**DIABETES MELLITUS, HPYO-INSULINISM, HYPOGLYCAEMIA:** A Physiology approach **(iv) 35**

New light from EAP Diagnostics**\*** © 10 7 89 F J Fox B.A. Ph.D. & M.D. (Med. Alt.)

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The task of maintaining normal levels of glucose (simple sugar) in the blood is a very complicated one; but the average 35-50 units of insulin that the average adult secretes into the circulation every day are a principal factor. Insulin is produced by the Islets of Langerhans, about 1.5 million of them clustered on the wall of the pancreas. More specifically, it is produced by the beta cells that form about 75% of the mass (about 1 gramme) of the Islets. Whenever absorption of glucose from the gut exceeds its use as fuel for the production of energy, insulin is required to enable body tissues, especially the liver and muscles to absorb glucose to replace what is being consumed as energy, or to be stored as glycogen for future needs. Insulin  
likewise enables fat cells to absorb glucose and fatty acids and store them as fat for future needs. Thirdly, insulin enables body tissues to absorb amino acids to build or replace protein in the cells. Diabetes stems from a gross shortage.

Various physiological factors influence the secretion of insulin; but the most important one is the actual concentration of glucose in the blood as it enters the pancreas. Even more fundamental for consideration are the physiological factors that determine the pancreas’ ability to produce insulin for release. The normal adult pancreas should contain about 200 units (8 mg) of insulin, and it should be able to produce new insulin to replace what is used every day. The chief factors that make this possible are adequate autonomic innervation and blood supply. Through electro-acupoint testing of diabetic patients, I have discovered that a serious faulty with autonomic innervation from the abdominal aortic plexus on one or both sides of the  
aorta is common to all diabetes. The energy level of the Isles of Langerhans corresponds significantly with the energy level of the plexus. In fact, if the EAP reading for the abdominal aortic plexus is 30 instead of 54 (the ideal), the corresponding point for the Islets will also read 30. So also, will the point for  
carbohydrate metabolism on the pancreas meridian on the right foot. A drop below 54 indicates a fall in sympathetic innervation, especially if on a point of the plexus itself.

Just as no river can flow higher than its source, so the energy levels of the corresponding part of the pancreas and of the Islets follow suit. This appears to impair the pancreas’ ability adequately to produce and replace insulin as it is secreted by the Islets. Hence the insulin shortage in diabetes and hypo-insulinism.  
In true diabetes, it is presumed that the Beta cells have actually degenerated and perished; hence no recovery is possible.

In cases of hypo-insulinism, the cells are simply underactive; recovery is still possible. From my limited experience I suspect that many people are diagnosed diabetic when in reality they are suffering from hypo-insulinism that is treatable. When the innervation of the pancreas is corrected, insulin production improves. The important factor is to know how to correct the innervation of the pancreas and then also how to tune the Islets of Langerhans to speed up insulin production. Even more fundamental is to know why the innervation is wrong.

The cause of faulty innervation: Through observation and practical experience I have learned that autonomic nerve plexus are often affected by the presence and build-up of toxic substances in adjacent lymphatics, especially lymph nodes and the lymph cistern or junction. (About half the population lack a proper cistern where the abdominal lymph trunks join on to the thoracic duct.) As soon as the lymphatics are  
cleared by lymph drainage exercises or massage, the energy level of the plexus returns to normal.

How is this to be explained?

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Evidently, there is some non-chemical connection between the toxic substance in the lymphatics and the plexus. The most obvious connection is magnetic. Every substance produces a molecular magnetic field and if this is out of harmony with the magnetic field of a nerve plexus, it will either sedate or stimulate the plexus, distorting its signals and consequently distorting the innervation of organs and functions dependent upon the plexus. Clear away the toxic substance with its offending magnetic field and the plexus beings to  
function normally again. **\***

\***N.B.** Once the lymphatics have been drained, the innervation of the pancreas corrected and the pancreas itself tuned, insulin secretion may improve quickly or slowly. The client must be alert to symptoms and signs of hyper-insulinism if on medication with insulin. Medication will have to be reduced accordingly.

The exercises: To clear the lymphatics in the abdomen, it will first be necessary to clear the lymph cistern or junction. And before doing that, it will be wise to make sure that the organs which filter toxic matter from the blood, viz the kidneys, spleen and liver are not already overloaded. Headache and fuzziness in the head often indicate a problem with the filters. To clear them, simply tap all around the lower part of the rib cage over the organs, with the flat palmar sides of the hands, clenched into fists. Continue for about half a minute. Then clear the lymph cistern /junction by pushing out the abdomen and then holding it out as you breathe in deep and hold for a few moments. Repeat three times.

Next roll up a hand towel, place it in the left groin and then bend the left leg by the knee, pull it up towards your chest with both hands and hold it up there tight for about 10 seconds. Then still holding the leg tight against the abdomen push out the abdomen and breathe in deeply as before.

This exercise is designed to move toxic matter from the abdominal lymphatics into the lymph cistern / junction and then up through the thoracic duct into the bloodstream.  
Now do the same with the right leg and then again with the left. Two or three timed each leg usually suffice to clear the abdominal aortic plexus and correct the nerve supply to the pancreas and Islets. **\***

The tuning: To enable the pancreas to function better, it will still be necessary or at least useful in most cases, to stimulate the pancreas. This can be done with a ceramic magnet. With the negative or south seeking pole of the magnet facing the body, move the magnet with some speed up along the length of the aorta from the lower abdomen to the top of the chest. Repeat 10-15 times. Then also move it back  
and forth across the pancreas, horizontally just above the navel, also some 10 times.  
The pancreas should now be in tune**\*** and remain in tune as long as the innervation remains intact. To ensure this, repeat the lymph drainage exercises each evening before retiring – followed of course with tapping of the spleen, liver and kidneys to ensure that the filters are clean.

Extra support: I have found that vitamin B5 (pantothenic acid or calcium pantothenate) stimulates the abdominal aortic plexus by its molecular magnetic field.

To benefit from this, there is no need to take the vitamin. It suffices to attach it to the body in some way e.g., by taping it to the body with adhesive tape. The optimal position seems to be on the spine, somewhere between the shoulder blades or below the collar line. The size of the tablet does not seem to matter, half a 50mg tablet works as well as the whole tablet. But the vitamin does not work in this way in capsule  
form. The gelatine of the capsule seems to weaken the molecular magnet field too much. Capsules, of course do not affect the working of the vitamin when ingested, but like tablets when ingested, the vitamin works in a different way. In order to stimulate the abdominal aortic plexus, the vitamin tablet must be kept largely intact.

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The glucose tolerance factor: Another remarkable discovery I have made is that when a chromium tablet is held in the hand or taped on to the body, it stimulates the Islets of Langerhans and helps to bring them into tune or to keep them in tune. This is evidently why chromium helps the body to tolerate glucose. Whether it is because the chromium balances off the nuclear spin of glucose to the left and harmonizes it with magnetic field of the body, or whether chromium simply vibrates magnetically in harmony with the Islets, thus supporting their function is of little consequence. The fact is that chromium worn on the body like Vitamin B5 does appear to help people who are suffering from hypo-insulinism.

Chromium tablets can be purchased as Chromium Amino Acid Chelate.

HYPOGLYCAEMIA: This entails a shortage of glucose in the blood. As soon as the dietary source of glucose is insufficient to maintain normal levels of glucose in the blood, the blood should begin absorbing adequate amounts from the liver where it has been stored up earlier as glycogen. The hormone that dissolves the glycogen (a starch) back into glucose (water soluble) is glucagon. Glucagon is produced and secreted by the Alpha cells of the Islets of Langerhans on the pancreas and by other cells scattered through the gastrointestinal tract. Its secretion is suppressed by glucose in the blood and in the gut and it is stimulated by amino acids and peptide hormones. Its production is dependent up the autonomic nervous system, most likely the enteric nervous system of the gastrointestinal tract as well as the abdominal aortic plexus. Whenever glucagon is in short supply for any reason, the level of glucose in the blood will drop below normal as soon as dietary sources are inadequate. Remarkably, many people suffer from hypoglycaemia even though they eat plenty of carbohydrates. The problem seems to stem from an imbalance of carbohydrates compared with other food so that glucose is absorbed too rapidly.  
This causes a sharp rise in insulin production which then withdraws sugar from the blood more rapidly than the gut is then able to replace it.

New Insights into Hypoglycaemia:

I have noticed that many of my clients begin to suffer from hypoglycaemia during various stages of detoxification of the body via the lymphatics. The most common symptoms are anxiety, nervousness, inward trembling, a tendency to cry without reason, outward trembling, especially of the middle fingers of the hands.

Hypoglycaemia occurs even though the abdominal aortic plexus innervation of the pancreas is normal.

The carbohydrate pancreas point, however, and the points for the Islets are inevitably low. Likewise low, are the points for the transverse duodenum. And one will usually find a spasm in the webbing between the thumb and forefinger of each hand.

Substance testing indicates that all these points are low for the same reason: toxic amounts of some substances are trapped on the wall of the duodenum next to the surface of the pancreas and the Islets of Langerhans. The logical explanation seems to be that the substance in question sedates the production of glucagon by the Alpha cells of the Islets and by cells on the wall of the duodenum.

In fact the Alpha cells line the outer walls of the Islets whereas the Beta cells lie deeper. This makes the Alpha cells more likely to be sedated by the magnetic field of substances stuck on the wall of the duodenum. A subtle but possible factor.

The substances most commonly involved are calcium, glycerol, trans-fats, aluminium, copper, and lead. Calcium occurs when the level of calcium in the blood is so high that large amounts are filtered out by the

liver and excreted via the bile system. Glycerol usually appears after metals have been largely cleared from   
tissues, most likely fat cells. Trans-fats occur in hydrogenated foods.

Aluminium may come from overuse of anti-acid tablets, or like copper and lead it sometimes is excreted in such large amounts via the bile as to cause problems in the duodenum.  
Benzoates from preservatives in food can also cause them.

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The treatment: Eating small amounts of food frequently during the day in order to mix in with the offending substances and decrease their stickiness may help.

This practice will also make glucose more readily available from the gut throughout the day.

But the most effective exercise is simply to massage with the thenar of the thumb of either hand along the duodenum itself from the angle of the rib cage a few inches to the right of the bottom of the sternum (the xiphoid process) down and around to the left, just over the umbilicus and up to the rib increasing the depth of massage each time, usually clears the offending substances from the wall of the duodenum.

This resolves the spasm and enables the duodenum and Islet cells to produce adequate amounts of glucagon to retrieve sufficient glucose from the liver.

Within10-15 minutes, the signs and symptoms of hypoglycaemia usually disappear.

Wearing certain tablets can also help: Rutin for glycerol, Magnesium for calcium, Zinc for copper and Lead and Chrome for aluminium.

**Conclusion**: it is reckoned that about every 15 years the number of people suffering from diabetes doubles. Hopefully this new physiological approach will help to stem the tide, there seems to be no other way.