

Case Histories

Case History – Diabetic blood sugar values “significantly improved” with change in diet and supplementation.

Gender, Age, Occupation, Nationality, height and weight.	<p>Mr. J.N. is a 65 year old Englishman, living in Sussex with his wife.</p> <p>J.N. is and has been a very hard working man. He is 6 foot tall and weighs 13 stone (183 cm, 81 kg).</p>
Presenting complaint – list and duration	<p>J.N. presented with very high blood glucose, (varying from 12 to 22 mmol/L in a typical day), fatigue, anxiety, rapid weight loss and water retention.</p> <p>J.N. had been prescribed anti-diabetic medication for the past 14 years - since he was diagnosed with diabetes; Metformin & Gliclazide, the latter for one month only.</p> <p>He had experienced significant weight loss in the previous 6 months – 3 stone, and whilst he was still overweight, the speed and unexplained nature of the weight loss was of concern. He had not changed his diet in that time.</p> <p>Despite having high sugars for years, J.N. had only really experienced these described signs and symptoms over the previous 6 months.</p>
Any Investigations	<p>J.N. had visited his doctor on a number of occasions about his weight loss, fatigue, anxiety & water retention and had recently been prescribed Gliclazide (Gliclazide is used for control of hyperglycemia in gliclazide-responsive diabetes mellitus of stable, mild, non-ketosis prone, maturity-onset or adult type. It is used when diabetes cannot be controlled by proper dietary management and exercise or when insulin therapy is not appropriate!).in addition to the Metformin. It had no perceivable impact on how he felt and on blood sugar levels.</p> <p>The Doctor could find no other reason to explain the weight loss and had ruled out pathology of any kind, although the exact tests conducted are unknown. We discussed the possible causes of such a rapid weight loss, including cancer, and agreed that if it continued then he should revisit the doctor. The doctor had made no inquiry about the food intake of his patient.</p> <p>J.N. ate a rather typical diet, neither very healthy all the time, nor simply processed food either. He ate three meals a day. He drank 4 coffees a day but minimal alcohol. The most striking finding, however, was the fact that he consumed 10 pints of milk a week.</p> <p>The reason that J.N. has been overweight was because he had eaten too much food, he told me, and done too little exercise, but even then he told me he had felt quite fit, until 6 months before. His excess weight had been present for about 20 years.</p>
Strategy	<p>The strategy involved some specific changes to his diet, including a trial avoidance of dairy products, and a supplement programme to determine if this could bring about a change in his weight loss, energy, anxiety, water retention and blood sugar levels.</p>

Diet & Supplements: name and dose

I recommended J.N. to avoid all dairy products for a trial period, to ensure that wholesome food only was consumed, that protein was eaten at each meal, and that his portion size did not exceed a certain amount – i.e. no large meals. I felt the milk could have been involved in malabsorption and also may have contributed to the rapid weight loss. He had previously taken B12 and had noticed an increase in energy. I recommended reducing his coffee to 1 or 2 per day in the first month, and to drink more water – which is so often needed in cases of water retention.

Meal suggestions were given to J.N. to give him a clearer guideline.

J.N. was instructed to measure his blood glucose twice daily and send to me by email, along with any feedback each week of the first month.

The supplement programme recommended was as follows:

Biotics Research – **Glucobalance** – 1 at each meal

Allergy Research – **GlucFit** – 1 caps 30 mins before breakfast & dinner

Allergy Research – **NAC Enhanced Antioxidant Formula** – 1 mid a.m. & 1 mid p.m.

Body Bio – **Electrolyte Concentrate** – ½ Capful in 500 ml of water, 3X per day

Biotics Research – **B12 2000 Lozenges** – 1 per day

Glucobalance – multi vit & min formulated by Dr Gaby & Dr Wright designed to stabilise blood glucose.

Glucotrim - contains Corosolic acid which improves glucose disposal.

NAC Enhanced Antioxidant – contains NAC, TMG, RNA, Lipoic Acid which can improve insulin sensitivity

Electrolyte Concentrate – to support fluid balance within J.N.'s body.

B12 2000 Lozenge – to help J.N.s energy – he told me that B12 made a positive difference to his energy so it was continued.

Duration

J.N. was to follow the programme for one month and then report for a follow up, with weekly emails.

A summary of the recommendations were sent to his Dr.

Outcome

Within a week, the blood glucose levels were down from high teens to 7 & 8. Soon after that, J.N. wrote to me to tell me that they were “massively down” reading from 4.5 to 9.8 at the highest, with an average of 6.9 over 17 consecutive measurements. The previous average was about 17 mmol/L. This represents a very beneficial improvement.

J.N. had not, inexplicably, had his HbA1C measured by the Dr so we had no reflection of glycosylation before to compare with over time. However, the most meaningful method of assessment of HbA1C would only be in a few months’ time anyway since it reflects a period of time during which there is excess circulating blood glucose which combines with haemoglobin. In the meantime, the very different blood sugar levels told the story.

J.N. reported that he felt better (“in myself I feel pretty good”) within three weeks. His weight was slowly increasing too, which allayed more immediate concerns about an unknown cause of this. However, he still had the water retention about which he was anxious, and he was not able to eat as well as had been suggested.

Once J.N.’s blood glucose levels are normal, we shall consider reducing the supplements, as needed.

Comments

This case history serves to highlight, that the correct Nutritional Therapy can make a significant difference to a diabetic’s blood glucose levels, and rapidly. This occurred even without all of the dietary recommendations being followed 100%. The avoidance of milk is, in my opinion, a major part of the reason why the blood sugars changed so much and so fast. It was the most significant change in his diet.

When shown to the Dr. these kinds of results are compelling evidence of efficacy of Nutritional Therapy. In my experience over the past 15 years or so, Nutritional Therapy has consistently been more effective at normalising blood glucose levels than the medications this patient has been taking.

In this particular case, the water retention is still an issue, but the primary concerns of the hyperglycaemic state and rapid weight loss have been successfully addressed in a matter of weeks. It may take a few more weeks for the water retention to be improved as the HbA1C reduces (although it is an unknown) and cell membrane dynamics improve permitting improved fluid movement into and out of cells.

I encourage practitioners to make what we know to be very sound nutritional recommendations to their diabetic patients, to liaise with the doctors to inform them about the changes, or seek permission for the patient to proceed with its implementation. Do keep a record of the successes, and do not hesitate to write to the doctor to advise him / her of the patient’s progress.

Practitioner

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