

#9 - Ramirez

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SPEAKERS

Dr. Eddie Ramirez, Lucia Tiffany

Lucia Tiffany 00:05

Hello, and welcome to experts secrets to reversing diabetes Summit. I am so happy that you decided to join us today and my guest is Dr. Eddie Ramirez. We are so glad to have you with us. Dr. Ramirez.

Dr. Eddie Ramirez 00:20

Thank you so much. Thank you for the invitation. And yeah, looking forward to encouraging some of you to do some positive changes

Lucia Tiffany 00:28

Absolutely. You know, Dr. Ramirez is a medical doctor, research scientist. He's a published author and international speaker. He's the director of health wise lifestyle medicine in Pennsylvania. Dr. Ramirez has more than 140 published studies in the scientific literature documenting the effects of lifestyle changes on disease reversal. He travels widely, he's been to more than 85 countries, on many different media outlets, and authored a number of books including books, the book Rethink Food, which he did together with Neil Barnard, Michael Greger Heinz deal, Joel Furman and other lifestyle medicine leaders. As you can tell, he also enjoys traveling and serving others with his family. So welcome. We're just so happy to have you here with us today. And today, we're going to be talking about a subject that is important to all of us. And that is the role of movement in health. But before we dive into that, could you share with us a little bit about how you started to get interested in lifestyle medicine? What brought you to where you are today?

Dr. Eddie Ramirez 01:39

Yep, that's a great question. And I originally studied computer science. I was, I thought, That's what I was gonna do with my life, work, you know, when one of those big tech companies, and when I was in my last semester of computer science, my friends were running. So I started running. And it ended up being that I was always the last place. And I said, No, that's not right, you know, I need to do something to improve my times. So I started doing some reading to see what the people that win the race do. And that's when I found out that the majority of those people that win the first place, are on a plant-based

diet. So I said, I'm going to switch my diet, let's see what happens with my times. And sure enough, I became so fast started getting first place in my town. And not only that, the discourse on all my subjects was, you know, the best ones throughout my whole undergraduate. So as I finished my undergraduate, I applied for a master's in computer science, I got accepted full scholarship and the whole nine yards. And while I was waiting to start that master's program, I had a brother that was working in a lifestyle center. This was back in 1994, before these things were popular, and I was supposed to go and visit him just for a weekend. And as I get there, the doctor in charge of the institution heard that I knew about computers. And he said, You know what, I have many computer problems that don't have anybody that knows computers. Can you help me this weekend that you're here? So in one week, and I fixed most of his major problems, he was so impressed, he offered me a job on the spot. And, to me, this was very confusing. I'm supposed to start my master's program, he's invited me to go and join his staff, and what am I going to do? But after thinking about it, I decided to join that staff and my life changed completely. When I started working there, I saw with my own eyes, how metabolic problems such as hypertension, such as diabetes, such as autoimmune problems, such as obesity, depression, and all kinds of conditions were being reversed by lifestyle interventions. So I said to myself, You know what, computers are interesting, but this is what I need to do with my life. And some years later, you know, the doors open for me to go ahead and study medicine.

Lucia Tiffany 04:27

Oh, wow, what an interesting journey, confirmed computer science to lifestyle medicine. But I think it's come in handy with all of the research that you do, having that background, so that's amazing. So let's talk about movement and exercise. Sometimes that's something that is hard for us to get started on. We're not sure it's really worth the effort. So what can you tell us about exercise and our metabolism? Yeah.

Dr. Eddie Ramirez 04:57

So this is something that is essential, as I tell my diabetic patients, you know, this is not something optional. If you have time, this is part of your therapy, part of the intervention that we are using to reverse your condition. So let me explain to you this in the following illustration. See, cells, especially muscle cells, have something that varies depending on the needs of the cell, so much in the cell, and then this cell expresses puts out some little receptors outside of the cell. And those receptors, the function is to capture the glucose. So, when the cell is more hungry, it expresses more of those receptors of glucose. And when the cell is not hungry, it just puts one or two out, you're saying, "Oh, just give me one, you know, I'm fine." So, think about this way, imagine somebody sitting down on a chair, couch potato, not much movement. Think about it, how many receptors, those muscle cells are going to express? Not very much, because there's no need to have those receptors. Active if we are not moving. Now go to the other side of the coin, what about somebody that is running a marathon? You know, tremendous need needs for energy for your muscles to keep on on moving. See, those muscles that are in that marathon, those are going to be the ones that are going to have a bunch of receptors out absorbing as much as that glucose as possible, because it's required in order to make that energy that is needed for them to move. And that's why exercise is one of the best things a diabetic can do to lower their glucose. As you start expressing those receptors, you will be able to capture much more glucose. So in general, that's the principle.

Lucia Tiffany 07:56

Well, that's really interesting, Dr. Ramirez. Now, let me make sure I understood this correctly. We hear a lot about receptors for glucose becoming resistant, like to insulin so that glucose doesn't come in. But it sounds like there's also an aspect of number of receptors that actually the quantity, not just the quality is affected by exercise. Is that correct?

Absolutely. That's correct.

Lucia Tiffany

Well, that is amazing. So receptors are not a set number on any cell, they can express receptors or kind of pull them in and close them. Is that that kind of ...

Dr. Eddie Ramirez

You got it. Yeah. All right.

Lucia Tiffany

So the more we exercise, the more those little receptors go out looking for sugar, which they would get from the bloodstream. And as sugar moves out of the bloodstream, onto these receptors and into the cell that's hungry, then the blood sugar levels come down. So is that kind of is that saying that correctly? Okay.

Dr. Eddie Ramirez 09:00

Yeah. And that's why even the timing of the exercise happened to be important. Oh, tell us about that. One of the best things the diabetic can do is to do exercise, after they finish eating. See, as they finish eating, the amount of glucose in the body will start to increase as the digestive tract is put in the glucose in your bloodstream. So as I tell the patient I want you to eat with your tennis shoes on. So as soon as you get your last bite, you put that fork down and you go for a walk. Don't wait. In that way. We avoid those curves. That is what we don't like in the diabetic when the sugar goes very high. And then there's sugar crashes down, that's not good for you. And that's not good for your metabolism. But if you immediately as soon as you finish eating, you go for a nice walk, that way, the curve tends to calm down much more, you won't have those peaks of glucose. Anytime you have those peaks of glucose, you have peaks of insulin. And that's not something good for your body.

Lucia Tiffany 10:29

Okay, and that would be true for both type one and type two, that type twos may be making more insulin to try to handle that spike, where a type one is going to have to take more injectable insulin to handle that spike is

Dr. Eddie Ramirez 10:42

That's correct. So both type one and type two or adult onset, get the benefit from doing this type of routine, as this is something that it just needs to be incorporated into your daily living.

Lucia Tiffany 11:00

That make sense, does it matter how long you exercise after each meal,

Dr. Eddie Ramirez 11:06

um, just a good 15-20 minutes, that's going to be good, that's gonna be a good timing. If you cannot do the 15 to 20, at least 5-10. At least that has benefits from your exercise in order to help you control those glucose levels. So

Lucia Tiffany 11:29

even five or 10 minutes will have an effect, it just won't be as strong an effect as you could get if you did like 20 minutes.

Dr. Eddie Ramirez 11:37

That's right, you'll get some benefit from that.

Lucia Tiffany 11:41

Well, that's really, really good to know, I think that's an excellent secret that you can take away today from what Dr. Ramirez is sharing with us. So we've seen the importance of exercise in the ability of your cells to take sugar out of the bloodstream, and also in the timing doing it after meals. So what are some other things that we can actually do? How are some other ways we can use exercise to help us control our blood sugars and become more insulin sensitive?

Dr. Eddie Ramirez 12:11

See, I've been involved in multiple lifestyle centers around the globe. I've worked in Southern California. When I was telling you the story, I work in the Black Hills, I work in Norway, I work in Hawaii, and then in Oklahoma, and then Weimar Institute. And one of the key aspects when you go and are a patient in one of those institutions, is that you're gonna do a lot of exercise, we are talking about two, three hours of exercise a day, because we want to express as much as possible those receptors. So if you want to incorporate such an intensive type of exercise routine, just need to watch out that you are not taking medication that lowers too much your your blood sugar's. So it's a good idea for you to carry some juice and some candy or something that will raise your your glucose in case your glucose start going down. So many of those medications actually that cause hypoglycemia. At the lifestyle centers, we actually don't like very much those medications, because one of the things that they do they actually harm the pancreas. So

Lucia Tiffany 13:50

talking especially about like oral medications, right?

Dr. Eddie Ramirez 13:53

That's right for both oral medications. So as long as you have some function of your pancreas, there is the possibility of reversing your type two diabetes. But it worries us if it is medications that cause, you know, damage to your pancreas because you're actually decreasing the probability of reversing the disease. So sooner

Lucia Tiffany 14:24

you can get off of oral medications, the better it is for your pancreas long term.

Dr. Eddie Ramirez 14:30

And that's right. In fact, the, the, the, the medications. The medications are not all of them are that bad. I mean medications such as Metformin, for example. That's a very benign medication. But yeah, when you're talking about the other types that are causing more significant hypoglycemia many times are as a result of forcing the pancreas to work more. And that actually damages some of the pancreas

Lucia Tiffany 15:12

kind of pushing it beyond its normal capacity. You know, it was interesting. Earlier, we had an interview with Dr. Furman. And he talked about how when he brings people into an immersive lifestyle experience, where they're getting the movement, and the nutritional interventions and all of that, that they actually take them off of oral medications before they even start. Because of that risk of getting low blood sugar. When you get into a program that's really intense, it can have an effect really quickly.

Dr. Eddie Ramirez 15:47

That's right. And that's why even the ones that are taking insulin, we have to decrease the dosage of insulin, and those that are taking oral medication, we need to decrease it significantly. Because of that risk of tanking down. Let me show my screen. Let me show you one clinical case, this one, I published this clinical case in the scientific literature. And this, well, here and here. So you can see how there is hope. So this is classic patient that comes to us. If you work in a Lifestyle Center, you're going to see this story over and over and over. This is this patient 58 years old, he has been diabetic type two diabetic for many years. He's taken one medication for his diabetes, diabetes and still his blood sugar's are not very well controlled. And his blood pressure also is having issues 150 over 78 Even though he's taking two medications for blood pressure, and please notice how fast the healing process starts to take place. In a matter of 18 days, that lasts the intervention, this patient was able to lose 16 pounds, his blood pressure came down to normal levels, we had to stop the blood pressure medication, his glucose started coming to acceptable levels, we had to stop the glucose medication to diabetes medication. And the patient said, "you know, I got well. And I want to continue to be well." So at home, he continued with the diet and the exercise and all these aspects. So you can see in a matter of six months after losing 83 pounds, still he doesn't need any blood pressure medication, any glucose, any diabetic medication, he continues doing the changes, and 11 months later from the start of his changes. And notice how his blood pressure is perfect. That's exactly what we want. 110 over 68 his cholesterol is perfect 140 or if you're in Europe, the European numbers or the 3.6 That's exactly where we want it. We want your total cholesterol to be under 150 200 is too high. many heart attacks happen 171-180 And then the LDL cholesterol the bad cholesterol 61 exactly what we want it we wonder LDL cholesterol to be under 75. And the most surprising number here in this laboratories are what is called the hemoglobin A1C hemoglobin A1C of 5.5 on somebody that does not take any diabetic medication means they're no longer diabetic. See the diabetes reverse. Now this is not something that I could tell you. Oh, I saw this every 20 years I've seen one of this know how most every single program, we see this type of improvement. And you can see here in a matter of a year and a half after losing 141 pounds. This patient is no longer obese. He is no longer diabetic. He is no longer hypertensive. So as you can see, this is exactly what we want the audience to experience and let me show you another one again. You

can find this on my ResearchGate page. I'll tell you the information in a minute. This is another study that we did this one what we did with two Of all the patients that have high blood pressure. And in one year of the lifestyle program, we identified those people with hypertension, and we were seeing what's happening to their medication for blood pressure. By the end of 18 days, 93% of these patients had to eliminate the majority of their medication was 93%. Now, if you remember, high blood pressure is the constant of diabetes. So it is one disease by the name of metabolic syndrome. If you have one of them, and you keep living the way you have, you're actually going to collect the four of them, which are the hypertension, the diabetes, or insulin resistance, the obesity, and the problems with triglycerides, and cholesterol. So don't wait until you have the four of them start making the changes today. And one last one. This other one, I'm in the process of publishing this clinical case. This is a patient that came to us with multiple conditions, he was diabetic, he was hypertensive, he had problems with cholesterol, he had problems with prostate, he had problems with allergies, he had problems with depression. I mean, he had to take this bag of medication every single day, wow. And in a matter of a month and a half, we were able to help this patient stop all those medications. And we started doing mathematics, how much his insurance was paying, how much his out of pocket expenses were for these medications. And this is the final figure, this patient is saving \$53,800 A year of medication he no longer needs.

Lucia Tiffany 22:21

Wow, that's impressive.

Dr. Eddie Ramirez 22:25

So not only your health will improve, your pocket will improve. You can buy you know that car that you've been wanting to buy, that Tesla, or this is the down payment for the new house that you've been wanting to have. This is, you know, a significant improvement in your economy.

Lucia Tiffany 22:46

Oh, that's awesome. So not only do you feel better, not only is your health better, but you also are saving a ton of money. And we haven't really talked about that that much in the summit. But you know, we live in a day and age where all of us are watching out for our pennies on our dollars. And whatever we can do to save is really going to be helpful and hear you kill not just two birds with one stone, but maybe 10 or 12. So

Dr. Eddie Ramirez 23:14

For those people that are listening, let me share with you where you can find this research. So I have a ResearchGate page. ResearchGate is a repository where you put your research, anybody can access that is free, I'm not selling you absolutely anything. And you can either type that address that is in the very top. Or you can go on Google and put Francisco Ramirez ResearchGate, those three words will take you there. And also this I have an very active Twitter account at the Eddierd MD, in which I'm motivate you with the latest in science on why it's important to keep those lifestyle changes. And in that YouTube page there's many videos Dr.eddieramirez.com. I want the audience to visit that website, it's going to take you to my YouTube. I have a testimony from another of our patients. I'm actually working on publishing his clinical case, this Jewish rabbi from New York that came to our program, he had significant heart failure. He had diabetes, he had hypertension, and he was able to reverse all those conditions. He also had a bag of medications even bigger than the other one actually. Go and listen to

his story. I have it there in five minutes. It tells you the whole story by going to that website.
Dr.eddieramirez.com.

Lucia Tiffany 24:45

Oh, thank you so much for sharing those wonderful resources with us, Dr. Ramirez, you know, also I want to remind our listeners that there is a link to a free gift from Dr. Ramirez which is the ability to download several chapters from one of his his latest books you're gonna really want to take a look at. And as we keep talking about lifestyle, I know we've been talking about it all through the summit. But I just want to have him clarify that these people that we're talking about that are seeing this disease, reversal of diabetes, obesity and hypertension, and so on, are doing regular exercise, but they're also doing some dietary interventions. And in a little summary statement, how would you describe the dietary interventions that they're doing?

Dr. Eddie Ramirez 25:30

Yep, they're following what is called a Whole Foods, plant based diet. So basically, it is a fiber rich diet. And when you eat tremendous amounts of fiber, the fiber helps keep those curves of glucose that I've been talking to you about under control. So many people are worried as I talk to them, doctor, but if I switch to a vegetarian diet, where am I gonna get my protein? They say. Well, you know, that's the wrong question to answer to ask. Because most of the festivals are loaded with protein. In fact, the question that you need to really ask and and get a good answer is, where am I going? That is the main question to answer. I majority of new in the western world are deficient. Go ahead.

Lucia Tiffany 26:38

Can you repeat that question, we had a little bit of a glitch in the internet. Okay. And it didn't come through clearly. So what's the question we really need to be asking?

Dr. Eddie Ramirez 26:47

Where are you going to get your fiber?

Lucia Tiffany 26:51

aha.

Dr. Eddie Ramirez 26:53

So you need to be shooting for some good 30-35 grams of fiber a day if you are a diabetic. And you're going to see that when you eat that much fiber, you will see that automatically your glucose starts coming down. Say ever since I was a student when I went to medical school, the system that I was studying required me to do a one year of service to the government. So as I started serving in a public institution, I realized that they were having many cases of diabetics in that community. And sadly, the majority of the doctors didn't do anything about it. So they would say, oh, follow the diet and exercise, but what diet? You know, what exercise? Maybe be more specific. And I went and talked to the director of the institution and told him, Look, I need to spend a good hour, hour and a half with this patience. Would you allow me to do that, too? Oh, yeah, please do, please do. So I started the first diabetic club in town, I went to talk to the mayor of the town and ask him, Look, I need this. A place that I can hold this meetings. What can you help me with it? Oh, no problem. There's a public library. And anytime that you want to use it for that, please say go ahead and do it. So sort of doing that diabetic club there. I

talked to their Rotary Club, and they were able to sponsor some glucometers where I was, people had hard time getting a hold of those. And they put some giant signs in the roads so that people would know that that was happening in town. And I can tell you, many people were able to reverse their diabetes, to the point that most of the food sources were from little grocery stores. And they didn't have much selection of good foods there. So what I did, I went and met with the owners of the stores and told him, Look, I have many people doing very positive lifestyle changes, and they're having a hard time finding certain ingredients for their meals. So can you please bring me these things? When you go on and you know, get your supplies? I'm gonna give you a list, please go and get this things. Well, he really didn't believe me that people were gonna come and he just got two or three of those things, man, those things just flew off the shelves. And those patients started going and fighting with the owner of the store. They say the doctor say, "The doctor said you're gonna have this. How come you don't have it?" don't have it. So he knew that they stuff was serious. And from now on, you know, he started stocking his store with good things such as, you know, tofu and, and brown rice and all this good goodies as people started making those changes and needed those foods to continue their changes.

Lucia Tiffany 30:22

Oh, that's a wonderful story. I love that. And it's so good to know that not only can people see great effects with simple choices, simple lifestyle changes, but it doesn't have to take a long time. And it doesn't have to take a lot of money. In fact, it actually saves money.

Dr. Eddie Ramirez 30:43

That's right. You know, right now there's a big crisis. The prices of meat and eggs and, and milk are going off the roof. Well, you actually don't need those foods, we need to go back to simple foods, such as your beans, your lentils, your chickpeas, and so forth. They are loaded with fiber, and they help you control those glucose. And they are way cheaper compared to meat prices.

Lucia Tiffany 31:17

Yes, yes, that's great, that's another great tip, that as we move towards that more whole food, plant based diet, we save not only grocery money, but we save healthcare money. So we like have a double savings plan by doing that. And as you have been listening to the presentations that we've had over the last couple of weeks, I hope that you have really come away inspired and motivated to see what is it that you can do to take your next step to better health. I just want to thank Dr. Ramirez for being with us here today and would like to ask him if he has any closing thoughts for us. Something that we might really enjoy or take away, it can be a story, it can be a wise saying whatever it is that you'd like to share with us for the last few minutes that we have together here.

Dr. Eddie Ramirez 32:10

Yep, I just want to encourage you to give it a try. You know, there's many people that have commercial interests, they try to sell you this supplement or these pills and so forth. And you're actually just wasting your money on something that is actually helping you little. The beauty of these things that we are sharing with you is that these things are affordable in the access of everybody. So make sure that you are doing those changes. If you are going to be serious about this lifestyle changes, I want you to please be in close contact with your primary physician, because you need to correct the dosage of your medication or sometimes even drop it. Let me share with you a story. So one of my patients that came

to this diabetes club, he had a sore in his toe that was not healing for months literally. So we checked the blood sugar, yes, it was too high. So we you know, talk about making those dietary changes during that exercise program. And he came with a big smile the next week, he he was able to make the changes and the source started healing in front of his own eyes. And he wasn't even alone. He brought other people, hey, you need to talk to this doctor. And he's gonna help you. So he continued doing the changes. But he started doing it on his own. He didn't come back anymore. Because I would tell people, you know, come every week, we'll check your glucose and you know, see how you're doing. So he started doing those things on his own. And after like three months later, he comes and shows up. So I was very interested to check in his glucose he had, you know, quite low glucose. So he was taking for diabetic medications. I told him Look, I'm going to stop three of your medications, stop taking them, just take this Metformin while you go and make a consultation with your primary physician. So sadly, his primary physician when he heard that he had stopped the medication, he didn't check his glucose or anything. He just rebuked him. Hey, you cannot stop your medication. You know, this is not responsible and blah, blah, blah. Here is your medications again, go and take him you know, every single one of them. Sadly, he had a hyperglycemic you know thing, and he ended up in the ER. And that's when they took him seriously. And they were able to stop all the medications. See, this is how good this works. So just that hint, make sure that you're working together with your primary physician, as your glucose starts coming down. The good news is that they may be able to decrease dosage or drop some of those medications that you are taking.

Lucia Tiffany 35:28

That is absolutely good news. And I want to thank you so much both for the good news and for the warning that this is something that needs to be monitored, because the effects are so quick on your blood sugar. And we don't want anybody dealing with low blood sugar episodes, which can be fatal. So it's very important that you be monitoring yourself closely as you make these changes and work with your primary care provider. So thank you so much, Dr. Ramirez. We've really enjoyed having you here today. And I want you all to remember that health is wealth, and with every healthy choice, you are getting richer. Thank you for joining us today.