

## New Theory of CVD/Cancer and Diabetes

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*"A new, radical theory will never be an addition or increment to existing knowledge. It changes the basic rules, requires a decisive revision or reformulation of the fundamental assumptions of the old theory, re-evaluates existing facts and observations".*

*U.S. Doctor of Medicine Stanislav Grof*

### Abstract

**Goal:** Diabetes epidemics are rampant in most developed countries. The purpose of this article is to uncover the true mechanism of diabetes and link it to some other diseases.

**Method:** Exploring the numerous sources of information posted on the Internet. Discussion of proposed ideas at conferences, publication of original articles in Russian and English-language medical journals.

**Results:** Only from 2012 to 2019, the author of the New Theory, published in medical journals about 30 articles in English and Russian languages on the mechanism of many diseases with the so-called "unknown" mechanism. In fact, most of these diseases are based on the same mechanism, but scenarios of deterioration of health in all people due to genetic and physical differences, because of differences in lifestyle have their own features. A person still does not know how to maintain his health, what to pay attention to.

**Keywords:** CVD; Cancer; Diabetes

The author of the article spoke several times in 2012 - 2019 at international medical conferences, for example, in Moscow and London. In the last 3 years alone, about 25,000 (total re-requests) applications for publications and reports have come to us from magazine editors and conference organizers from different countries.

In the 2019 article, the "Diabetes Mechanism has opened" the possible mechanism of diabetes is substantiated. I recommend you get to know this article.

This article presents additional arguments in favor of the fact that psychological stresses, alcoholic excesses, overeating, lack of calories, meager choice of foods, excessive consumption of sugar, lack of regular rest and proper exercise regimen lead periodically to a significant increase in arterial pressure (AP) (the pressure in large arteries of the systemic circulation). that, with a significant increase in blood pressure in order to prevent excessive stretching and damage to the walls of the arteries, have the ability to increase their lumen and relieve part of the flow of blood into the venous channel (arteries and venous anastomoses - AVA) [15]. AVA can be either closed or in open conditions, the usual AVA state is closed. As a rule, the opening of AVA occurs for 1 - 3 seconds [16], perhaps several times in a row, so there are ad races.

So, if the blood pressure increases by a significant amount from normal - at such moments can open AVA. One of the appointments of these "small and imperceptible" vessels is to save a person from strokes and heart attacks. But in this age, the age of absence of daily physical activity, with a sedentary lifestyle, with long sessions at the computer, with excessive nutrition, the work of AVA can be distorted. In an unhealthy lifestyle, THE AVA may be in an open state for too long, and in some people these connective vessels may be closed, but not completely. Open AVA plus the strength of gravity of the Earth lead to the fact that the ratio of venous and arterial blood gradually increases in favor of venous. At the same time, blood pressure over time becomes instead of elevated - normal or even lowered, and venous pressure is constantly elevated, especially in the lower half of the body. In other words, there is a venous full blood and, as a result, after a few years there is a whole bunch of diseases with an unknown mechanism for doctors.

The overflow of the hollow vein leads to partial blockage of liver circulation, then, perhaps, to heart arrhythmia: to extrasystole, to pathological tachycardia. Cause: there are extraordinary arousals of cardiomyocytes due to the blows of mechanical waves, which spread inside the closed circuit on the vessels and ventricles of the heart.

Over the years, after damage to venous valves due to overflow in the daytime venous bed of the legs and organs of the pelvic, there are blockages of capillary circulation, mainly in organs located below the heart. This is because venous blood, if there are no obstacles, just flows down the vessels. There is an increase in venous pressure in shallow veins. As a result of the lack of gradient pressure between arterioles and venules, blood slows down or stops its movement in some places. This is the cause of varicose veins and thrombosis. In the daytime, permanent areas of blood stagnation in the pelvic organs and legs are created. Apparently, the overall pattern of stagnation can be mosaic: in some numerous zones - stagnation, and next door - normal blood circulation. Periodic blood stagnation contributes to the increase of viscosity of blood, visceral obesity, cystitis, hypoxia, increased acidity of the tissues of organs.

At night, after taking a horizontal position of the body, venous blood and intercellular fluid with some delay, for example, at 4-6 hours, leaves the stagnation zones and spreads towards the upper half of the body. The flow of excess venous blood from the bottom upwards towards the head along the vena cava and other veins, occurs in the region of the cervical veins with a flow of the opposite direction. Result: nightly counteraction to the outflow of blood from the brain. This is the cause of morning headaches [17], poor sleep, multiple sclerosis [5] and some other diseases. the same mechanism, a violation of the outflow of blood due to the oncoming flow, is also the cause of night and morning attacks of asthma [18]. It is characteristic that in a sitting position, these same asthmatic attacks are lighter.

Thus, it seems very plausible to assume that most diseases with an unknown mechanism still have a cause - permanent venous full blood, permanent venous stagnation and swelling. The degree of fullness, namely, body weight, the degree of vascular enlargement, the degree of swelling, the degree of lymph retention, venous pressure - all this is measurable, so venous full blood can be controlled and influenced by it. Most importantly, there are known areas where stagnations are formed, where, apparently, glycated hemoglobin is formed. It is known that the crust binding of glucose with hemoglobin depends on the concentration of sugar, that is, the greater the amount of sugar in the blood, the more hemoglobin binds to it and the higher the rate of glycated hemoglobin.

So, in a long series of diseases with an unknown or controversial mechanism is diabetes. This follows from the fact that diabetes has, on the one hand, significant relationships with many of the diseases mentioned above, and on the other hand, all these diseases in terms of the "New Theory of CVD" depend on venous fullness.

Type 2 diabetes occurs against a background of increased insulin tolerance: the hormone is found in the blood, but cannot get into the cells of tissues. A characteristic feature of type 2 diabetes is poor wound healing.

These are just a few examples of these relationships or correlations that are actively discussed in official medicine. All seven quotes below are from specific sources:

1. "Diabetes mellitus is a complex disease that can have many causes of manifestation. Stress is a common factor in provoking its development. Such a provocateur can also have a direct impact on fluctuations in blood sugar in a diabetic".
2. "Diabetes and blood pressure are closely related. Increased blood pressure in diabetes is the most common symptom. Due to fluctuations in glucose levels, patients' blood becomes somewhat additional viscosity, this causes fluctuations in blood pressure. All diabetics are advised to regularly monitor their blood pressure levels.
3. "A frequent complication in diabetes is diabetic acidosis, accompanied by headaches, malaise, drowsiness, shortness of breath, cough, arrhythmia, rapid heartbeat, etc. This pathological condition occurs when insulin is not enough in the body. Most often, acidosis occurs if a person violates the scheme of insulin intake. Pathology is manifested by dehydration of the body, expressed weakness and the appearance of the smell of acetone from the mouth. If left untreated, acidosis goes into a coma, and after a few hours a person may die".
4. "The combination of asthma and diabetes in one person may have different causes. The main development altimetence is a breakdown in the immune system congenital or acquired during life".
5. "Obesity is one of the leading causes of diabetes. According to experts, it is the presented factor that provokes the present disease in at least 44% of cases. That is why it is strongly recommended to devote all forces to the fight against so-called visceral obesity in order to normalize body weight and eliminate in the future problematic work of insulin".
6. "Development in diabetes cardiovascular pathology is primarily associated with a significant acceleration of glycosylation of proteins, which disrupts their structure and function. Damaged walls of arteries, developing dysfunction of cells of the vascular bed, "starts" as well and a number of other pathological processes. Glycosylation of lipoproteins turns them into "alien" substrates that penetrate the artery wall and cause its chronic inflammation, which is an important stage in the formation of atherosclerotic plaques in the vessels. The processes of formation of active forms of oxygen that damage cell membranes are intensified, viscosity and blood clotting increases. Changing the structure of the proteins that make up collagen and elastin makes the artery wall "tough," low-flowing, and disrupts circulatory regulation".
7. "Numerous studies conducted in recent years confirm the presence of an associative link between SD and cancer. Most studies assessing the risk of developing and dying from cancer were conducted on cohorts of patients with type 2 diabetes. Insulin is the main regulator of cell metabolism. Many cancer cells require insulin for extracorponatal growth".

The seven excerpts from medical sources on diabetes clearly show that there seems to be one common global mechanism that cannot be unmasked for hundreds of years. This is confirmed by more and more medical research over the last few decades. Many studies have found more and more significant correlations between "different diseases". The other side!

At one time, the heads of medicine broke all medicine into separate, almost independent parts. It was considered that it would be easier for all medicine and all doctors. Further development of medicine went in narrow directions. This is what has brought all medicine to a standstill: many major diseases to this day are still with "unknown etiology", but at the same time the lists of causes, or contributing factors, they all largely coincide, which confirms the existence of one mechanism their origins, one etiology.

The author noticed two more serious facts in favor of the proposed new mechanism of diabetes:

- 1) The Morning Dawn Phenomenon seems to strongly support the argument in favour of the New Theory. Both diabetics and healthy people in the daytime additional volumes of venous blood in different quantities accumulate in the lower half of the body. During

sleep in a horizontal position, stagnant blood flows into the upper half of the body not immediately, but with some delay. That is why in the morning the level of glucose, taken from the fingers of diabetics and, and, to the surprise of doctors and patients, in healthy people, but, of course, to varying degrees. Simultaneously with glucose levels in the morning increases and viscosity of blood, which is also understandable.

- 2) Another controversial issue. Why different blood glucose levels from fingers and toes? The data are given: from the finger sugar-7.3 mmol/L, from the toe sugar-8.4. It's three hours after the injection and the food. New measurement: from the hand sugar-6.9, from the leg sugar-7.6. Medicine apparently does not know this phenomenon, or intentionally does not notice it. It can be assumed that the maximum differences will be in the evening after a whole day of sedentary work or before bedtime. Presented levels of sugar from the toe and from the toe convincingly confirm the next argument in favor of the New Theory. Blood from the leg is blood from a potential stagnation zone, blood from the hand is usually blood from a cleaner area, because the hands of a person are always in motion and are located at the level of the heart.

These two phenomena need to be thoroughly investigated.

In conclusion of this short message it must be said, are there any ideas for the treatment of diabetes? Have! As a prevention, apparently, it is necessary to regularly remove (and filter) stagnant venous blood in people, for example, from areas of stagnation of blood, for example, from the toes or from other areas, several tens of grams.

As for the treatment of "old" diabetes, research is needed. Now medicine believes that type 2 diabetes is an incurable disease. It's almost untrue: you didn't have to gain weight! The veins have little elasticity, so the veins remain stretched forever, and their inner volume should always be filled.

Optimism in the prospect of treatment of many diseases with the help of seizures of portions of dirty stagnant venous blood adds statistics on the donation of venous blood, on hirudotherapy and on Arabic hijama. The usefulness of these procedures, despite some of their incompleteness, is unshakable for many centuries, it is not questioned by anyone.

This is what WHO writes about donation:

"Blood donors, who are constantly donating blood, live on average 5 years more than the average person.

Blood donation prevents the development of oncology.

Blood donation reduces the risk of heart attacks.

Blood donation prevents liver disease.

Blood donation regulates cholesterol levels in the blood.

Blood donation speeds up wound healing (Author: it counteracts diabetes)" [1-25].

### Conclusion

- 1) According to the presented results, diabetes has quite simple causes and a simple mechanism of occurrence. However, the upcoming fight against diabetes treatment will not be easy.
- 2) The New Theory of CVD/Cancer/Diabetes should be considered as well as possible. But someone is holding back the promotion of this theory.
- 3) According to the New Theory, significant improvements in the condition of diabetics should bring venous blood donation and gyruotherapy from stagnation zones, as well as "improved" hijama.

- 4) The disadvantage of this article is the lack of description of biochemical processes taking place in the human body in prediabetes and diabetes, in the presence of venous full blood. But some of these descriptions have already been made, and additions to the descriptions can be made later.
- 5) Of course, a lot of things are still not clear. But the author believes that together diabetes can be defeated and/or effectively controlled.
- 6) The new Theory is unstoppable! It is very likely that almost all CVD, some cancers and diabetes, at least type 2, have the same initial mechanism!

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