

Dr. Kwang

Wellness & Healing Teas

High Blood Sugar

Glucose is the basic sugar required in the body for energy and healing. Blood sugar is also known as blood glucose. When there is an excessive amount of glucose circulating in the blood, it is known as high blood sugar. A long term increase in blood sugar levels, can cause damage to kidneys, nerves, eyes and the cardiovascular system.

Glucose is created by the liver. The proteins and fats we eat get converted into glucose. This is called gluconeogenesis. I have found the liver's inability to handle sugar is the cause of Diabetes, type II.

The liver constantly raises or lowers the blood sugar during eating or fasting. The amino acids, carbohydrates, fats, minerals, vitamins and oxygen levels are all being monitored. The heart constantly beats to move blood through the body. All these things are happening so that the body can continuously maintain a steady flow of nutrition to cells and tissues.

During digestion, the body breaks food down into absorbable particles. First, it is broken down into smaller food particles (Mechanical digestion, i.e. chewing); then enzymes break the small food particles into molecular pieces for the intestines to absorb (Chemical digestion). These digestive enzymes come from salivary glands, the stomach, liver and pancreas. These nutrients enter the body and raise the blood sugar.

The pancreas monitors blood sugar. When the blood sugar is high, insulin is released. When the blood sugar is low, glucagon is released. During a meal, the liver takes in 50%-80% of the insulin. This means that the liver is the primary target for insulin. It is the responsibility of the liver to lower blood sugar. When the insulin is released, it stops the liver from releasing glucose. Also, the liver stops converting amino acids and fats into glucose.

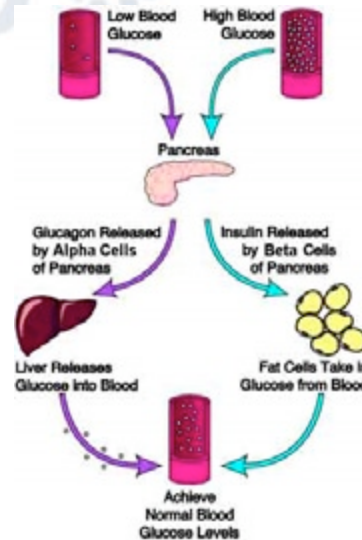
Instead, the liver absorbs glucose until the blood sugar is back to normal. The liver combines glucose together to form glycogen. This is to remove glucose from the blood and store it in an inactive form, glycogen. This process is called glycogen synthesis. The result is lowered blood sugar. The liver will take from one-quarter to one-third of blood sugar after a meal. Based on this normal physiology, high blood sugar is the liver's inability to store glucose properly.

As an example, let's say we eat a candy bar and the digestive system allows maximal absorption. The blood sugar rises and the pancreas responds by releasing insulin. The liver absorbs the insulin and stops releasing glucose. The breakdown of glycogen is stopped. The conversion of amino acids and fats into glucose is stopped. The liver combines glucose into glycogen to be stored. This occurs for 4-5 hours after eating a high carbohydrate meal.

The medications taken for reducing blood sugar are to bypass the normal functions of the body. Just because it works temporarily does not mean the problem is fixed. Thiazolidinediones are medications used to increase the function of insulin. They are sold as Actos and Avandia. This drug is effective because it drops the blood sugar very quickly. It is not popular because it can drop too quickly and the body goes into a low blood sugar state, which is very dangerous. The main side effect of this type of medication is that it creates edema.

The increase in water volume puts extra strain on the heart and leads to heart failure. It also decreases leptin, which results in an increase in appetite. Leptin is the hormone, which tells the body when it

continued



Dr. Kwang

- UCSD Warren College
Animal physiology and neuroscience, B.S.
- USC
School of Dentistry
Center for Craniofacial
Molecular Biology
Ph.D. Candidate
- Southern California University
of Health Sciences
Los Angeles College of Chiropractic
Doctor of Chiropractic, D.C.

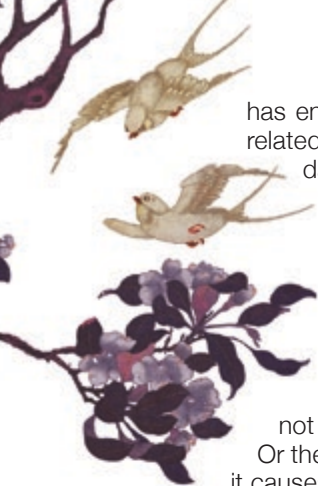
INSIDE THIS ISSUE:

- Blood Sugar

"...My theory is to restore normal liver enzyme function with Chinese herbal teas to heal the body..."

Write us at
questions.kwc@gmail.com





has enough energy. The theory is the more of the leptin hormone available is directly related to how many fats cells there are. This medication has been known to cause liver damage; so frequent blood tests are needed to monitor liver function.

Biguanides are another kind of medication used to treat diabetes, type 2. It is also called Metformin. It was isolated from the french lilac. French lilac was used for treatment of diabetes for centuries. This drug stops the body's ability to create glucose from amino acids and fatty acids.

Meglitinides are medications used to stimulate the pancreas to secrete more insulin. They are sold as Prandia and Starlix. The theory is the insulin produced is not working properly which leads to increasing the amount so it will eventually work. Or the fact that the insulin is not produced enough. This pill is not very popular because it causes uncontrollable weight gain and low blood sugar.

When the pills work they only work for a short period of time. When you take blood sugar test, you get a reading for that moment. That is not an indication of what the body is doing. Taking a reading at that moment after an insulin shot indicates a lowered blood sugar. What happens 4 hours after the reading? Some people experience an increase in blood sugar without eating. What does that mean? Finding the right reason why blood sugar is high and getting the liver's ability to react to insulin and glucagon normally should be the goal.

The diabetic taking insulin will temporarily reduce blood sugar. Blood sugar will rise hours after an insulin shot. This indicates the liver's ability to store sugar is compromised. This is a piece of information that is interesting. The medical theory is the body is not producing enough insulin through pills. The insulin extracted from pigs will reduce blood sugar. This is another bypass of the body's normal function. The body will respond to synthetic insulin, but what is causing the problem to begin with? Taking massive amounts of insulin is not the answer. The body will continue to compensate and increasing the amount of insulin is not the solution.

We can collect information on a body by looking at when the body lost control of its ability to control sugar. It occurs slowly over a long period of time. In the early stages, change in diet and exercise will decrease blood sugar. The increase in exercise uses excess blood sugar. Eating foods with protein and vegetables and limiting carbohydrates allows the liver to burn off its excess storage of sugar.

This is important information because it shows that simple diet and exercise can lower blood sugar.



Over time blood sugar may creep up again. A change in diet and exercise may not lower blood sugar this time. The original problem that caused the increase in blood sugar was never addressed. The diet and exercise worked like insulin by decreasing foods that increase blood sugar and increasing the cell's need to metabolize sugar. What happened that stopped diet and exercise from controlling blood sugar?

Most diabetics are told to handle their blood sugar by trying this or that pill until blood sugar is low and do not eat carbohydrates. There are many diabetics who eat the correct foods and their blood sugar is still not controlled. How long do you have to eat the proper foods for the body to correct itself?

Chinese herbal formulas have been shown to decrease blood sugar. Pharmaceutical companies are aware of this and have been researching herbs to find the chemical component that acts directly on blood sugar. The compound is isolated and a pill is created out of it. This leads to a specific pill to do a specific function. However, the other compounds in the herbs act as healing agents for the body. Research cannot prove this and so the focus remains on reducing blood sugar.

My theory is to restore normal liver enzyme function with Chinese herbal teas to heal the body. The Chinese herbal teas have shown to stimulate DNA to produce enzymes. The theory is that something deteriorates the enzymes that monitored normal function. Building up enzymes will allow normal function. Continued stimulation of enzymes will allow cells to be replenished and regenerate. The result is restoration of the body's ability to function normally.

The correct herbs in the proper sequence have shown a sustained decrease in blood sugar. This shows the body has the ability to heal itself.



CHARLES KWANG, D.C.

**1321 N. Vermont Ave
Suite 2
Los Angeles, CA
90027**



Questions Hotline:

(323) 953-4711

Appointments:

(323) 953-4881

Fax:

(323) 953-0210

E-MAIL

questions.kwc@gmail.com

For emails please write "Ask the doctor" in the subject line.

As we are a Chiropractic office we will not offer any personal medical advice. See your medical doctor for any questions you may have.

**We're on the Web!
see us at:**

www.kwangwellness.com

*The claims and statements found in the Charles Kwang, D.C. Health Letter are not intended to give personal medical advice, which can be obtained from a physician. Acting on any of the provided information without a physician's consult is solely at the reader's risk. Written permission is required to reproduce this health letter in any manner or part. The services provided Dr. Charles Kwang, DC are not intended to diagnose, prevent, cure or treat any disease.