
Diabetes: New Causes (Part 2 of 2)

How Toxins Can Trigger Type 1 and Type 2 Diabetes

Revelation Health, LLC.

Is there a solution to “Toxin Induced Insulin Resistance” (TIIR) for Type 1 and Type 2 Diabetics?

Epigenetic research reveals true answers to Diabetes.

Toxins are in fact the 3rd main cause of cellular inflammation and, what I feel, to be the #1 hidden contributor to diabetes and other hormone problems. You may be saying to yourself at this point, “I have changed my diet. I even eat the True Cellular Detox™ Diet or a diet that is similar and exercise regularly, yet I am still not able to control my glucose without medication.” As I would predict, your weight is still not changing, or its getting worse, and your energy is not what you desire. If this sounds familiar, you are most likely in the 1/3 of the population that has “Toxin Induced Insulin Resistance” (TIIRTM).

I believe that the estimates could be as high as 50%, and yet most health professionals, even alternative practitioners, NEVER even look for TIIRTM. It is no doubt one of the reasons offer a program to educate doctors and patients about this unspoken solution. In the teaching on the True Cellular Detox™ Diet, I discussed bad fats and glucose/insulin as main causes of inflammation and in this teaching I will focus on the final main contributor to most degenerative diseases today including diabetes: TOXINS. I do in fact believe it is why more people are not seeing the results they should despite many good efforts. It is toxins dual effect on the hormone receptors and the DNA that are at the root of this modern day problem and yet it appears to go unnoticed. Toxins make their way to the cell and attach to the membrane of the cell, causing inflammation and therefore, blunting the hormone receptors. As I stated previously, it is hormone resistance, meaning the cell cannot hear the hormones message that is driving the epidemic of hormone conditions including diabetes. Despite the new research, TIIRTM is not being talked about nor is it being addressed. The small fringe that are addressing TIIRTM clinically, are showing up at a gunfight with a knife. A colon cleans, foot bath, liver cleanse or some health food store cleanse, is NOT True Cellular Detox™ and WILL NOT penetrate the real problem.

Earlier I made reference to gene expression when I spoke about an inflamed cell membrane and how toxins can build up in the cell and change the way a gene expresses itself. The toxins that build up in the cell or enter the cell can turn on genes that express certain diseases or conditions. This is known as epigenetics and is the new science in genetics as a cause of disease. The old dogma of, “if you have the gene you will get the disease” is over, however, most people still believe that if their mother or father has a condition like diabetes they will most likely end up with diabetes as well. Even though most of the scientific community has moved away from this old model, most of the general population still believes it despite the volumes of new research. Therefore, it is worth repeating a point that I made early; you may in fact have the gene, but unless an environmental stressor, such as a toxin, triggers the gene you will not get the disease. That’s good news! Your DNA is not your destiny after all. The bad news is we live in a toxic world and most people do toxic things. This is where the danger exists. Many of these genes of susceptibility get turned on and must be turn off. Changing the bad gene expression is a part of the protocol we utilize in our diabetes program and is why it works when most programs do not.

The How To: The 5R’s of True Cellular Detox and Healing™

As you can see, removing the toxins from the cell is key to changing the gene expressing the diabetes. Not to mention it’s only by removing the toxins that the hormone receptors, and in the case of diabetes, the insulin receptors, will regenerate

and ultimately allow you to get well and feel better. I teach cellular detox from something I refer to as. The 5R's of True Cellular Detox and Healing™ or the 5R's of Cellular Healing. The 5R's has become a road map for doctors and patients alike to fix the cell and its many functions, which also up regulates the cells ability to detox. I want to give you a brief description of each R and its role in cellular detox because this is the real solution to this epidemic. I can tell you emphatically that these 5R's were not derived by intellect, but buy the pain of my own journey that God lead me through. My authority in this subject does not come from my years of schooling or even my years of research, but the victory God has given me in my "unexplainable illness".

R1 (Removing the Source): Out of all the R's, removing the source is the most over looked and yet it is the most important to reverse a condition especially a condition like diabetes. Most practitioners, whether alternative or allopathic, treat the symptoms without considering what is causing them. They dabble downstream instead of getting rid of the toxic producing factory or dump up stream. The allopathic doctors push medications, covering up symptoms and the alternative doctors use supplements to control symptoms. Both medications and supplements can be used at times to remove the cause, but 98% of the time it is just dealing with the downstream symptom. The supplements have less side effects, but still if not directed at the cause will ultimately offer NO LASTING CHANGE. There is a time to control symptoms and natural methods are by far the safer and better way to go, and I would argue there is even a time for medication, however, if the source is not being addressed as you control symptoms you will never get truly well.

There are many upstream toxins that if not removed, will keep someone from healing from their diabetes. Studies show a strong connection with BPA from plastics and cosmetics, pesticides, toxins in cigarette smoke and heavy metals. Personally, I have seen many cases of diabetes and severe weight loss resistance that were not responding to diet and other life style changes resolved after the removal of heavy metals.

I have my own story with heavy metals that make me very passionate about this topic of removing the source and the dangers of bio-accumulated heavy metals. I had many silver fillings in my mouth from the time I was young. Due to some needed dental work, I had two of them drilled out (about 6 still remained) and gold fillings were put in their place. After the fillings were replaced I became very sick. Unfortunately, it took me three or four years of misery to figure out it was the fillings. Silver (amalgam) fillings contain 50% mercury, which vaporizes and crosses into your brain where it bioaccumulates over time. Studies like the FASAB amalgam study show that the number of fillings in your mouth is proportional to how much mercury is in your brain. The studies show that hypothalamus and pituitary gland hold most of that mercury and are most affected. These are the master endocrine glands that control ALL of our hormones and endocrine glands like our thyroid and adrenals. This in turn has a dramatic effect on blood glucose and all hormone function.

The gold fillings that were put in my mouth caused a galvanic reaction (electrical current) that caused the mercury to leech out of my remaining fillings. Studies show that the galvanic reaction can cause the mercury to come out of the fillings 10x faster than normal. Silver amalgams with any other metal in the mouth such as crown, bridge or retainer will lead to galvanism and an increase in mercury bioaccumulation. The electrical current alone cause many unexplainable symptoms like anxiety and brain fog. I had all of that and more. I had symptoms of a thyroid problem but my blood work was always normal. Most of my blood work was normal, which was very frustrating; I recall wanting to find something wrong because then I could fix it. My fatigue was so bad it became very difficult to work or engage in any normal life activities at all. The worst part was as fatigued as I was by day, I could not sleep at night.

It wasn't until I researched how to get the rest of the filling out correctly and the mercury out of my brain that I was able to get my life back. It is very important to realize that I would have never recovered fully if I didn't get the source removed correctly. Whatever you do, don't just start drilling out fillings. There is a safe and proper protocol that we utilize that works so you don't become worse, but better.

Another hidden source I see frequently keep people from getting well is mold. A moldy home or work place is often times the

cause of sudden weight gain or unexplainable symptoms, but will also drive insulin resistance and diabetes. I have personally seen many patients develop diabetes and suddenly gain weight after being exposed to mold from water damaged buildings. They get very sick and unfortunately end up on a list of medications, which ultimately makes them worse. Many conditions like fibromyalgia, chronic fatigue syndrome and sudden weight gain, weight loss resistance as well as diabetes are all common condition linked to biotoxic illness from mold. If you don't get that individual out of the home, you're never going to get them well. In Leviticus 14 in the Bible, God says, and I will paraphrase... If you see mold growing in your home do this... If the mold reappears get rid of the house and all its contents. This is exactly what is done today. If you can't remediate the house properly then get out and don't bring your stuff with you because it too is contaminated. This may sound like drastic measures, but this is the only way these patients recover. If you don't remove the source, you are never going to get well. Many of you reading this need the proper testing to determine if toxins are playing a role in your diabetes or other symptoms.

R2 (Regenerating the Cell Membrane): I don't need to say a lot about this R because I discussed it in detail when I thought about the True Cellular Detox™ Diet and its effect on the cell membrane. I will reiterate some important points. If the membrane is inflamed, it will not let the good stuff in and the bad stuff (toxins) out. The membrane is the gatekeeper. It's said that life begins on the membrane and is in fact the brains of the cell. The inborn intelligence of the body is held in the membrane; more specifically the integral membrane proteins (IMP's), which are the hormone receptors. This is how the cell communicates with its environment and is able to direct all function. It is the membrane through this communication that will change the DNA and the gene expression. If you don't regenerate the cell membrane, you will never detox the cell or change the gene expression for good. Ultimately you will never get well.

R3 (Restore Cellular Energy): ATP is considered the gasoline of the cell and is the energy for ALL function including detox. Increasing cellular energy is often times the first step in a protocol for the most challenging cases. Without restoring the energy, other treatments will not work because there is not enough energy to drive the function. The lower cellular energy goes the more inflammation increases. Yes you feel like you just don't want get out of bed some mornings and not enough energy to get through a day, but you will also experience brain fog and increase in general pain. It is a key step in diabetes, because the defect in cellular metabolism (the production of energy) is at the root problem with diabetics and yet practitioners do not address this fundamental cellular function.

R4 (Reducing Inflammation/Oxidative Stress): At this point, the importance of reducing inflammation has been thoroughly established especially in the cells ability or inability to detox. If it is not reduced, ALL detox attempts will fail and most often make you worse.

R5 (Reestablishing Methylation): Methylation is a process in the body with many responsibilities. One of which is something I have discussed at great length at this point; epigenetics (turning good genes on and bad genes off). Another is detox, even detoxing toxic hormones. Think of methylation or the methyl groups it uses as a "key" that can start or stop certain cellular functions, therefore it is involved in most function to sustain life. Because methylation has so many important roles in health and survival, there is a priority of its many functions when there is a depletion of the methyl groups needed for the methylation process. This in fact is a valuable theory established by a researcher and doctor named Dr. Alan Vinitzky. I believe his principle and theory are correct and have led to a better understanding of many unexplainable illnesses and symptoms. The prioritization of the valuable methyl groups is always prioritized to the functions most related to immediate adaptation of stress in order to survive. Survival at all cost is always the body's first choice but can leave other functions of methylation at risk. For example; not getting rid of toxic hormones, which can lead to estrogen dominant cancers or simply damage to the DNA. It is the methyl groups that protect the DNA and if there is an abundance of stress of any type, the body will use the methyl groups to adapt to the stress as the priority for survival and leave the DNA unprotected.

Stress, in fact, is the number one way methyl groups become depleted. Remember, your body does not know the difference between stress: whether physical, chemical or emotional. Its response is the same, and its use of methyl groups to adapt to

the stress is the same. Yes all of your worrying is costing you valuable methyl groups and putting your DNA at risk. What about your chemical exposures from toxic personal care products, silver amalgam fillings, non-organic foods, grain-fed meats, city water, vaccinations, etc.? The list goes on. Add these stressors together (emotional and chemical), and it is no wonder methyl depletion is driving a surge of hormone problems including diabetes, and what we call unexplainable diseases. Even chronic anxiety and depression can be linked to methyl depletion. Methyl groups are needed to turn on the stress response but they are also needed to turn it off. Some people become so depleted due to multiple stressors that they simply do not have enough to turn off the stress response and are left in a heightened stress reaction with ups and downs in cortisol and adrenalin. These patients not only have anxiety, but also sleep problems and eventually depression. This was my reality for many years.

True Cellular Detox™ is impossible without understanding methylation's role and the Methylation Priority Principle. ALL of the 5R's are part of what I refer to as true detox and are a road map to not just real detox, but to fix the cell. If you don't fix the cell, you will most definitely NEVER get well. This has become a mantra of not just mine, but of the doctors I coach as well. We have all had the blessed experience of seeing so many lives change, and feel blessed to share it with those God brings to this program.

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