

EXCLUSIVE SAMPLE MATERIAL!

MASTER YOUR DIABETES

**A Comprehensive, Integrative Approach
for Both Type 1 and Type 2 Diabetes**



Dr. Mona Morstein, ND, DHANP

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Praise for **Master Your Diabetes**

“We know more about diabetes than ever in history, yet disease rates are not declining appreciably, while costs to manage the disease continue to soar. In *Master Your Diabetes*, Dr. Morstein draws from the best of conventional and integrative therapies to provide diabetic patients an easy-to-implement program to regain their health.”

—ROBB WOLF, author of *Wired to Eat* and *The Paleo Solution*

“This book is as complete a compendium on diabetes management as I have ever read. What is more, it tells the truth: ‘To be blunt, no person with T2DM should ever wind up on insulin if they follow the protocol established by an integrative physician.’ Type 2 diabetes is both preventable and in a majority of cases can be put into remission. This book is an ideal reference to understand how and why.”

—TIMOTHY NOAKES, MD, PhD, emeritus professor,
University of Cape Town, South Africa; founder, The Noakes Foundation

“In *Master Your Diabetes*, Dr. Mona Morstein covers the topic of holistic diabetes management in exceptional detail, providing real-world guidance for creating a low-carb lifestyle based on anti-inflammatory, organic, nutrient-dense foods and supportive lifestyle measures to improve blood sugar control and reduce disease risk. This comprehensive, well-written, and evidence-based book is ideal for medical and nutrition professionals, those with diabetes or prediabetes, and anyone interested in improving their overall health and vitality through healthy, low-carb living.”

—FRANZISKA SPRITZLER, RD, CDE

“Dr. Morstein has developed a comprehensive and unique approach to the treatment of diabetes; the information she provides is priceless.”

—DR. JARED ZEFF, ND, LAc

“Dr. Morstein is certainly one of the world’s top experts in the integrative management of diabetes. This book is a must-have resource for both clinicians and for people diagnosed with diabetes.”

—LISE ALSCHULER, ND, FABNO, executive director, TAP Integrative

— INTRODUCTION —

Diabetes: Victim or Victor?

Diabetes is typically considered a progressive disease. Once diagnosed, patients tend to require more and more medicine to control glucose levels, and many eventually develop a diabetic complication. After many years of increasing disability, they suffer premature death, typically six to twelve years earlier than people without diabetes. A bleak outlook indeed, and it simply doesn't have to be that way! This book is designed to give you the information you need to become the *victor* in your relationship with diabetes, rather than a victim. It can empower you in the knowledge that you can fully control the condition, even reversing Type 2 diabetes, and prevent diabetes' harmful effects or even reverse damage that has already occurred. The goal is for you to continue living a full, active, enjoyable, and long life.

As a diabetic patient, you may have found yourself frustrated by standard health care. You may not have received good nutritional advice, or *any* nutritional advice. You may have experienced too-short office visits, your labs may continue to show poor glucose control, and it may be that the only treatment you have been offered is more and more medications to help bring your sugars down.

Most conventional doctors are good people who care about their patients, but their medical training has mostly emphasized using medications to palliate chronic conditions. These types of doctors may also be leery of integrative treatments, such as specialized diets, lifestyle analysis, and supplements, which they haven't been trained for and which are not always cleared by randomized controlled double-blind studies. I've been to many "conventional care" diabetic conferences over the years. At a typical conference,

KEY TREATMENT NOTE

If you are not seeing an integrative physician, and the following are true, then of course, stay with that physician: You are happy with your physician; you feel you have time in your visits to have all your questions answered; your care is comprehensive; your glucose control is excellent; and you have no complications. However, if any of the above-mentioned aspects of your diabetic care are not positive, you may wish to consider changing the kind of medical treatment you receive.

the majority of the lectures are on medications and how to use them with patients. It's rare to find any discussions on nutrition, and I have never heard a lecture on using food to effectively control diabetes. At the last diabetic conference I attended, the meals served to attendees consisted of pastries for breakfast, large cookies for morning snacks, pizza for lunch, and ice cream for afternoon snacks. It was as though the conference organizers were helping create the very diabetic patients they were running a conference to treat!

However, there are other physicians to consider when you have diabetes: physicians who

have specialized training in nutritional biochemistry and methods that work *with* the body to help it heal. Naturopathic physicians are one type, but there are other medical professionals who have what are called “integrative” (also known as “functional”) medical practices.

What is “integrative” medicine? Integrative medicine combines the best of conventional medicine with alternative philosophic ways of looking at the body and the processes of health and disease. As a general rule, physicians using integrative medicine are educated equally as well as or beyond standard primary care physicians. Integrative practitioners look at the whole body, mind, and spirit, together, when creating their treatment plans for patients; focus on the physician-patient relationship; and tend to spend more office time with patients. Integrative medicine makes use of many healing modalities aside from prescription drugs, such as nutrition; exercise counseling; sleep hygiene; stress management; environmental detoxification; healing the intestines and the gut's microbiome; using supplements

such as vitamins, minerals, nutraceuticals, and botanical medicines; hydrotherapy; homeopathy; acupuncture; and other modalities. There are many different integrative healing modalities, and many can be useful for patients with diabetes.

The focus of the integrative physician is not to palliate diabetic symptoms with escalating amounts of medications; it is to use other means to control a diabetic patient's blood glucose so that they:

- Have the control of a nondiabetic person
- Need minimal (if any) medication
- Do not suffer problematic glucose highs and lows
- Heal from or do not develop diabetic complications
- Have energy and health to live their life completely and fully

This book is designed to educate people who have diabetes and physicians who treat the condition. Its intent is to promote mutually respectful teamwork, so patients will feel heard and physicians can coordinate a comprehensive protocol that patients value and integrate into their life, thus experiencing positive results.

I am a naturopathic physician, and I have been educating my patients on this type of successful, comprehensive diabetic program for over twenty-five years. Naturopathic medicine is a composite of time-honored medical approaches that have benefited people for thousands of years. Ancient Greek physician Hippocrates said around 400 BCE, "Let food be your medicine and

Disclaimer

In this book, I will be mentioning specific labs or products from companies that I use to help patients get better. I am not in any way, financially or otherwise, associated with these companies, except my own diabetes specialty supplement, "Diamend." I mention the products because they work. In the event that I do have a relationship, I will disclose it.

your medicine be food.” While regular medicine has evolved to promote pharmaceuticals and surgery as the main therapeutics, naturopathic medicine has evolved to choose an overlapping series of therapeutic options.

Formally, naturopathic medicine came into existence at the end of the 1800s, when John Lust coined the term for a field of medicine that included the concepts of diet, botanical medicine, physical medicine, and hydrotherapy (water therapy). Although the popularity of naturopathic medicine waned during the 1900s due to lack of funding and the discovery of antibiotics, today naturopathic medicine is a thriving and well-established profession with increasing public demand.

Naturopathic physicians (ND or NMD) are licensed physicians who specialize in integrative medicine without forgoing the skills and knowledge of diagnosis and treatment using standard, conventional tests and medicines. As a naturopathic physician, I conduct all of the normal physical exams and blood tests and also send patients for further testing such as x-rays, ultrasounds, and MRIs. I refer patients to specialists when necessary.

Naturopathic physicians also use alternative testing, such as food allergy tests, comprehensive stool analyses, liver detoxification tests, and others, to help uncover all obstacles that impair a patient’s health and ability to heal. The ND’s goals of treatment include:

- Safe, responsible care for each patient
- Helping patients avoid the need for prescription drugs or facilitating lower doses
- Helping patients avoid noncrisis surgery
- Reducing or stopping the use of antibiotics in acute conditions where they may have limited effectiveness and may promote antibiotic resistance, by using powerful natural agents to treat acute conditions
- Helping patients recover from and manage chronic conditions
- Teaching patients how to maintain their health once it has been restored

Further, there are six principles that guide NDs, giving us the foundational precepts for how we see, analyze, and treat our patients.

Finding a Naturopathic Physician

You can easily find a local naturopathic physician by entering your state (or province, for Canadians) and the words *naturopathic physician* into your internet browser's search engine. This will provide links to your state/province association, which will have its own, more focused search capacity. Or, you can go to www.naturopathic.org, the website of the American Association of Naturopathic Physicians, which enables you to conduct a search in all states. Please be aware that not all states license naturopathic physicians, so you want to ensure you go to a real ND, one who went to a four-year federal government-accredited naturopathic medical school, one who graduated, passed national boards, and has a state license.

Naturopathic medical schools are four-year postgraduate accredited medical institutions that combine the science of conventional medicine with the philosophy, science, wisdom, and effectiveness of integrative medicine. As of this writing, there are eight four-year post-graduate naturopathic medical schools in North America: Southwest College of Naturopathic Medicine (Tempe, Arizona), National University of Naturopathic Medicine (Portland, Oregon), Bastyr University (Seattle, Washington; and San Diego, California), University of Bridgeport (Bridgeport, Connecticut), National University of Health Sciences (Chicago, Illinois), Canadian College of Naturopathic Medicine (Toronto, Ontario), and Boucher Institute (Vancouver, British Columbia).

Due to the amount of information readily available on the internet, many patients feel they can treat themselves, but in reality, it's always best to find a physician who is an expert in your condition, to have someone to help guide you, examine you, prescribe for you, support you, and enable you to be in better control, feel much more energy, lose weight, need less medication, and heal and protect your body.

1. THE HEALING POWER OF NATURE

Naturopathic medicine observes that the body and mind have inherent wisdom as well as the capacity to heal. For example, when we cut our finger with a kitchen knife, we know that in about a week the finger will have healed perfectly, without us having to do anything aside from keeping the wound closed and protected. In more severe cases, a stitch might be needed to keep the wound closed, but the wound still repairs itself. Amazingly, this healing capacity is not limited to minor wounds. We know the body will naturally heal torn skin, broken bones, and pulled muscles. Powerful marketing by conventional medicine and drug companies through commercials and other advertisements has promoted societal fear, however, so many individuals may not be aware that their bodies can heal from many other, more serious illnesses. The truth is, people can heal from both acute and chronic conditions without the use of medications, conditions including strep throat, asthma, diverticulitis, migraines, ulcerative colitis, arthritis, and many others. Naturopathic physicians tap into this powerful healing ability through their care and use it to the patient's benefit.

2. REMOVE OBSTACLES TO CURE

Many factors prevent or inhibit the natural capacity to heal. Obstacles can exist on a physical level—for example, due to a nutrient deficiency or poor digestive functioning—or on mental, emotional, or spiritual levels. In any particular office visit, for example, depending on the needs of the patient, I might discuss diet, exercise, emotions related to relationship history, job fulfillment, life stresses, methods of stress reduction, exercise, and spiritual activity. By taking sufficient time to connect with patients in our office visits, and by doing appropriate testing, NDs often can uncover specific obstacles and work with the patient to remove them and move toward a cure.

3. FIRST, DO NO HARM

Ideally, NDs avoid using medicines that suppress or simply palliate symptoms, as these therapies can often, over time, worsen the patient's health, and they also may produce side effects. The therapies we use are designed to gently but effectively work *with* the body instead of covering up and suppressing symptoms. However, NDs, in states where they are licensed to, do indeed prescribe conventional medications when the patient requires them.

4. TREAT THE WHOLE PERSON

Treating the whole person naturally follows uncovering obstacles to cure. Once the blocks to health are uncovered, on any level, they will all be fully addressed in treatment. Only by understanding the entirety of the person, and not simply his or her disease, can true healing occur.

5. PREVENTION

In twenty-eight years of private practice I have had perhaps four or five patients come in healthy and simply request that I analyze their diet and supplement intake to help them prevent sickness and keep them healthy as they age. The rest of my patients have come to me only when they are ill or have a current condition. Prevention in that regard means helping a patient recover from his or her acute or chronic illness and then teaching the individual how to stay well and not have the condition return or how to keep the condition under excellent, and often drug-free, control. With my diabetes patients, once we get their blood sugars and other diabetes indicators under control, then prevention of the complications typically associated with diabetes is our focus. Prevention also means teaching parents how to eat better so their children are healthier, too. (If only integrative practitioners could enter schools and assist in setting up programs that comprehensively teach students how to be healthy before they become ill!)

6. DOCTOR AS EDUCATOR

This is the key to naturopathic medicine. Naturopathic physicians spend a lot of time with their patients, allowing the doctor to educate patients about their condition, what scientifically has been shown to cause or worsen the condition, and what scientifically has been demonstrated to improve or cure the condition. I have loads of handouts about how to implement suggested diets and instructions on the modalities I suggest. When we connect to patients at the heart and mind level, mixing compassion, nonjudgment, and support with the clinical skill to treat the condition, the patient learns their obstacles to cure, how they have been weakening or damaging their constitution and preventing healing, and how to remove the obstacles and stimulate their ability to heal. An educated patient is almost always an inspired, motivated, successful, and healthy patient!

I frequently use the term *comprehensive integrative medicine* in this book to describe medical professionals who view (and treat) patients in a different way, along the lines of the key concepts of naturopathic medicine. I focus specifically on naturopathic medicine, as that is my profession. However, different fields of medicine are producing medical professionals who think outside the box and work with patients in ways that allow a deeper

The Eight Essentials®

I am both the founder and the executive director of the Low Carb Diabetes Association (LCDA), a 501(c)3 tax-exempt education non-profit. Our mission statement defines us as committed to educating patients and their caregivers, medical practitioners, businesses, and the worldwide community about using comprehensive integrative medicine to prevent and successfully treat all types of diabetes, enabling patients to live long, healthy lives without diabetic complications and premature death.

We focus on teaching what we call “The Eight Essentials” of a comprehensive integrative protocol for prediabetes and diabetes:

1. Diet
2. Exercise
3. Sleep
4. Stress Management
5. Healing the Gut and Microbiome
6. Environmental Detoxification
7. Supplementation
8. Medications

These eight categories of treatment will help empower people to overcome the worldwide diabetes crisis and become victors over,

understanding of the patient, giving them time to create broader and more far-reaching treatment protocols. It's exciting to note that there are now integrative doctors of medicine (MDs), of osteopathic medicine (DOs), and of chiropractic (DCs) and integrative nurse practitioners, physician assistants, nutritionists, and so forth. Many of these medical practitioners may also have a good foundational basis for integrative treatment of diabetes.

One of the problems with conventional care for diabetes that integrative practitioners seek to correct is how clinics are set up. In standard medical

not victims of, diabetes. There is no other nonprofit designed to educate diabetic patients, caregivers, and medical practitioners treating diabetic patients with leading-edge integrative information. Patients want to have the capacity to control, and maybe at times, in Type 2 diabetic patients, even reverse their diabetes. In Type 1 patients, superb control is the attainable goal. This nonprofit hopes to be the guiding light for this concept. The LCDA is the organization to turn to for newsletters, blogs, forums, interviews, webinars, podcasts, and conferences, all about the comprehensive integrative analysis and treatment of all types of diabetes. It is designed to be accessible and understandable for both lay people and medical practitioners.

Throughout this book, I will note in the treatment chapters which of The Eight Essentials is being addressed. All are covered extensively in this book. As the LCDA website develops, you will be able to find medical practitioners who are certified by the LCDA as integrative experts on treating diabetes.

The LCDA is the diabetes organization for the future. Preventing diabetes and treating it via effective comprehensive integrative care is what patients and family members want, and what the world needs. I hope you will join the LCDA and work with us to change the diabetic present and future. Basic membership is free! Please begin learning about diabetes from an integrative perspective at www.lowcarbdiabetes.org.

diabetic clinics, there's often a "team" approach: the physician sees the patient for the typical short visit, and then prescribes, changes, increases, or adds to his or her medicines, but usually doesn't know or ask about diet. Meanwhile, a registered dietician may give the patient some dietary advice based on the problematic American Diabetes Association guidelines, but cannot change the medications. There is usually not enough time for the conventional doctor to discuss specifics on exercise, sleep, or stress management, if they even inquire about those. As a result of this compartmentalized medical care, patients cannot easily succeed in controlling their glucose numbers, cannot escape feeling a victim to their diabetes, and cannot become victors.

In integrative medicine the entire patient is focused on, enhancing the doctor-patient relationship. Longer office visits mean more time is spent with the patient, where they are fully analyzed for all etiological factors affecting their health condition. Any medical practitioner from any field who practices integrative medicine and is a diabetic expert is, I feel, your best bet for getting your diabetes under excellent control.

When a patient sees an integrative physician, the first office visit tends to be quite long. My initial office visit lasts ninety minutes. In that time there's a thorough intake and physical exam. I make decisions about what lab work to perform and any necessary medical referrals. Patients are required to record their diet and blood sugars for a week as their homework. At the second office visit, generally a week later, I see the patient for another sixty to ninety minutes solely to institute the extensive treatment protocol, answer all questions, and explain each aspect of care. Subsequent

follow-up visits last thirty to sixty minutes and are dedicated to problem solving and giving positive support.

For patients who fly in to see me, everything is organized beforehand—labs, diet diary, glucose graph—so the first and second visits are done together, maximizing the time and getting the treatment initiated right away.

KEY TREATMENT NOTE

Please do not change your diet, take any new supplements, engage in any lifestyle changes, or change your medication dosage without seeking the guidance and approval of your medical practitioner.

Doesn't it sound great to have an integrative medical practitioner treating you? The only potential drawback is that while naturopathic medicine is covered by insurance in some states, there are many states where it is not. Most insurance plans will cover standard labs done by a naturopathic physician, which can help with costs. Even though many costs are out of pocket for patients, many HSAs, Flex Plans, and some insurances do cover this type of care, so it's a good idea to check with your health insurance provider. Nevertheless, the care is excellent, your diabetes will wind up in the best control possible, and you will save a great deal of money in the long term by returning to and maintaining your health.

I hope you now have a better understanding of the foundational principles of naturopathic medicine and know more about how the entirety of integrative practitioners, no matter their medical field, work with patients. I encourage you to stay with your current physician if you are fully satisfied with him or her, but if not, I urge you to seek out a new type of practicing medicine through integrative care.

Now it's time to start learning about diabetes!

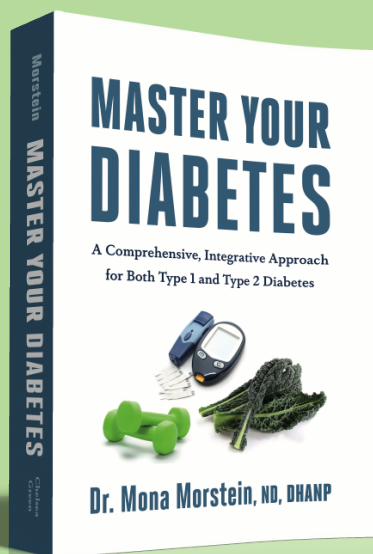
We are in the midst of a worldwide diabetes epidemic,

affecting an estimated 422 million people. In the United States alone, nearly a third of Americans are either diabetic or prediabetic, costing an annual \$242 billion in medical treatments.

In *Master Your Diabetes*, naturopathic physician and diabetes expert Dr. Mona Morstein shows how people with both Type 1 and Type 2 diabetes can gain and maintain control of their blood sugar levels, preventing and even reversing existing diabetic complications. This is the first comprehensive guide for patients, caregivers, and medical practitioners to demonstrate an integrative approach to diabetes management based on The Eight Essentials® of treatment and prevention. Morstein's plan includes a low-carb whole foods diet; exercise; good sleep; stress management; healing the intestinal microbiome; environmental detoxification; supplementation; and medications.

An indispensable resource, *Master Your Diabetes* will empower readers to take control of their condition and continue living full, active, and healthy long lives.

Order Your Copy Today!



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visit LowCarbDiabetes.org