

# "Improving life quality through a balance blood glucose level"

## A Case Study on Diabetes Mellitus

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- acid-base balance
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## ABSTRACT

Diabetes Mellitus is a serious metabolic disease affecting people of all geographic, ethnic or racial origin, and its prevalence is increasing globally. Based on research, the Asian populations in general have a higher risk of developing diabetes at a younger age compared with the western populations due to the low and middle income countries.

There are 3 patients, 2 of them diagnosed with diabetes mellitus type 2, and the other one with Pre-diabetes, came in for assessment and was offered to have treatment. Each had their own personal signs and symptoms or manifestations of the disease. A delta scan was done that showed either a high or low energy level, which may indicate the risk of the disease or its presence. Prior to the start of treatment, an initial Fasting Blood Sugar was taken as baseline. All patients received 10-15 days of treatment together with the suggested diet and lifestyle guide.

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## INTRODUCTION

Diabetes Mellitus is a metabolic disorder that involves hyperglycemia. It has different types that are caused by a complex interaction of genetic and environmental factors. It is a serious, chronic disease and there are two main types of diabetes mellitus. Type 1 is when the pancreas does not produce enough insulin (a hormone that regulates blood sugar, or glucose), and Type 2 wherein the body cannot effectively use the insulin that is produced.

The prevalence of diabetes has increased. Globally, based on the World Health Organization(WHO), there is an estimated number of 422 million adults living with diabetes in the year 2014, compared to 108 million in 1980. Diabetes caused 1.5 million deaths in 2012, and mostly occurring before the age of 70 years.

Between the 2 types of diabetes, it is the Type 2 which accounts for about 85-90% of all diabetics, majority of which affecting adults. It has a latent period wherein patients are asymptomatic, that makes the clinical presentation undiagnosed for several years.

Therefore, it is essential that efforts are made to diagnose diabetes early, so that the long term sufferings can be reduced or prevented.

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## **GENERAL OBJECTIVE**

To present 3 cases of patients, 2 males diagnosed with Type 2 Diabetes Mellitus and 1 female with Pre-Diabetes.

## **SPECIFIC OBJECTIVES**

1. To review the different types of Diabetes and its causes
2. To reveal information regarding its common complications
3. To have ways on how to prevent the development of the disease as well as its complications
4. To provide a treatment option for patients so to be able to maintain a normal blood glucose level

## THE FIRST CASE

The first case is a 50-year old male, Filipino, came into this clinic due to wound on both legs, difficulty in walking, and increased frequency in urination (polyuria).

Seven years prior (2010), patient was diagnosed with Diabetes type 2, and ever since then was taking Metformin twice a day as maintenance medication. As part of the clinical trial, patient came to the clinic for assessment. He was advised to have an **initial lab test for his Fasting Blood Sugar, which showed a high level of 262.2 mg/dl, that confirmed his diabetic state.**

Before treatment started, patient complained of a burning sensation or feeling of warmth, polyuria and has an open wound without pus on both legs. Since he is also diagnosed to have arthritis and enlargement of the heart, patient presented as well with difficulty in walking and shortness of breath.

Based on his condition, he was given a treatment package that included **NHZ -diabetes infusion, Base, Selen, Ozone blood therapy and a Bio-Molecular Subcutaneous injection** that contains multiple organs especially the pancreas. A total of 15 days treatment was given, however it was conducted three times per week and not daily. During the course of treatment, the fasting blood sugar level and blood pressure level was being monitored on each day of therapy to examine the outcome. Patient also had self-monitoring of blood glucose at home on the days without treatment. There was a decrease in the blood sugar levels.

The signs and symptoms, which the patient had, were examined every time before treatment and slowly showed improvement in gait, healing of wounds on the legs, decreased frequency in urination, and lesser episodes in shortness of breath.

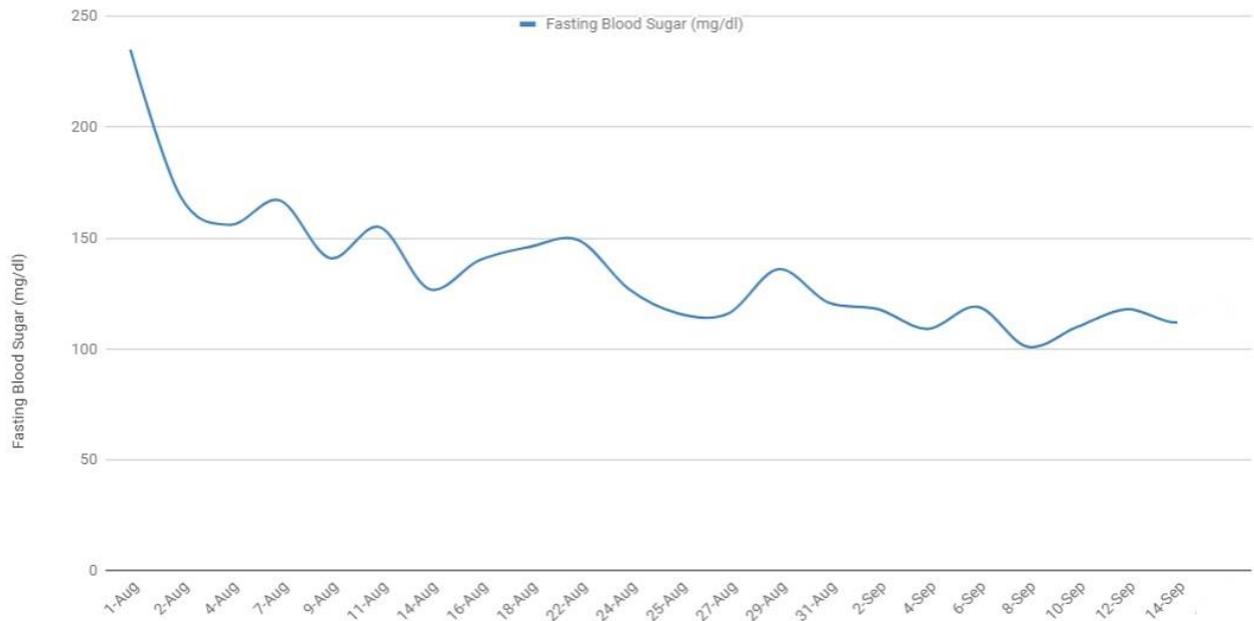
Aside from the treatment that was performed, the patient was given a Diabetic Diet guide that gave away the suitable and unsuitable foods to take and avoid, its amount and also the estimated water requirement to drink based on weight and age.

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## Patient John C., 50 year old

**Diagnosis: Diabetes Mellitus Type II since 2010**

**John C. Blood Glucose Monitoring Results**



### Interpretation:

Generally, the line graph shows a decrease in the patient's **fasting blood sugar level from 235 mg/dl (before the treatment) to 112 mg/dl (after the treatment)** within 1 month and 2 weeks. The patient underwent **Naturheil Zentrum's DM Type II Treatment Package for 15 days.**

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For the tabulated table below:

This table also shows significant changes in two other data gathered upon recording the fasting blood sugar level: Blood pressure and Weight.

Date	Fasting Blood Sugar (mg/dl)	Blood Pressure (mm/hg)	Weight in KG
1-Aug	235	140/90	80kg
2-Aug	169	150/80	
4-Aug	156	130/90	
7-Aug	167	130/80	
9-Aug	141	120/90	
11-Aug	155	120/90	
14-Aug	127	130/90	
16-Aug	140	120/70	
18-Aug	146	120/70	
22-Aug	149	120/70	
24-Aug	127		
25-Aug	116		
27-Aug	116	No treatment day but	
29-Aug	136	still daily Fasting	
31-Aug	121	Blood Sugar	
2-Sep	118	Monitoring by the	
4-Sep	109	patient at home	
6-Sep	119		
8-Sep	101		
10-Sep	110		
12-Sep	118	110/80	
14-Sep	112	110/80	75kg

## THE SECOND CASE

The second case is a 56-year old, male, Filipino, businessman, currently working in Dubai (United Arab Emirates), came into this clinic due to frequent coughing and high blood sugar.

Patient has been taking maintenance medication of Sitagliptin + Metformin. He was also diagnosed to have Acute Gastritis and so is taking Esomeprazole (Nexium) as well. Patient came to the clinic for assessment, primarily for the frequent coughing, and based on results on the Delta scan, was confirmed to have a Respiratory infection and Laryngitis, Gastritis and Insulin-dependent Diabetes Mellitus. Because of these findings, patient was recommended to have treatment.

Before treatment started, he did not show any physical manifestations that related to Diabetes type 2. The patient only frequently complained of his regular coughing. **An initial Fasting Blood Sugar was performed and revealed a lab test of 320 mg/dl, which is very high. This confirms the presence of Type 2 Diabetes**, and persuaded the patient to join our treatment package.

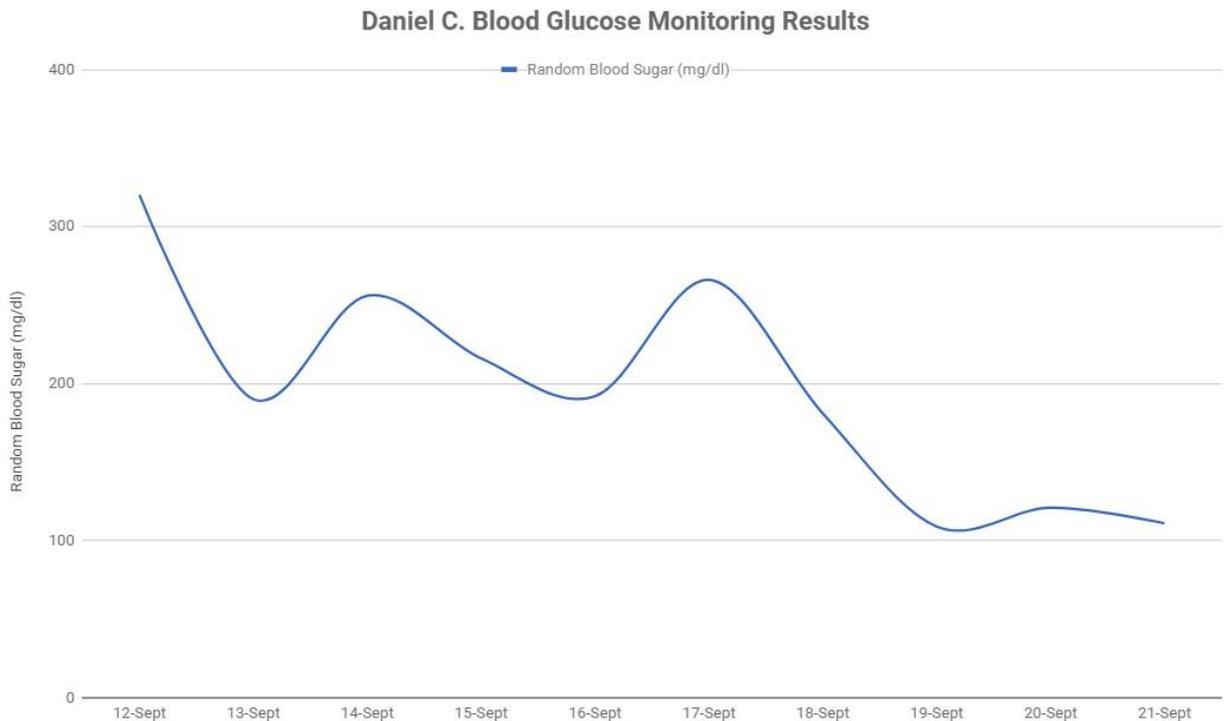
Despite him not having any visual signs and symptoms or complications related to Diabetes, he was still given a proper treatment involving **NHZ-Diabetes, Base, Vitamin C/Selen, Ozone blood therapy, Bio-Molecular Subcutaneous injections containing the pancreas, and lastly, the NHZ-Fit** for his respiratory infection. A total of 13days of treatment was given, and performed daily, wherein Random blood sugar and blood pressure levels were being monitored. There was an upward and downward change of the blood sugar levels during the course of treatment, but at the end of therapy, the blood sugar level decreased compared to that taken at the initial lab test.

Aside from the treatment that was performed, the patient was given a Diabetic Diet guide that gave away the suitable and unsuitable foods to take and avoid, its amount and also the estimated water requirement to drink based on weight and age.

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## Patient Daniel C., 56 year old, Male

### Diagnosis: Diabetes Mellitus Type II



#### *Interpretation:*

This particular line graph shows a significant decrease in random blood sugar level from **320mg/dl (Pre-Treatment) to 111mg/dl (Post-Treatment)**.

The patient underwent **Naturheil Zentrum's Diabetes Mellitus Type II Treatment Package for 10 days**.

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For the table below:

This table shows relevant changes in patient's **Blood Pressure Level** upon treatment monitoring.

Date	Random Blood Sugar (mg/dl)	Blood Pressure (mm/hg)
12-Sept	<b>320</b>	<b>130/90</b>
13-Sept	190	130/80
14-Sept	256	130/80
15-Sept	216	125/80
16-Sept	192	120/70
17-Sept	266	130/70
18-Sept	181	120/70
19-Sept	109	140/70
20-Sept	121	120/90
21-Sept	<b>111</b>	<b>120/90</b>

## THE THIRD CASE

The third case is a 69-year old, female, Filipino Chinese, businesswoman, who came into the clinic for a follow up delta scan.

Based on the scan that was performed, it was shown that she had a risk of having Insulin-dependent Diabetes Mellitus. We advised the patient to have an **initial test of her Fasting Blood Sugar level, which displayed a value of 114.3mg/dl, that represented her having an Impaired Fasting Glucose, confirming the diagnosis of Pre-Diabetes.**

No signs and symptoms or any major complaints related to the disease were manifested by the patient. Usually patients who are still at the Pre-Diabetes stage are asymptomatic, since problems manifest at a later time. She was advised to have treatment as to prevent further development of the disease and its possible complications.

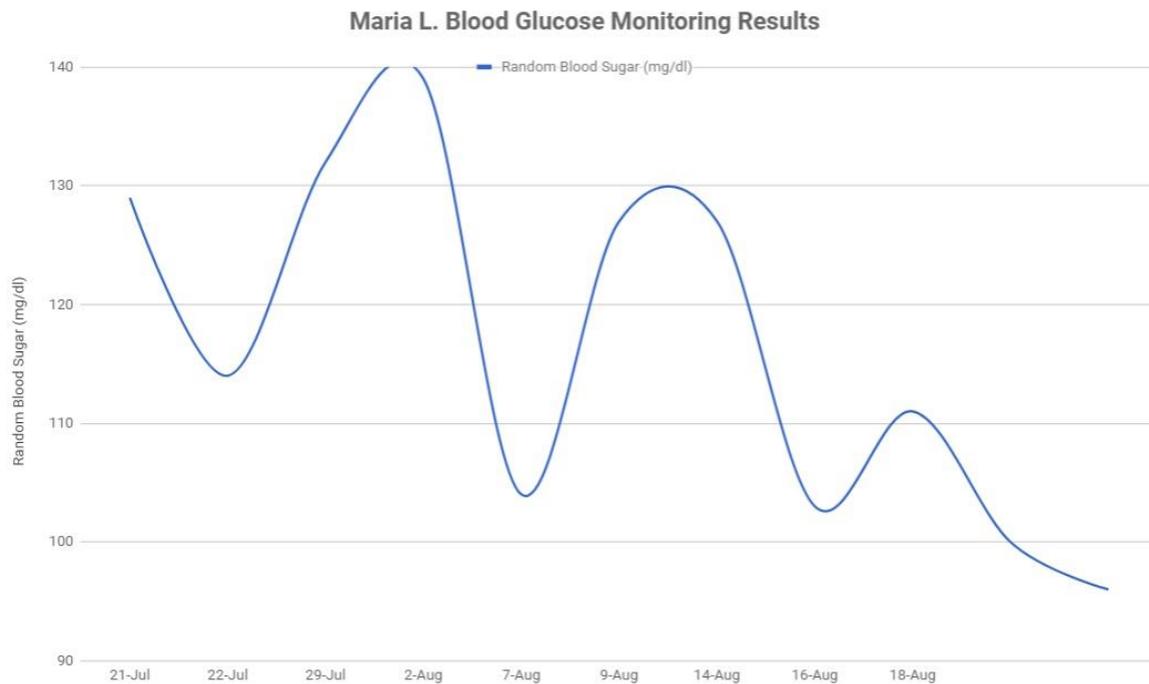
The patient was given a total of **12 days treatment that included NHZ-Diabetes, Base, Vitamin C, Ozone blood therapy, and NHZ-Fit.** The Random blood sugar and blood pressure levels were noted at each day of treatment, which occurred two to three times per week. She would have unstable values of both blood sugar and blood pressure levels during the clinical trial. **At the end of the treatment program, her blood sugar amount was lowered to 96mg/dl, that is within the normal value of less than 100mg/dl.**

Aside from the treatment that was performed, the patient was given a Diabetic Diet guide that gave away the suitable and unsuitable foods to take and avoid, its amount and also the estimated water requirement to drink based on weight and age.

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## Patient Maria L., 69 year old, Female

Diagnosis: Pre-Diabetes Stage



### Interpretation:

This line graph compares the result of a patient with Pre-Diabetes before and after the treatment. In general, there is a decrease in **random blood sugar level from 129 mg/dl (Pre-Treatment) to a 96 mg/dl (Post-Treatment) in 60 nonconsecutive days.**

The patient underwent Naturheil Zentrum's Pre-Diabetes Treatment Package for 12 days.

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For the table below:

This table also shows a recorded data of patient's blood pressure measurement upon treatment monitoring.

Date	Random Blood Sugar (mg/dl)	Blood Pressure (mm/hg)
21-Jul	129	130/100
22-Jul	114	
25-Jul	114	
29-Jul	132	
2-Aug	139	130/100
7-Aug	104	120/80
9-Aug	127	120/80
14-Aug	127	140/100
16-Aug	103	120/70
18-Aug	111	120/90
13-Sept	100	140/100
20-Sept	96	130/100

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## DISCUSSION

Diabetes Mellitus is a disease in which the body's ability to produce the hormone Insulin is insufficient, that is found in Type 1 Diabetes, or its capacity to respond to insulin is impaired which characterizes the Type 2 Diabetes. This results in abnormal metabolism of carbohydrates, and elevated levels of glucose in the blood and urine.

There are acute and chronic complications with this disease associated with the occurring hyperglycemia. Its acute complications would differ depending on which type of diabetes. Diabetic Ketoacidosis (DKA) is the hallmark of type 1 DM, while Hyperglycemic Hyperosmolar State is primarily seen in individuals with type 2 DM. As for the chronic complications, which usually become apparent in the second decade of hyperglycemia, both types manifest the same difficulty whether it be vascular or nonvascular. The vascular complications are further subdivided into microvascular (retinopathy, neuropathy, nephropathy), these involving the small blood vessels, and macrovascular (coronary artery disease, peripheral arterial disease, cerebrovascular disease), affecting the large blood vessels. The nonvascular complications include gastrointestinal and genitourinary dysfunction, lower extremity problems, skin manifestations, and infections. To summarize all complications mentioned above, diabetes is one of the leading causes of heart attacks, kidney failure, stroke, vision loss and nerve damage.

Diabetes has been known as "the silent killer". It is so due to the complications that develop with the disease that once in awhile, happen abruptly without warning nor any previous problem. As observed on 2 of the 3 patients involved in the trial, typical signs and symptoms of diabetes were not demonstrated which made them not identify its existence. This was only recognized upon doing the delta scan and having the lab test for the fasting blood glucose.

Since a lot of factors affect the development of diabetes, including other health conditions such as dyslipidemia and hypertension, management of diabetes requires control of these problems as well.

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The patients were given treatment packages that involve infusions containing vitamins, minerals and amino acids which aid in the prevention and management of diabetes.

*The treatments given that are included in the packages are as follows:*

**1) NHZ-Diabetes Infusion-** is a regulation therapy containing specific amino acids, aiming to halt the progress of the disease.

**2) High Dose Vitamin C Infusion-** is an antioxidant that promotes the healing of wounds, which is required in diabetic patients especially those with foot ulcers and infections.

**3) Selen Infusion-** is given as an antioxidant in replacement of Vitamin C, for patients that have a lower kidney function. Both have the same benefit wherein they boost wound healing as it stimulates the immune system and provides cell regeneration.

**4) Base Detox Infusion-** is given to remove acid from the body that is a way of detoxification, mainly of the liver.

**5) Ozone Blood Therapy-** promotes blood circulation which is highly needed in patients with diabetes, owing to diminished vascularization. This can help to destroy bacteria, viruses and fungi that causes infections, since infections have greater frequency and severity with this disease, due to abnormalities in cell-mediated immunity and phagocyte function associated with hyperglycemia. It is the hyperglycemia that aids the colonization and growth of a variety of organisms (*Pseudomonas aeruginosa, Escherichia coli, Staphylococcus aureus, Mycobacterium tuberculosis, Candida*).

**6) Bio-Molecular Subcutaneous Injection-** is delivered, in this case which contains the pancreas, that can stimulate the self-healing powers of the diseased organ to normalize the body processes that are out of balance. This is done by supplying vital molecular organs in a natural, unchanged and immediate-acting form. It can regenerate the normal, healthy cells in the organ and regulate the metabolism of the affected cells.

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Currently, there is no proven treatment that provides full elimination of the disease. This treatment is directed towards the prevention of the progress of the disease from its complications and premature cell death, to provide relief and eliminate symptoms related to hyperglycemia, and to allow the patient to have a normal lifestyle as possible.

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