Can Your Bones Predict a Sugar Crash? #health # #diabetesawareness #diabetes Transcript

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Introduction to Bones and Blood Sugar

Hello, I'm Dr. Ser Bosan. What if your Hello, I'm Dr. Ser Bosan. What if your bones could predict your sugar crash? It bones could predict your sugar crash? It sounds strange, but your bones might be sounds strange, but your bones might be the first to know when your blood sugar the first to know when your blood sugar is heading off track. Today, I'm going is heading off track. Today, I'm going to talk about adult onset diabetes.

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How Diabetes Affects the Body

Diabetes isn't just about sugar levels. Diabetes isn't just about sugar levels. When the sugar level stays high, it When the sugar level stays high, it becomes sticky. It sticks to your blood, becomes sticky. It sticks to your blood, to your nerves, and to your organs. Then to your nerves, and to your organs. Then your body cannot send the right your body cannot send the right messages. Behind every improvement, messages. Behind every improvement, there is a reason why it works. Today, I there is a reason why it works.

The Body Can Rebuild Itself

Today, I want to show you that reason. When we want to show you that reason. When we understand how the body breaks down, we understand how the body breaks down, we can also learn that it can rebuild can also learn that it can rebuild itself step by step. Healing doesn't itself step by step. Healing doesn't start from the outside. It starts deep start from the outside.

What Diabetes Really Is

It starts deep everything. So what is diabetes really? everything. So what is diabetes really? It is not just about sugar levels. It's It is not just about sugar levels. It's about how your body uses it. You see, about how your body uses it. You see, your body needs a key to unlock energy.

your body needs a key to unlock energy.

Insulin, Sugar, and Bone Health

That key is called insulin. That key is called insulin. But when the key is broken, the sugar But when the key is broken, the sugar stays outside. Then sugar builds up in stays outside. Then sugar builds up in trouble. Now, this next part surprises trouble. Now, this next part surprises most people. Diabetes doesn't just most people. Diabetes doesn't just affect sugar. It can hurt your bones, affect sugar.

Calcium Signaling and Cell Communication

It can hurt your bones, too. Too much sugar slows your bone too. Too much sugar slows your bone repair. your bones get weaker and break repair. your bones get weaker and break down easily. But when your sugar level down easily. But when your sugar level is in control, your bones stay stronger, is in control, your bones stay stronger, too. So now we know diabetes can even too. So now we know diabetes can even hurt your bones. But here is the part hurt your bones. But here is the part most people never hear. Not in the news, most people never hear. Not in the news, not even in most clinics. The real not even in most clinics.

After Eating: Sugar Rises and Insulin Needs Help

The real damage starts even before the sugar damage starts even before the sugar level gets high. Through calcium level gets high. Through calcium signaling, cells communicate using signaling, cells communicate using amplitude modulation and frequency amplitude modulation and frequency modulation. Just like radio, diabetes modulation. Just like radio, diabetes starts when your cells stop talking to starts when your cells stop talking to each other. And guess who is in charge each other. And guess who is in charge of that of that Let's bring this to real life. What Let's bring this to real life. What happens right after you eat? Here is the happens right after you eat? Here is the problem most people face and they don't problem most people face and they don't even know it's happening. The sugar even know it's happening. The sugar level starts rising fast. Insulin is level starts rising fast. Insulin is ready to help. However, it cannot work ready to help. However, it cannot work without help.

without help.

How Calcium Supports Insulin and Energy

That's where calcium and the right kind That's where calcium and the right kind of calcium steps in. AIC of calcium steps in. AIC [Music] [Music] [Music] therapy. We know calcium isn't just for therapy. We know calcium isn't just for bones. It talks to insulin, too.

bones. It talks to insulin, too. However, not all calcium works the same However, not all calcium works the same way. way. way. Some types just sit there and your body Some types just sit there and your body stores them like junk in the stores them like junk in the garage. What your body needs is smart garage. What your body needs is smart calcium. The kind your body can actually calcium. The kind your body can actually [Music] [Music] [Music] use. This is your cell full of busy use. This is your cell full of busy machines working to move sugar. But machines working to move sugar. But insulin cannot work unless calcium insulin cannot work unless calcium presses the go button first. In presses the go button first. In diabetes, calcium gets stuck in this diabetes, calcium gets stuck in this yellow and green yellow and green channels. So the signal breaks, AIC gets channels. So the signal breaks, AIC gets calcium moving again. So insulin flows, calcium moving again. So insulin flows, sugar levels drop, and the system sugar levels drop, and the system But calcium doesn't just stop there. It But calcium doesn't just stop there.

Why the Right Calcium Matters

It helps your cells turn sugar into real helps your cells turn sugar into real energy. Like a green light inside your energy. Like a green light inside your powerhouse, your mitochondria, it says powerhouse, your mitochondria, it says go. That's how food becomes fuel. So go. That's how food becomes fuel. So yes, calcium turns sugar into energy, yes, calcium turns sugar into energy, When calcium floats too high in your When calcium floats too high in your blood, the whole system starts to jam.

blood, the whole system starts to jam. That pushes insulin away and slowly That pushes insulin away and slowly builds resistance. AIC corrects this by builds resistance. AIC corrects this by drawing calcium back into the bones and drawing calcium back into the bones and Calcium isn't just about bones. It Calcium isn't just about bones. It controls energy, inflammation, immunity, controls energy, inflammation, immunity, and even brain clarity. That's why and even brain clarity. That's why people with diabetes, cancer, nerve people with diabetes, cancer, nerve issues, and chronic fatigue have seen issues, and chronic fatigue have seen real change with AIC therapy. Because real change with AIC therapy. Because when the signal flows right, healing when the signal flows right, healing starts from the inside starts from the inside out. Want to feel better?

out. Want to feel better? Visit our website to learn more. I hope Visit our website to learn more. I hope this was helpful. If it was, feel free this was helpful. If it was, feel free to like and subscribe. You can also to like and subscribe. You can also leave a comment below. I'm Dr. Server.

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