

Case Histories

Case History – Three Supplements make a Real Difference to a Diabetic Sufferer

Gender, Age, Occupation, Nationality, height and weight.	Mr. T. S. Is a 79 year old Englishman, living in London. For 12 years, T.S has been a type II diabetic, taking oral medications and then insulin for the past 5 years. With a long history of smoking, at 61 T.S. had his first heart attack, and two years later his second. T.S. was tired, could not control his glucose levels, and felt ill much of the time. He is 5ft 6 tall and did weigh 13 stone 2 (168 cm, 83 kg / 184 lbs).
Presenting complaint – list and duration	T.S. had really been struggling with his health for the past 5-6 years in particular. He complained of being tired all the time, feeling ill most of the time, has prostate problems with disturbed sleep patterns, and had poor glucose control despite taking insulin. He had also been gaining weight. Ironically, compared to how he felt at the time of his heart attacks aged 61 and 63, he now felt worse at the time of his presentation in 2007. His goals were simply to feel better, to control blood glucose, to lose weight and protect his joints.
Any Investigations	T.S. has been under medical care of one kind or another with regular checks for the past 19 years, the date of his first heart attack. His long history of smoking 20 a day for 43 years, from 1949 to 1992 had greatly increased this risk. T.S. told me that the first attack felt like bad indigestion and he was lucky to have it identified right away and was hospitalised at once. Despite statins he had another heart attack two years later. His cholesterol was still marginally elevated. Since then his health declined and at 68 T.S. was diagnosed with Diabetes and Benign Prostatic Hypertrophy (BPH). Metformin did not agree with T.S., so he took Gliclazide, and his weight began to creep up. Insulin was prescribed, in addition, 5 years ago, but still his glucose levels, which were self-tested and recorded daily, were elevated as high as 18 mmol/L with an average of over 9 mmol/L. Lowest levels did drop to 3.5 and 4 but this was rare and T.S. felt hypoglycemic when this happened. T.S. had also been prescribed allopurinol for gout, and Ramipril for slightly elevated B.P.
Strategy	<p>The strategy was a combination of improved diet and supplements in conjunction with his regular swims (four to five times a week), and to record his blood glucose in the first few weeks more regularly.</p> <p>The aim was to determine if these changes could improve his blood glucose, at least, in the first 30 days.</p>
Diet & Supplements: name and dose	<p>His diet was “upgraded” to support his glycemic control, which involved some of the typical nutritional interventions such as choosing lower glycemic index foods, and eating lower glycemic load meals, ensuring a high BV protein with each meal, and having fresh veg twice a day, and interestingly a little more fat than before of the ‘good’ kind, and less carbohydrates overall. Caffeine and alcohol were reduced from a moderate intake of 2-3 cups and glasses each to a half glass of each. This was a negotiated settlement.</p> <p>Three specific supplements were also recommended and have been taken for 3 years now. T.S. re-orders them now on a regular basis and does not wait for the glucose level to go up before so doing. The supplements in question were:</p> <p>Biotics Research – Glucobalance (multi vit & min) – 1 caps with each meal</p> <p>Allergy Research – GlucoFit (Banaba leaf extract) – 1 caps 20 mins before breakfast</p>

& dinner

Biotics Research – EFA Sirt Supreme (special combination of EPA, DHA, GLA, OA).

Duration

T.S. followed the programme for one month and improvements motivated him to continue them. When he stopped them from time to time, glucose levels and his wellbeing worsened so he has continued them with regular monitoring for 3 years now.

His doctor was advised of the programme and has been aware of the progress made, and has no objection to the nutritional programme.

Outcome

After thirty days on the initial programme T.S.'s glucose was improved, with an average of 7, the range being 4 to 9. He had also managed to reduce his insulin units from 22 to 15 per day. Interestingly, these changes had occurred without T.S. strictly avoiding or reducing alcohol.

In the next few months, T.S. began to feel generally better, and had more energy. His weight stabilised and slowly began to reduce too. Still, the glucose control was very solid. He could now walk for 20 minutes a day as well as swim. His B.P. was both more consistent and generally lower / normal.

On a review some 7 months into the programme, T.S. reported that his glucose was within 4.5 to 9 all the time and the troublesome early morning level was now normal everyday. He had reduced his amount of Gliclazide too. Whenever he made a change he notified his Dr., who was very supportive.

Since he commenced the programme, T.S. has lost some weight, felt much better and had more consistent energy and has had less prostate problems and less frequent need to urinate in the night. He takes fewer medications and tells me that he feels younger than when we first met. His cholesterol is now normal, but since he is on statins, that is credited to be related to this medication, although it had not achieved normalisation until he started the supplements.

Comments

T.S. was, you could say, on course for heart disease or other degenerative conditions with his smoking history alone. However, even in the late 70's it is still possible to help rejuvenate one's health. However, perhaps it is his age that has meant that the dose of the supplements remains as it was. Whenever he does not take them for a day or two, and this is rare now, his glucose increases and it reminds him to re-engage fully in the programme. He knows what he can eat to be well and what foods and drinks make him feel worse, and also upset his glucose control which then has a knock-on effect of disturbing him in the night.

T.S. swears by the supplements which have helped transform him from an ailing old man on an increasing list of medicines to a sprightlier, less drugged, energetic one with less risk of cardiac events! The likely mechanisms for these improvements are through improved insulin sensitivity and reduced inflammation as a result and from the antioxidant activity of all three supplements.

In this practitioner's experience the combination of Glucobalance and GlucoFit with the special mix of high quality fatty acids found in the EFA Sirt Supreme almost always brings success in better glucose control at the least. There is then very likely to be reduced Para-inflammation and with that, improved overall health.

Always monitor glucose levels regularly and notify the medical doctor of any diabetic patient prior to implementing a nutritional programme.

Practitioner

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