

Have you been told that you have metabolic syndrome, that you are pre-diabetic or that you have type 2 diabetes? Are you on a number of medications to manage the symptoms such as elevated sugar, cholesterol, triglycerides and high blood pressure? Are you looking for another way to not only manage these symptoms but to also regain your health? We have a solution for you to consider.

You may be surprised to know that type 2 diabetes is not a deficiency of insulin, but is a consequence of lifestyle factors. This does not have to be a permanent and progressively disabling condition. There is a way out - it can be reversed.

Lifestyle factors offer a more significant prediction than genetics as to whether you will develop type 2 diabetes. These factors include stress, sleep, diet and exercise. There is much misinformation about how to handle type 2 diabetes. But there is a lot of research on how to progressively change lifestyle factors so that you don't have to

You Can Eliminate Type 2 Diabetes

By: Dr. Nik Bair-Patel,
Chiropractor



be permanently dependent on medications to handle the burgeoning symptoms as the disease progresses. Once you are far enough along the continuum, you will have to make lifestyle changes to manage your symptoms. You will also require supplements for a period of time to support the function of the weakened tissues and allow them to work efficiently and effectively.

We have seen clients who are

diagnosed pre-diabetic and being considered for medication and we have seen a reversal of symptoms within three months of starting our MedEx strength-training program. We have seen clients who are on more than 20 units of injectable insulin and with blood sugars in excess of 10mmol/L dropping to within normal limits within months of starting a program of dietary changes and supplementation.

Longstanding type 2 diabetes

is now considered the major cause of 80 percent of all kidney failure. It is also the leading cause of stroke, heart disease and limb amputation. But diabetes is no longer something to consider a lifelong label. Instead, it is a warning to make changes that can have dramatic positive effects. In our clinic, each client is managed using a customized approach based on genetics and lifestyle factors. Even though you have the same diagnosis, your situation necessitates a tailored process to address your particular weakness. This includes a thorough history and exam to determine the mediators and triggers to your current health status and then building a plan of care to address these issues.

ASK THE EXPERT:

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