

GESTATIONAL DIABETES

What is gestational diabetes?

Gestational diabetes is a form of diabetes found in pregnant women. It occurs when the pregnant woman's body cannot produce enough insulin, resulting in high blood sugar. Gestational diabetes affects an estimated two to three percent of pregnant women.

How does having gestational diabetes affect my pregnancy?

Gestational diabetes affects the mother in late pregnancy, after the baby's body has been formed, but while the baby is busy growing. Because of this, gestational diabetes does not cause the kinds of birth defects sometimes seen in babies whose mothers had diabetes before pregnancy.

However, untreated or poorly controlled gestational diabetes can hurt your baby. When you have gestational diabetes, your pancreas works overtime to produce insulin, but the insulin does not lower your blood glucose levels. Although insulin does not cross the placenta, glucose and other nutrients do. So extra blood glucose goes through the placenta, giving the baby high blood glucose levels. This causes the baby's pancreas to make extra insulin to get rid of the blood glucose. Since the baby is getting more energy than it needs to grow and develop, the extra energy is stored as fat.

For most women with gestational diabetes, the main worry is that too much glucose will end up in the baby's blood. When that happens, your baby's pancreas needs to produce more insulin to process the extra glucose. All this excess blood sugar and insulin can cause your baby to make fatter and put on extra weight, particularly in the upper body.

This can lead to what's called macrosomia. A macrosomic baby may be too large to enter the birth canal. Or the baby's head may enter the canal but then his shoulders get stuck. In this situation, called shoulder dystocia, your practitioner and her assistants will have to use special maneuvers to deliver your baby. Delivery can sometimes result in a fractured bone or nerve damage, both of which heal without permanent problems in nearly 99 percent of babies. (In very rare cases, the baby may suffer brain damage from lack of oxygen during this process.) What's more, the maneuvers needed to deliver a broad-shouldered baby can lead to injuries to the vaginal area or require a large episiotomy for you.

Because of these risks, if your practitioner suspects that your baby may be overly large, she may recommend delivering by cesarean section. Fortunately, only a minority of women with well-controlled gestational diabetes end up with overly large babies.

Shortly after delivery, your baby may also have low blood sugar (hypoglycemia) because his body will still be producing extra insulin in response to receiving extra glucose from you. Your delivery team will test his blood sugar at birth by taking a drop of blood from his heel. If it's low, you'll want to feed him as soon as possible, either by breastfeeding or giving him some formula or sugar water. (In severe cases of

hypoglycemia, he might be given an IV glucose solution.)

He may also be at somewhat higher risk for jaundice, polycythemia (an increase in the number of red cells in the blood), and hypocalcemia (low calcium in the blood). If your blood sugar control is especially poor, your baby's heart function could be affected. Some studies have found a link between severe gestational diabetes and an increased risk for stillbirth in the last two months of pregnancy. And finally, having gestational diabetes makes you about twice as likely to develop preeclampsia as other pregnant women.

What are some of the symptoms of having gestational diabetes?

Regardless of the type of diabetes, diabetics exhibit several (but not necessarily all) of the following symptoms:

- Excessive thirst (polydipsia)
- Frequent urination (polyuria)
- Extreme hunger or constant eating (polyphagia)
- Unexplained weight loss
- Presence of glucose in the urine (glycosuria)
- Tiredness or fatigue
- Changes in vision
- Numbness or tingling in the extremities (hands, feet)
- Slow-healing wounds or sores
- Abnormally high frequency of infection.

Nutritional Remedies for Gestational Diabetes

First and MOST importantly you should cut white sugar out of your diet. This #1 rule in dietary changes that will aid greatly in the decrease of symptoms of gestational diabetes.

Eating a 50% raw food diet will help the already overworked pancreas to be able to “take a break” to a certain extent since the enzymes and glucose are already intact in the food. This is give the pancreas a opportunity to rest and rebuild merely because it is not having to work as hard.

Other foods that should be considered for cutting out of the diet are as follows: breads, pastas, rices, overly processed foods, deep fried foods or food with hydrogenated oils for trans-fatty acids such as margarine etc. or large quantities of saturated fat from meat or dairy sources, as written in the article on “Sugar, Diabetes, and Incurable Diseases” lowering your meat intake will bring about less cravings for sugar.

Along with the 50% raw food incorporate a lot of high fiber foods which are broccoli, carrots, cauliflower, cabbage, LOTS of green leafy, and healthy raw nuts and seeds to guarantee enough protein consumption.

There are lots of excellent sugar substitutes that work very well for diabetes. The purpose of this sugar is that they have a low glycemic index which means they burn slower in the body and don't raise glucose levels so high. They are stevia, xylitol, and agave syrup.

My personal dietary and supplemental plan for gestational diabetes

I believe that no matter what I read from the medical world and how well they can describe what or what is not taking place inside the body, any time you have any form of disease where an organ is not functioning properly, that you cleanse and nourish that organ by aiding in the dumping of excess toxins and the rebuilding through flooding the body with large quantities of nutrients.

Chewing food thoroughly is one of the best things diabetics can do. You have glands all throughout the mouth that send enzymes to the food your eating and aid in breaking it down even before it enters your stomach. Dr. Christopher says to "drink your food and chew you juice." Creating a total liquid with the food in your mouth helps immensely in how well stomach and duodenum process, breakdown and assimilate the food.

When the pancreas is so overworked that it is diseased, it usually is because of a high deficiency of dense minerals. So after discussing dietary changes that must be made we move on to supplementation. As with any supplementation regiment all or just some will aid in healing.

1. Vitamineral Greens-Health force Nutritional: This is the best green supplement I have found. It's very dense and provides all the needed nutrients.
2. Vitamin C-Healthforce Nutritional: Studies have shown that taking vitamin c with a calcium supplement helps you assimilate it better.
3. Nopal Cactus-Health force Nutritional: It is a high in bulk forming mucilaginous fiber that assists most foods, herbs and supplements taken with it to be gently and naturally time-released into the blood stream. This includes the timed-release of sugars into the blood stream to support healthy blood sugar and insulin functions*. Will also time-release other foods/herbs into the blood stream including unhealthful foods. Time releasing less than optimally healthful foods into the blood stream will allow the body to deal with the resultant toxicity with less difficulty/more effectively.
4. 4. Omni-forte-Rain Rock Nutritional: If you removed enzymes from the body, it would stop working and die! Enzymes are responsible for the functions of every organ. The body is a big efficient chemical factory and enzymes are needed for every chemical action and reaction. Every gene's program is associated with the actions of enzymes. Even vitamins and nutrients

can't be used effectively without enzymes. As stated by what's written earlier in this paper you can see the importance of enzymes in healing the pancreas.

5. 5. Beauty Enzymes-Nature's First Law: This works wonders on digestion. Defiantly needed to break down any excess amylase and lipase.
6. Above the Sea Coral Calcium: This will aid in bringing the body to an alkaline state which brings about homeostasis and can help the body to heal. Also the dense nutrient of calcium will feed every cell in the body to keep the body strong and healthy.
7. Dr. Christopher's Pancreas Formula: This is an excellent supplement to rebuild the pancreas by giving specific nutrients to help it heal.
8. Dr. Christopher's Adrenal Formula: This is works the same way as the pancreas formula but bringing healing to the adrenals which we know becomes diseased during diabetes.
9. RM10-Garden of Life: This supplement works great in building the immune system through the use of long used and widely known about mushrooms.
10. Cinnamon Bark, Fennel, and Geranium-Young Living Essential Oils: Used everyday. Even taken internally or rubbed over the pancreas.
11. Ocean Pharmacy-Forever Green: This is a great all around supplement to bring about total body healing.
12. Living Multi Woman's Formula-Garden of life: Just a really beneficial multivitamin supplement.
13. Last but defiantly not least, DRINK ½ GALLON of WATER EVERYDAY!!!