



Wellness Minute

Health Information You Can Use On Your Path To Wellness



Metformin Users Beware

“New research shows a correlation between Metformin and Alzheimer’s, Parkinson’s, and vascular dementia.”

Are you or anyone you know taking Metformin? Because new research shows a correlation between Metformin and Alzheimer's, Parkinson's, and vascular dementia. 9,300 patients with Type 2 Diabetes were followed in Taiwan for up to 12 years, the risk for Parkinson's disease, Alzheimer's, or dementia was more than double during a 12-year period for those who took Metformin vs. those who did not, even after adjusting for multiple confounders.

In addition, outcomes increased as the duration and dosage of Metformin increased, especially with use for more than 300 days. 300 days? 300 days is nothing. People take medications like Metformin, their blood sugar drops, and pretty soon they are

lulled into complacency, and their lifestyle choices creep back into play. But what about the deeper causes of blood sugar dysregulation?

Dr. Joseph Pizzorno has been in the field of medicine for 50 years and has seen a tremendous change in the cause of chronic diseases. He is the founder of Bastyr University, author of 11 books, including the book, *The Toxin Solution*. At one time in his career, he felt the primary drivers were nutritional deficiencies, nutritional excesses, lack of exercise, smoking, and obvious poor lifestyle changes. His position has dramatically changed.

In an interview with Dr. Mark Hyman, here's what he said, "I

would now assert that the primary driver of chronic disease in the industrialized world is environmental toxins. I want to be real clear. I am not saying that nutritional deficiencies are no longer a problem. What I am saying is that we've added a bigger problem because we are poisoning ourselves with metals and chemicals."

He further points out that 10% of the public water supply has arsenic known to induce disease in humans. And phthalates added to plastics and skin care products bind some receptor sites making it difficult for sugar to get into the cells and eventually causing diabetes.

This is a transcript from a “video magazine” we send out each week called the Wellness Minute. If you’re not getting our Wellness Minute videos each week, sign up at the front desk.

External toxins play a big role in the cause of diabetes. How about internal toxins? Several years ago I discovered the work of a scientist who found he had an endotoxin-producing enterobacter in his gut. He was morbidly obese with hypertension and diabetes. He went on a plant based diet of whole grains, Chinese medical foods, and prebiotics and decreased the bacterium from 35% to non-detectable. During that process, he lost 113 lbs. in 23 weeks and recovered from both hypertension and hyperglycemia.

His scientific curiosity led him on to inoculate the bacterium into germ free mice. The mice developed obesity and insulin resistance. So, "Gut bacteria from a person with obesity, hypertension and diabetes was transferred to a healthy animal and caused disease. The bacteria caused an elevated serum endotoxin load and created aggravated inflammatory conditions."

For over 40 years, I have heard the phrase, "Clean the body and feed the body" from my

mentors. One of the best and most practical ways to clean and feed the body is with the NutriClear Plus 15-Day Metabolic Cleanse Program. Two powder pouches and two nutrient packets are taken each day to clean the body while the accompanying anti-inflammatory diet feeds the body.

As new research links Metformin to Alzheimer's, Parkinson's, and vascular dementia, those with blood sugar problems need to know there are other options. Natural therapies and treatments without side effects address the cause of prediabetes, diabetes, and can help balance your blood sugar without drugs. A cleanse program like the NutriClear Plus 15-Day Metabolic Cleanse is the perfect way to get started.

If you have blood sugar problems and you are concerned about the dangers of prescription drugs, contact the wellness clinic on this page and ask about the NutriClear Plus Program. Get started and feel the difference.