

MANAGING DIABETES AS A TEAM



DIABETES MEDICATIONS AND PRECAUTIONS

ORAL AGENTS TO TREAT TYPE II DIABETES

AGENT	CLASS	PRIMARY ACTION	TYPICAL DOSAGE	SIDE EFFECTS	PRECAUTIONS
Pioglitazone	Thiazolidinedione	Increases insulin sensitivity	*15 or 30 mg/day; maximum with or without food *45 mg for monotherapy *30 mg for combination therapy	Weight gain, fluid retention, edema	Chlorpropamide remains active for up to 60 hours. Use extreme caution with elderly patients with hepatic or renal impairment.
Nateglinide	Phenylalanine Derivative	Increases insulin release from pancreas	*120 or 60 mg 3 times a day before meals	Hypoglycemia, weight gain, hyperinsulinemia	Clearance may be diminished in patients with hepatic or renal impairment.
Tolbutamide Tolazamide Chlorpropamide	Sulfonylureas (1 st Generation)	Increases insulin production in pancreas	*Tolbutamide: 0.25-2.0g/day in divided doses; maximum 3 g/day *Tolazamide: 100-1,000 mg/day in divided doses; maximum 1 g/day *Chlorpropamide: 100-500 mg/day, twice a day; maximum 750 mg/day	Hypoglycemia, weight gain, hyperinsulinemia, disulfiram reaction with alcohol	Should not be used in patients with diabetic ketoacidosis and known for hypersensitivity to drug or its inactive ingredients.
Metformin	Biguanide	Increases insulin sensitivity	*500 mg/day twice a day with meals *Increase by 500 mg every 1-3 weeks, twice or three times a day *Most effective at 2,000 mg/day *Maximum 2,550 mg/day	Nausea, diarrhea, metallic taste, very rare lactic acidosis	Patients should be instructed to take medication.
Glyburide Glynase Glipizide Glimepiride	Sulfonylureas (2 nd Generation)	Increases insulin production in pancreas	*Glyburide: 1.25-2.50 mg/day twice a day; maximum 29 mg/day *Glynase: 0.75-12.0 mg/day; maximum 20 mg/day *Glipizide: 2.5-20.0 mg/day twice a day; maximum 40 mg/day or XL 2.5-10.0 mg/day twice a day; maximum 20 mg/day *Glimepiride: 1-8 mg/day maximum 8 mg/day	Hypoglycemia, weight gain, hyperinsulinemia	Should not be used in patients who use alcohol frequently, who have liver or kidney disease, or who have CHF because of risk of lactic acidosis.
Rosiglitazone	Thiazolidinedione	Increases insulin sensitivity	*4 mg/day in single or divided doses * Increase to 8 mg/day in 12 wk if needed * Maximum 8 mg/day with or without food	Weight gain, fluid retention, edema	Should not be used in patients with CHF or hepatic disease; can cause mild-to-moderate edema.
Repaglinide	Meglitimide	Increases insulin release from pancreas	*New diagnosis or HbA1c <8% 0.5 mg before meals 2-4 times a day *HbA1c >8: 1-2 mg 15-30 min after each meal *Increase weekly until results are obtained * Maximum 16/ mg/day	Hypoglycemia, weight gain, hyperinsulinemia	Clearance may be diminished in patients with hepatic or renal impairment.
Acarbose Miglitol	Alpha-Glucosidase	Blocks gut absorption of complex sugars	*25 mg/day; increase by 25 mg/day every 4-6 wk * Maximum , split dose before meals with first bite of food 300 mg/day (150 mg/day for weight <60kg>	Gas, bloating and sometimes diarrhea for both drugs	Should not be used if GI disorders are concurrent.
COMBINATIONS					
Metaglip	Glipizide & Metformin	Decreases hepatic glucose production and increases insulin secretion	*Initial, 2.5 mg/250 mg once or twice a day with meals *Increase every 2wk to maximum of 10 mg/1000 mg or 10mg/2000 mg/day *2 nd line, 2.5 mg/500 mg or 5 mg/500 mg twice a day with meals *Maximum, 20 mg/2000 mg/day	Diarrhea, nausea/vomiting and headache for this combination drug	Should not be used if frequent alcohol use, if patient has liver or kidney disease or CHF is suspected.
Glucovance	Glyburide & Metformin	Decreases hepatic glucose production and increases insulin secretion	*Initial, 1.25 mg/250 mg once or twice a day with meals; increase every 2 wk by 1.25 mg/250 mg/day *2 nd line, 2.5mg/500 mg or 5 mg glyburide/500 mg twice a day with meals. *Maximum 20 mg/2000mg/day	Possible hypoglycemia, nausea, diarrhea and abdominal pain for this combination drug	Should not be used if frequent alcohol use, if patient has liver or kidney disease or CHF is suspected.
Avandamet	Rosiglitazone & Metformin	Decreases hepatic glucose production and increases insulin secretion	*1 mg/500 mg, 2 mg/500 mg or 4 mg/500 mg twice/day *Dosage individualized based on current therapy *Maximum 8 mg/2000 mg/day	Diarrhea, edema and anemia for this combination drug	Should be avoided in patient with hepatic disease, CHF, or renal disease.

GLUCOSE LOWERING ACTIVITY

MEDICATION	BLOOD GLUCOSE/MOST AFFECTED	SMBG TESTING TO RECOMMEND	GREATEST RISKS FOR HYPOGLYCEMIA
Thiazolidinedione	Fasting and postprandial	2-3 times per day, especially fasting	Fasting and postprandial
Meglitinide Phenylalanine	Postprandial	2 hr after meal	2-3 hr after meal
Biguanide	Fasting	Fasting	None if used as single agent
Glucovance	Fasting and postprandial	2-3 times per day, especially fasting	4-6 hr after meal and fasting
Sulfonylureas	Fasting and postprandial	2-3 times per day, especially fasting	4-6 hr after meal and fasting
Alpha-Glucosidase Inhibitor	Postprandial	2 hr after meal	None if used as single agent

MEASURES TO CONTROL GLYCEMIA

BIOCHEMICAL INDEX	NORMAL	GOAL	ACTION SUGGESTED
Before meals (mg/dL) plasma whole blood	<110 <100	90-130 80-120	<90, >150 <80, >140
Bedtime (mg/dL) plasma whole blood	<120 <110	110-150 100-140	<110, >180 <100, >160
HbA1c	<6	<7	>8

THE DIABETES DIAGNOSIS

My daughter’s wedding day was supposed to be the happiest day of her life when she collapsed to the floor. Diabetes thought she had too much cake, too much champagne and too much fun. Her diabetes was left undiagnosed until that day. I don’t have to tell you how absolutely scary it is to see one of your loved ones being hauled off to an emergency room. It is devastating and I don’t want anyone else to go through that same pain.

What can be even scarier is the mass of information that I received from the doctors and nurses. That was a big part of the problem. Some doctors recommended this drug and other doctors said use that drug...my head was like a spinning whirlpool.

That’s what prompted me to do my own research. I spoke with numerous doctors, nurses, dieticians and patients who had beaten the disease. That’s how I discovered that my daughter could be naturally cured of this disease...without the use of medications.

SIDE EFFECTS

As you can see from today’s current treatments, there are numerous medications for assisting diabetics in keeping their glucose levels under control. You can also see the myriad of side effects and precautions.

- ❖ Anemia – a condition where there is a lower than normal number of red blood cells in the blood, measured by a decrease in the amount of hemoglobin. Hemoglobin is the oxygen-carrying part of the red blood cells.
- ❖ Edema – is the swelling caused by fluid in your body’s tissues. It commonly occurs in the feet, ankles and legs, but it can involve your entire body.
- ❖ Hypoglycemia – also known as “low blood sugar” occurs when the body’s blood glucose (blood sugar) level drops too low to provide the body with enough energy for activities. In children or adults older than 10 years, hypoglycemia is uncommon except as a side effect of diabetes treatment

- ❖ Hyperinsulinemia – is a disorder characterized by a failure of our “Blood Sugar Control System” to work properly. This occurs when insulin progressively loses its effectiveness in removing the blood glucose from the blood stream into the cells that constitute our bodies.
- ❖ Nausea, diarrhea, fluid retention, gas, bloating, headaches, vomiting and weight gain are also common side-effects to many diabetic medications.

PRECAUTIONS

Each medication offers precautions and procedures for its use. You and your doctor must also consider other medications you are taking and how they interact because having other health issues may limit your ability to take certain prescriptions. Things that have to be considered could include the time of day at which you take each medication, whether you've eaten and the proper storage of each medication.

FINALLY...THE CURE

Diabetes can take over your life just like that. I didn't want this life for my daughter. Through proper nutrition, dietary supplements and exercise, diabetes is no longer part of her daily life. She is very active and has more energy than ever before.

You can discover a natural treatment that is right for you, instead of living your life with diabetes. Now my daughter is having all the fun...NOT DIABETES!



Getting & Staying Healthy - Naturally!

The human body is a highly complex mechanism. Body or physical health refers to the overall condition of that system. We say that **optimal physical health** is achieved when the body is free from disease, abnormality and injury, and is able to function well.

However, often the body does not function well when it is attacked by environmental elements, genetic malfunction, injury, and biological intrusions. These factors can result in a multitude of ailments that affect the thyroid and adrenal glands, as well as the liver and pancreas. They can cause damage to the respiratory system (bronchitis, asthma, etc), hinder digestive processes, and even cause cancer.

Whether you're a parent or child, man or woman, young or old, staying healthy is very important. **Maintaining an individual's overall wellbeing** can involve treating everything from colds and flu, to cuts and scrapes, and sometimes even embarrassing conditions like bad breath, hemorrhoids, or body odor.

Keeping the right tools on hand (both treatments and information) will **prevent frustration and help in the time of crisis**; even if the crisis is just a bruised knee from a bicycle fall, a sore elbow from too much tennis, the sniffles, or a quick immunity boost in hopes of avoiding the seasonal cold.

At Native Remedies you will find a comprehensive set of herbal remedies to help you manage and optimize your physical health – naturally and safely.

View Natural Products for Body & Physical Health

- Thyroid & Adrenal
- Colds, Flu & Respiratory

- [Liver & Pancreas](#)
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- [Respiratory](#)
- [Detox & Cleansing](#)
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- [Ear Health](#)
- [Energy Levels](#)
- [Joints & Muscles](#)
- [Others](#)

Two Important Differences in Native Remedies Products

We use the **Full Spectrum Method** of extraction to create our products. Many *so-called natural remedies* are manufactured using standardized extractions which – although often cited as being more scientific method – is not approved by the manufacturers of holistic medicines.

To us, it makes little sense for companies to go the natural route, while being unable to guarantee that their product is free of contamination with chemicals known to be harmful to health! Using the Full Spectrum Method helps us to maintain the integrity, balance and therapeutic effect of herbs with the least risk of side effects or harm to your health!

Read more about the our [*Manufacturing & Full Spectrum Approach*](#) »

We utilize a unique **dual-modality approach** to complete holistic wellness because we know that natural medicine works best in combination (herbal, homeopathic, flower essences and tissue salts) for fast relief and long-term care. Our approach provides a complete solution by offering OTC homeopathic remedies for relief of symptoms as well as compound herbal remedies for complete support of your physical, emotional and mental well-being.

While each of our natural remedies works well on its own to address a specific body function or relieve a particular symptom, we believe that by combining our herbal and homeopathic remedies you will find a complete solution that is safe and highly effective.

Read more about the our [*Dual-Modality Approach*](#) »

The importance of Omega-3 fatty acids

Scientists have established the effectiveness of Omega 3 in a number of health areas, including your Heart, Brain, Joints, Skin, Immune system, Vision, and Digestion. Like any product on the market today there are 'good fish oils' and there are 'bad fish oil'!

With a bad one you may be unwittingly introducing substances into your body that you DO NOT want... such as Mercury and PCB's for example. We impose tougher standards on the purity of our fish oil than any other known manufacturer. DHA is the most important fatty acid in the human brain.

High in DHA and proven to be pure and free of contaminants the Xtend-Life brand is considered to be the 'Rolls Royce' of concentrated Omega 3 fish oils at an affordable cost and has been enjoyed by thousands of customers in more than 40 countries for the last eight years.

Don't forget a good multi-vitamin!

Xtend-Life Multi-Xtra is a natural multi vitamin/supplement using only the finest natural vitamins available on the market today. Some manufacturers call the vitamins they use in their products 'whole food' vitamins, but that is somewhat misleading.

They are natural but they are grown using bio-technology and are not extracted directly from plants. What is important is that we do NOT use vitamins which are derived from petrochemicals. Multi-Xtra contains 48 bio-available ingredients.

Unlike a 'normal' multi it contains much more than just a basic vitamin/mineral mix. Multi-Xtra is probably the best multi vitamin/mineral supplement in the world and undoubtedly provides the best value for money available anywhere.