



# REFLECTIONS

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<http://www.thepenzancehorse.com>

**If your horse suffers from INSULIN RESISTANCE [IR] or EQUINE METABOLIC SYNDROME [EMS] then you NEED to read this!** YES, THIS IS WRITTEN TO HUMANS BUT ... THINK OF THE SAME RESULTS WITH HORSES. Their pancreas and reactions to sugar and carbs is no different than human reaction in the body.

"We know that one of the most accurate predictors of heart disease and diabetes is a condition called 'metabolic syndrome'. According to the CDC (Centers for Disease Control) at least 75 million Americans have metabolic syndrome, and probably many more have it but have not yet been diagnosed.

### **What is metabolic syndrome?**

It means your body has become resistant to insulin, among other issues. Normally when you eat carbs or sugar, blood sugar goes up, insulin is then released to counter the rise in blood sugar, and blood sugar goes back to a normal level.

If your diet is high in sugars and starchy foods, your body is continually pumping out insulin to lower your blood sugar. Eventually your cells stop responding to insulin, and your pancreas cannot create enough insulin in response to the demand, and it becomes exhausted. Blood sugar levels begin rise out of control, and stay constantly high, until you end up with type 2 diabetes.

Add one more deadly disease that is tied directly to sugar and insulin—**Cancer**.

According to World Health Organization's International Agency for Research on Cancer:

Your chances of getting cancer are much higher if you are obese, diabetic or insulin resistant.

### **What's the connection?**

Sugar.

And, your chances of dying from a form of malignant cancer are way higher if your diet is high in sugar.

Cancer researchers now know that the problem with insulin resistance and cancer is that as we secrete more insulin, we also secrete a related hormone known as 'insulin-like growth factor', and the insulin encourages bigger tumor growth.

Craig Thompson, president of Memorial Sloan-Kettering Cancer Center in New York, says many human cancers depend on insulin for fuel to grow and multiply. Some cancers develop mutations that actually feed off the insulin, and other cancers just take advantage of the elevated blood sugar and insulin levels from those with metabolic syndrome, obesity or type 2 diabetes. Many of the pre-cancerous cells would never acquire the mutations that transform them into malignant tumors if they weren't being driven by insulin to take up more and more blood sugar and metabolize it.

## The Trouble with Grains

When you take a look at the food supply of most modern societies, the common denominator is an overload of carbohydrates and processed grains—often combined with sugar or fructose (in the form of high fructose corn syrup).

**Wheat and corn are two of the worst carbohydrates for blood sugar and aging."**

~By Catherine Ebeling RN BSN, [www.simplesmartnutrition.com](http://www.simplesmartnutrition.com) and Mike Geary, Certified Nutrition Specialist, <http://www.truthaboutabs.com>

NOW THINK ... what is one of the MAIN INGREDIENTS IN ALL PROCESSED COMMERCIAL EQUINE FEEDS? WHEAT MIDDLING Soy and Corn are also common in commercial grain. And what is the most common additive for 'palitability'? MOLASSES. And then, of course, we add in all the artificial vitamins, minerals, and other additives that stress the body and immune system.

**FEED RAW - FEED LIVE:** <http://www.thepenzancehorse.com>

Low Glycemic Foods to Keep Blood Sugar Stable

(Note, dried peas, lentils, chick peas, etc. can be sprouted for even MORE NUTRITION! )

Walnuts

Peanuts

Cashews

Brazil Nuts

Macadamia Nuts

Pecans

Almonds

Pistachios

Peanuts

Avocados

Chick Peas

Lentils

Yellow Split Peas

Green Peas

Carrots (raw)

Broccoli

Cauliflower

Cabbage

Mushrooms

Lettuce

and other Greens (Spinach, Kale, Spring Greens)

Green Beans

Red Peppers

Plain Yogurt

Sweet Potatoes

Cherries

Plums

Grapefruit

Peaches

Apples

Pears

Dried Apricots

Coconut

Kiwi  
Strawberries  
Blackberries  
Raspberries

**Herbs, Spices and Miscellaneous Foods that Lower Blood Sugar Response** Many herbs and spices have been found to be as powerful as some medications in lowering and stabilizing blood sugar.~

~By Catherine Ebeling RN BSN, [www.simplesmartnutrition.com](http://www.simplesmartnutrition.com) and Mike Geary, Certified Nutrition Specialist, <http://www.truthaboutabs.com>

Cinnamon  
Cloves  
Cilantro  
Cumin  
Fenugreek  
Ginseng  
Sage  
Turmeric  
Lemon Juice

One or two of these herbs can easily be integrated in with a daily 'raw, live' salad given to the horse.

***The herbs also hold other medicinal properties so should be assessed by professional for the individual benefits for the individual horse.***

If you would like to **know MORE** about how to **RESOLVE** your horse's **IR or EMS** condition **WITHOUT EXPENSIVE drugs** that can have *dangerous side-effects*, please go to **<http://www.thepenzancehorse.com>** and send an inquiry. We will consider your request and offer consultation and direction of how to integrate/implement this RAW, LIVE diet into your horse's daily diet.

*NOTE: This is NOT to replace your own veterinarian's advice and recommendations. We are NOT veterinarians and do not claim to be.*