

# 3 Potentially Deadly Mistakes Most Type 2 Diabetics Make Every Day, Year After Year

Right now I'm going to share with you a few of the unknown secrets to success with Type II Diabetes.

These next 4 secrets are why a lot of doctors don't like me. They'd like to gag me and keep me from telling you these secrets because it makes them look incompetent and inadequate. Too bad.

You need to know the truth. And the truth is that there are very real factors that can be making your Type II Diabetes worse...

And I'm sorry to tell you that if your doctor hasn't checked these things I am about to tell you, then I believe he or she is not doing everything they can...there's a good chance your condition is not being managed properly

**Potentially Deadly Mistake #1--Thinking the pancreas is the only organ involved in keeping your blood sugar normal.**

This is a huge myth.

The organs actually involved in blood sugar control are: Liver, Pancreas, Adrenal Glands, Thyroid.

Each of these needs to be tested and evaluated. If one of these organs is not functioning correctly, it can make you have high blood sugar. If this is ignored, you're just going to continue to get worse as time goes on.

Has your doctor taken the time to investigate the function of these organs? Or has he/she whooshed in to the exam room, spent less than 10 minutes with you--barely looking in your face--and quickly written you a script and said "We'll look at your numbers in 6 months. Good luck."

I can evaluate these with a special comprehensive blood chemistry and a test called an

Adrenal Stress Index. These organs must be investigated and measured.

**Potentially Deadly Mistake #2 --Not understanding that Inflammation in your body makes your Type II Diabetes worse**

Inflammation causes you to make more cortisol. High cortisol will make you insulin resistant. Now, the question that must be answered if you're going to feel better is--Where is the inflammation coming from?

The two most common causes of inflammation are from food sensitivities and hidden infections in your stomach and intestines.

Food sensitivities mean that your immune system has decided that something you are eating is an invader.

Many people have bacterial overgrowths, yeast overgrowths, and parasites—but don't notice any GI symptoms. This is why you can walk around with these things living in you for years.

Food sensitivities and GI infections cause your immune system to flare up--> inflammation increases--> Cortisol increases --> More insulin resistant = fatigue, no energy, weight gain, low libido, high blood pressure...the whole ball of wax.

Has your doctor tested for these? I do. I test every Type II Diabetic patient for them.

**Potentially Deadly Mistake #3--Thinking Type II Diabetes is Genetic.**

Now obviously, you could have been born with a predisposition for developing diabetes. **But your genes do not determine your fate.** Your environment—what you do to yourself, and what happens to you—is what really determines

whether or not you develop Type II Diabetes.

Throwing your arms up and saying "well, there's nothing I can do about it."...Or, worse, a doctor who says "It's not surprising you have diabetes. It runs in your family." This ignorant attitude handcuffs your body's natural ability to heal. You must have the right *attitude*.

And let's be clear: there is a time and place for medication. And certainly don't ever stop taking any of your medications without talking to your doctor.

**But more important is finding the cause for YOUR Type II Diabetes. Because treating the wrong thing is a waste of time and money.**

Did your doctor sit down with you and really explain your condition? What it means?

I understand that Type II Diabetes is epidemic, and that a lot of people seem to think "it's no big deal", but it can ruin your life.

I want you to be brutally honest with yourself right now...

If your doctor is not investigating the factors I just talked about...

Well, then your doctor is probably blocking your ability to get better...to enjoy the life you deserve...the life you enjoyed before Diabetes.

You deserve better, don't you? You need a doctor who can bring it all together for you.

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**P.S. Now you understand why a lot of doctors don't like me.**