<Untitled Chapter 1>

David's Life (Before)

starting your day the same way every starting your day the same way every single morning. That was David's life single morning. That was David's life for years. He would open his eyes, reach for years. He would open his eyes, reach for his glucose meter, hope for a better for his glucose meter, hope for a better number, and see almost the same result number, and see almost the same result again. Most mornings, his fasting blood again. Most mornings, his fasting blood sugared between 160 [music] sugared between 160 [music] and 230. He took his tablets, tried to and 230. He took his tablets, tried to follow dietary advice, and [music] went follow dietary advice, and [music] went to his checkups. On paper, people told to his checkups. On paper, people told him things were not too bad, but his him things were not too bad, but his body didn't agree. David woke up tired, body didn't agree. David woke up tired, even after a full night of sleep. His even after a full night of sleep. His legs felt heavy on the stairs. His legs felt heavy on the stairs. His thinking was slow in the morning, as if thinking was slow in the morning, as if his brain needed extra time [music] to his brain needed extra time [music] to turn on. He felt older than his actual turn on. He felt older than his actual age and he started to believe this was age and he started to believe this was his future. If any part of this feels his future. If any part of this feels familiar, David's [music] story can help familiar, David's [music] story can help you understand what type 2 diabetes does you understand what type 2 diabetes does inside the body and [music] how calcium inside the body and [music] how calcium quietly plays a role in this process. We quietly plays a role in this process. We will also see what changed when David will also see what changed when David [music] sported his calcium traffic and [music] sported his calcium traffic and why those change showed up both in his why those change showed up both in his numbers and his daily life. Let's start numbers and his daily life. Let's start with a simple picture of diabetes.

with a simple picture of diabetes.

What is Diabetes, Really?

[music] [music] [music] When you eat, food is broken down and When you eat, food is broken down and sugar enters your blood. Your body sends sugar enters your blood. Your body sends out [music] insulin, a hormone that out [music] insulin, a hormone that knocks on the doors of your [music] knocks on the doors of your [music] cells, saying, "Please open." Sugar is cells, saying, "Please open." Sugar is here to give you energy. If the doors here to give you energy. If the doors open easily, sugar moves [music] from open easily, sugar moves [music] from the blood into the cells. And your the blood into the cells. And your energy system runs [music] smoothly. But energy system runs [music] smoothly. But in type 2 diabetes, these doors don't in type 2 diabetes, these doors don't always open properly. [music] always open properly. [music] Sometimes there isn't enough insulin at Sometimes there isn't enough insulin at the right moment. Other times [music] the right moment. Other times [music] the doors have become stubborn and don't the doors have become stubborn and don't respond. This is insulin resistance.

respond. This is insulin resistance. Now where does calcium come in? Most Now where does calcium come in? Most people think of calcium only as a bone people think of calcium only as a bone mineral, strong bones, healthy teeth, mineral, strong bones, healthy teeth, that kind of thing. But inside the body, that kind of thing. But inside the body, calcium is also a messenger. Imagine calcium is also a messenger. Imagine tiny sparks of light passing through tiny sparks of light passing through your cells. [music] your cells. [music] Those sparks are like calcium signals.

Those sparks are like calcium signals. They tell the cells that make insulin They tell the cells that make insulin when to send it out. In your muscles and when to send it out. In your muscles and fat cells, the [music] sparks signal fat cells, the [music] sparks signal when to open their doors to sugar. They when to open their doors to sugar.

Why Calcium Matters in Diabetes

They also tell your internal power stations also tell your internal power stations to produce more [music] to produce more [music] energy. Calcium signals guide cells on energy. Calcium signals guide cells on when to calm down and [music] when to when to calm down and [music] when to react to stress. When this tiny calcium react to stress. When this tiny calcium signals are [music] clear and well signals are [music] clear and well organized, your metabolism can adapt.

organized, your metabolism can adapt. For David, this made a real difference. For David, this made a real difference. [music] When sugar rose after meals, his [music] When sugar rose after meals, his calcium signals were able to move calcium signals were able to move efficiently. Insulin [music] came out on efficiently. Insulin [music] came out on time and his cells knew what to do. But time and his cells knew what to do. But when calcium signals were messy or weak, when calcium signals were messy or weak, everything became harder. The cells that everything became harder. The cells that made [music] insulin reacted more made [music] insulin reacted more slowly. They didn't release insulin with slowly. They didn't release insulin with the same strength [music] as before. His the same strength [music] as before. His muscles and fat cells didn't [music] muscles and fat cells didn't [music] hear insulin clearly, so they didn't hear insulin clearly, so they didn't open their doors wide enough for sugar.

open their doors wide enough for sugar. Inside [music] each cell, little storage Inside [music] each cell, little storage rooms for calcium became confused.

rooms for calcium became confused. Too much calcium got stuck in the wrong Too much calcium got stuck in the wrong places and not enough reached the places and not enough reached the signaling sites. [music] signaling sites. [music] This affected more than just sugar.

This affected more than just sugar. David's energy dropped. His cellular David's energy dropped.

How Your Cells Use Sugar and Calcium Together

His cellular engines worked harder under stress engines worked harder under stress [music] [music] [music] and small amounts of inflammation and small amounts of inflammation lingered in the background.

lingered in the background. In fat tissue, too much calcium inside In fat tissue, too much calcium inside [music] the cells can trigger the [music] the cells can trigger the release of substances that worsen release of substances that worsen insulin resistance.

insulin resistance. The nerves also depend on fine calcium The nerves also depend on fine calcium control to move [music] messages along control to move [music] messages along their lung fibers. When calcium is out their lung fibers. When calcium is out of balance for years, nerve transport of balance for years, nerve transport slows [music] down. Many people notice slows [music] down. Many people notice this first as burning, tingling, [music] this first as burning, tingling, [music] or strange sensations in their feet and or strange sensations in their feet and hands, sometimes long before tests show hands, sometimes long before tests show big changes. Bones and blood vessels big changes. Bones and blood vessels feel this calcium shift too. Normally feel this calcium shift too. Normally bones hold most of the calcium and blood bones hold most of the calcium and blood vessels stay soft and flexible. [music] vessels stay soft and flexible. [music] But with longstanding type 2 diabetes, But with longstanding type 2 diabetes, some calcium slowly leaves the bones and some calcium slowly leaves the bones and settles in vessel walls and other soft settles in vessel walls and other soft tissues. The cells in the vessel wall tissues. The cells in the vessel wall start acting more like bone building start acting more like bone building cells.

cells. cells. Over time, vessels stiffen, the heart Over time, vessels stiffen, the heart works harder, and circulation loses its works harder, and circulation loses its natural spring.

natural spring. All this can happen even when a simple All this can happen even when a simple blood test says [music] calcium levels blood test says [music] calcium levels are normal. The real issue is not how are normal. The real issue is not how much calcium is in the [music] blood, much calcium is in the [music] blood, but where it is and

how easily it can but where it is and how easily it can move to the right place [music] at the move to the right place [music] at the right time. So with type 2 diabetes, the right time. So with type 2 diabetes, the focus should not be only on sugar. A focus should not be only on sugar.

What Changed David's Life

A disturbed calcium trafficic system disturbed calcium trafficic system affects insulin release, insulin [music] affects insulin release, insulin [music] resistance, energy, nerves, bones, and resistance, energy, nerves, bones, and blood vessels. Now let's return to blood vessels. Now let's return to David. Despite taking medication, David. Despite taking medication, [music] [music] [music] his fasting sugar had remained high for his fasting sugar had remained high for years. His body felt heavy, his [music] years. His body felt heavy, his [music] mind sluggish, and his bones weaker.

mind sluggish, and his bones weaker. Walking even short distances sometimes Walking even short distances sometimes [music] felt like carrying a backpack of [music] felt like carrying a backpack of stones. David started using AIC [music] stones. David started using AIC [music] therapy mainly to support his bones. AIC therapy mainly to support his bones. AIC is a special ionic form of calcium is a special ionic form of calcium designed [music] to help the body designed [music] to help the body organize calcium signals and calcium organize calcium signals and calcium traffic rather than [music] just adding traffic rather than [music] just adding more mineral. He continued his usual more mineral. He continued his usual diabetes medicine and [music] didn't diabetes medicine and [music] didn't suddenly switch to a strict new diet.

suddenly switch to a strict new diet. The main change was [music] taking AIC The main change was [music] taking AIC regularly away from meals. At first, regularly away from meals. At first, nothing big happened. His fasting nothing big happened. His fasting [music] sugar stayed high. But around [music] sugar stayed high. But around the second week, something began [music] the second week, something began [music] to shift. Using the same glucose meter to shift. Using the same glucose meter and the same tablets, David noticed his and the same tablets, David noticed his numbers started to move [music] down.

numbers started to move [music] down. Instead of the old 160 230 range, his Instead of the old 160 230 range, his morning sugar settled around8 morning sugar settled around8 160. For David, this was huge. For the 160. For David, this was huge. For the [music] first time in years, his body [music] first time in years, his body responded to his efforts. The change responded to his efforts. The change wasn't just in numbers. [music] His head wasn't just in numbers.

Case Reference

[music] His head felt clearer in the morning. He didn't felt clearer in the morning. He didn't need as long to warm up. Moving around need as long to warm up. Moving around the house, preparing breakfast, even the house, preparing breakfast, even walking the stairs, all felt easier. He walking the stairs, all felt easier. He described his body as less stiff from described his body as less stiff from the inside, less trapped, more ready to the inside, less trapped, more ready to move [music] move [music] and live. If you have type 2 diabetes, and live. If you have type 2 diabetes, you might ask, could disturb calcium you might ask, could disturb calcium traffic be part of your story, too?

traffic be part of your story, too? Think about which parts of your body Think about which parts of your body feel the most tired or stuck in daily feel the most tired or stuck in daily life. [music] life. [music] Here is how AIC helped David's cells.

Here is how AIC helped David's cells. Think of calcium as traffic again in the Think of calcium as traffic again in the cells that make insulin. [music] AIC cells that make insulin. [music] AIC helps it move in a smoother rhythm. weak helps it move in a smoother rhythm. weak [music] signals become clearer, allowing [music] signals become clearer, allowing insulin to come out of the right time insulin to come out of the right time and pattern. In muscle and fat tissue, and pattern. In muscle and fat tissue, steps that respond to insulin [music] steps that respond to insulin [music] rely on clean calcium movement. With rely on clean calcium movement. With AIC, these steps line up

[music] again AIC, these steps line up [music] again and the doors on the cell surface open and the doors on the cell surface open more easily. From the outside, insulin more easily. From the outside, insulin resistance softens inside. the energy resistance softens inside. the energy factories of the cell. Better calcium factories of the cell. Better calcium control allows [music] power production control allows [music] power production without constant stress. Fat tissue sees without constant stress. Fat tissue sees more balanced calcium, calming more balanced calcium, calming inflammatory signals.

inflammatory signals. Calcium storage pumps and wallves find Calcium storage pumps and wallves find their rhythm again and cells become more their rhythm again and cells become more flexible, able to rest and act [music] flexible, able to rest and act [music] instead of always being half alarmed. In instead of always being half alarmed. In bones and blood vessels, calcium is bones and blood vessels, calcium is [music] better placed, sporting stronger [music] better placed, sporting stronger bones and protecting vascular bones and protecting vascular flexibility. For David, all these small flexibility. For David, all these small cellular changes translated into simple cellular changes translated into simple daily improvements. [music] daily improvements.

David's Life (After)

[music] His fasting glucose improved. His energy His fasting glucose improved. His energy returned. Walking, thinking, [music] and returned. Walking, thinking, [music] and everyday tasks became easier.

everyday tasks became easier. Food, movement, sleep, and medical Food, movement, sleep, and medical follow-ups remained [music] important. follow-ups remained [music] important.

But AIC gave his body a new way to But AIC gave his body a new way to organize its own signals. David's organize its own signals. David's journey [music] shows a clear message.

journey [music] shows a clear message. You are not just a person with high You are not just a person with high sugar. You are a living [music] network sugar. You are a living [music] network of cells communicating constantly.

of cells communicating constantly. Calcium is one of the main words they Calcium is one of the main words they [music] use. Sporting healthy calcium [music] use. Sporting healthy calcium movement helps insulin work better, movement helps insulin work better, helps your cells receive messages helps your cells receive messages [music] [music] [music] clearly, keeps bones and vessels clearly, keeps bones and vessels protected, and allows [music] energy and protected, and allows [music] energy and mental clarity to return. If David's mental clarity to return. If David's story resonates with you, think [music] story resonates with you, think [music] about which part feels closest to your about which part feels closest to your own experience. And [music] if you want own experience. And [music] if you want more videos about how deep cell signals more videos about how deep cell signals like calcium shape daily help in type 2 like calcium shape daily help in type 2 diabetes, subscribe to this channel and diabetes, subscribe to this channel and share this video with [music] someone share this video with [music] someone who feels tired and stuck the way David who feels tired and stuck the way David [music] [music] [music]