotmail.com**.

# HYPOGLYCEMIC HEALTH ASSOCIATION OF AUSTRALIA

PO Box 830 Kogarah NSW 1485

ABN 65846851613

Registered Charity CFN 16689

[www.hypoglycemia.asn.au](http://www.hypoglycemia.asn.au)

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