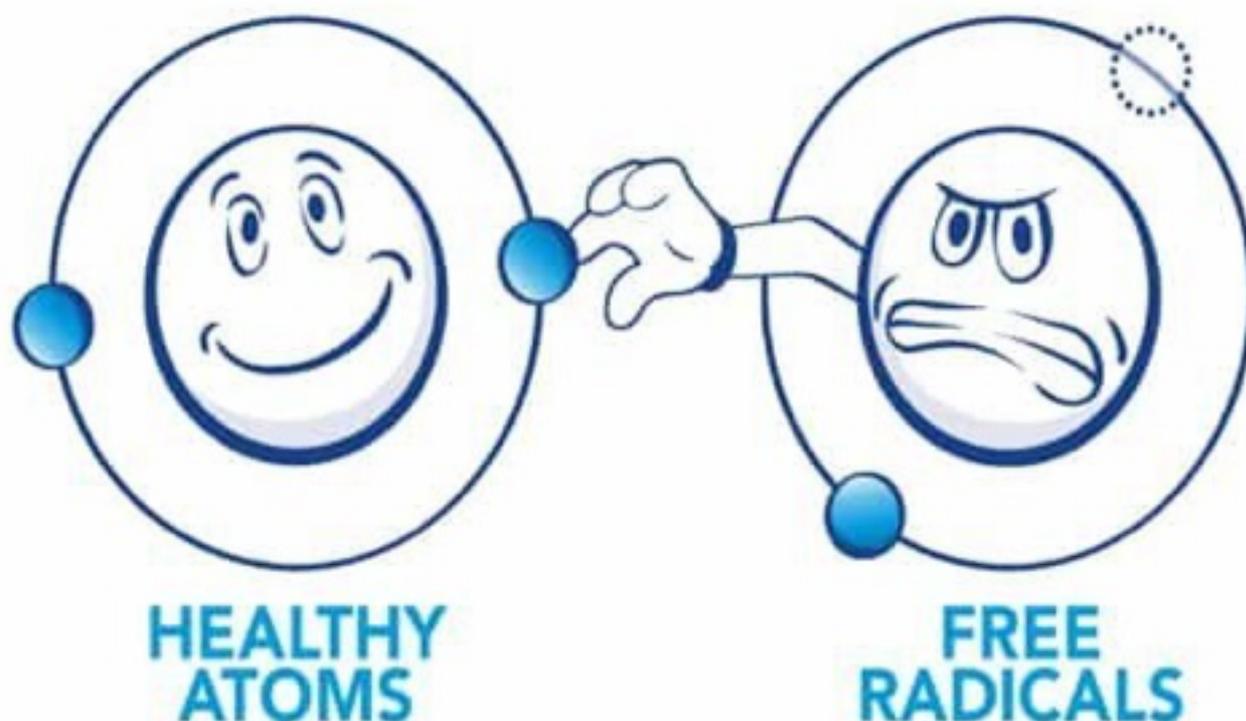


# What Causes Diabetes Complications?

## Free Radicals

If you want to Prevent, Improve or Reverse Diabetes Complications you **MUST** learn how to reduce the damage caused by Free Radicals. Free Radicals are the root cause of Diabetes Complications and will accelerate the aging process for everyone. However for us with diabetes we will age much faster due to the excessive amounts of Free Radicals damaging our body's leading to Diabetes Complications.

First you must understand what a Free Radical is and how Free Radicals damage our health. A Free Radical is the name for an atom which is missing an electron. Electrons are found in pairs circling the nucleus of the atom and when one electron is missing it is called a Free Radical. This Free Radical wants to replace this missing electron so it will scavenge an electron from another source and this process is called oxidative stress and without intervention it will cause damage to your DNA, RNA, cells, and eventually your organs. The first signs of localized Free Radical damage is inflammation and pain.



Most of us have heard of antioxidants. There are more than 40,000 research studies showing the effectiveness of antioxidants in providing a Free Electron to stabilize a Free Radical. Vitamins B, C, E and other vitamins can donate electrons to stabilize Free Radicals. However, if a vitamin gives up a Free Electron to stabilize a Free Radical, it then becomes a Free

Radical. This happens millions of times a second in our bodies, so this isn't the best way to eliminate Free Radicals. Plus you lose the benefits of the vitamins you're taking to improve your health!

The absolute best way to eliminate Free Radicals is to use a "Grounding Device" which provides unlimited Free Electrons to eliminate Free Radicals. Grounding protects your vitamins and also provides many healthful benefits to your body by providing Free Electrons your body requires for optimum health. For the price of one bottle of anti-oxidants you can get started with a "Grounding Strap" device. Once you purchase a device to Ground yourself in your home or office you can protect yourself from Free Radicals without incurring the monthly expense for antioxidants. Grounding is very important for Type 1 and Type 2 diabetics for Preventing, Improving and Reversing diabetes complications.

Vitamins and minerals are necessary to protect your health and when you Ground yourself you protect the vitamins and other nutrients from Free Radical damage. Your body relies on a constant influx of nutrients to maintain and improve your health. You want to protect the few nutrients we get from food we eat today because the food today has 80% less nutrients today due to commercial farming practices! I will show you which nutrients can Protect, Improve and Reverse diabetes complications in upcoming MD Bridge Blogs. It is important to learn what YOU need to protect yourself from diabetes complications. You also need to understand how nutrients work to protect you from diabetes complications.

Let's examine some ways to stop Free Radicals:

- Direct Anti-oxidants - these include vitamins like Vitamins B, C, E and other nutrients like R-Alpha Lipoic Acid (specific for nerve protection and nerve regeneration) and Astaxanthin (military uses this to protect soldier's ears from loud cannon fire) to name just two.
- In-Direct Anti-oxidants - These nutrients stimulate your natural innate immune system to eliminate more Free Radicals.
- **Grounding or Earthing - Grounding is when you connect yourself to the earth with your bare skin. It is as simple as walking barefoot on the ground, hence the name "Grounding or Earthing". The earth is full of Free Electrons and will provide as many as you need to charge your body. Once you purchase or make a grounding device, you can receive unlimited Free Electrons for FREE everyday! The more time you spend Grounding the healthier you will become! We are designed to be connected to the earth 24 hours a day, anything less and your health will start to decay!**

All of us with diabetes lose vitamins and minerals necessary to maintain the health of our cells through the damaging oxidation process caused by Free Radicals. Doctors really can't address this problem, since they can only use pharmaceuticals in their practice, all pharmaceuticals introduce Free Radicals into your body! Remember there are NO pharmaceuticals which can Prevent, Improve or Reverse diabetes complications. All pharmaceuticals are synthetic and thus are toxic to our bodies and our kidney's work hard to remove them! Drugs have to be synthetic so the pharmaceutical companies can acquire a Patent on them to control distribution and pricing! Natural remedies cannot be Patented so pharmaceutical companies cannot maximize their profits nor control the market like they can

for pharmaceuticals. Hence pharmaceuticals are not your best choice if you wish to Prevent Diabetes Complications! They just introduce more toxins and Free Radicals which cause the severe side effects which causes declining health.

Now I want to mention another problem which presents a bigger danger to the health of diabetics. Since diabetics have excessive amounts of glucose in their bodies, the glucose molecules are Free Radical targets. This excessive oxidation of glucose if left uncontrolled will produce a bigger Free Radicals called Advanced Glycation Endproducts or AGE's. These AGE's are very large Free Radicals which damage your kidneys and nerve cells! So you want to slow down the process which leads to AGE's. This is why doctors instruct diabetes patients to maintain near normal blood sugars which can help slow down the oxidation process thru excessive glucose, but it really doesn't address the bigger problem associated with Free Radicals. This is why over the last several decades even with better fast-acting human insulins and insulin pumps to control blood sugar, diabetes complications keep rising! Oral meds have not improved for Type II diabetics and amputations are at an all time high due to diabetes complications! It is so important to learn how to control and minimize the damage Free Radicals have on our bodies!

It is however possible to prevent high blood sugar from damaging your body with nutrients. I will talk about this later but first you must get your Free Radicals under control by Grounding. You have already learned some of the basics for Grounding in the last two Bridge Blogs.

If you haven't watched the Grounding Videos yet, try to make time to watch them. Grounding has profound health benefits for everyone. But for people with diabetes it is a much bigger concern as it is the root cause of diabetes complications and must be addressed if you want to maintain your health long term.

On the MD Website there is a short 15 minute video with doctors explaining Grounding. The other video is one hour long documentary which focuses on a small town in Alaska where a man suffering from arthritis pain discovers Grounding. His health transformation in one night's sleep is so amazing he wants to tell everyone he knows about it. He is given the chance to do just that with the help of the person who discovered Grounding. See how he changed the lives of the people in Haines, Alaska. Even the town's skeptical doctor tries Grounding on his very ill wife who he has been unable to help until she tried Grounding!

Link to watch videos: <https://missiondiabetes.com/Products/Grounding/> This page also has Grounding devices which you can safely use in your Home and Office. You can also travel with the Grounding Devices so you're always able to get the health benefits from Grounding.

I look forward to your comments, you can add comments to our FaceBook page, [www.facebook.com@missiondiabetesllc](http://www.facebook.com@missiondiabetesllc)

Don't forget to [Download our Free Diabetes Management App](#) available now for the iPhone. Diabetes management must be under the control of the person who has diabetes, it is a meal to meal disease. A doctor can only see a snap shot of your therapy which makes it impossible for the doctor to know exactly what you should be doing at your next meal! But with more comprehensive information you can adjust your therapy to meet your specific lifestyle!

# Actions to Protect Your Health!

## Health Assignment



Robert Santoyo,  
Type I Diabetic  
and Founder of  
Mission Diabetes



Try using the Basic Mission Diabetes Management app for iPhone to improve your A1C and to provide more information to help your Diabetes Medical Team.

Learn More about the app: <https://missiondiabetes.com/Basic-Mission-App/>  
Link to download from the Applestore: <https://itunes.apple.com/us/app/mission-diabetes/id1168502113?ls=1&mt=8>



Start with a Grounding Strap and discover the health benefits of connecting to the earth.

<https://missiondiabetes.com/Products/Grounding/>



Enhance your understanding of the health benefits of Grounding by watching the videos!

<https://missiondiabetes.com/Products/Grounding/>

I've presented you with some great health tips, now it's your turn to try them out! Please be sure to share this information with your diabetes friends and family on Facebook and let us know what you think in the Facebook comments below the article.

Post your health results on Facebook and tag your comment with @missiondiabetesllc so others can learn how this information has helped you

improve your health.

If you were forwarded this article and you find it helpful. Please consider joining the Mission Diabetes Bridge Blog. Our Mission is Preventing, Improving and Reversing Diabetes Complications.

Thank you for following the Mission Diabetes Bridge Blog and Congratulations! You're On Your Way To Preventing, Improving and Reversing Diabetes Complications!

Cheers

Robert Santoyo

Type 1 Diabetic & Founder of MissionDiabetes, LLC

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**Tags:** Grounding, Earthing, Direct Anti-oxidants, Indirect Anti-oxidants, Free Radicals, Diabetes Complications, Free Electrons, Inflammation, Advanced Glycation Endproducts, AGEs, Stop Diabetes Complications, How to stop Diabetes Complications

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