

## Diabetes Help Without The Downside

**“By addressing diabetes, many other related health problems can be prevented or delayed.”  
CDC**

### Diabetes Summary:

- Diabetes raises risks related to COVID-19
- Over 34 million in the US deal with diabetes (approx. 1 in 10) per CDC
- Common diabetes drug increasing risk of complications
- Lifestyle adjustments like diet and exercise can help
- Nitric Oxide (NO) improves diabetes & Infrared Saunas cause body to make NO (The Miracle Molecule)
- Photon Genie and Super Sauna help people dealing with diabetes with noticeable quality of life improvements & no adverse side effects (cause no harm); helps lower blood sugars; saves a man’s foot from amputation; and more! (see video below)

### Our son was dealing with diabetes . . .

"We purchased a Photon Genie for our son dealing with diabetes. He went to his doctor for a checkup and his doctor was stopped in his tracks. He could not find any markers in his blood; in fact his number fell from 9.7 to 6.1 in one month!"

### Dr. Stephen Sinatra shares:

“As you have likely heard in the news, COVID-19 can interact with several underlying health conditions, including high blood pressure, obesity, and diabetes. These conditions are referred to by doctors as “comorbidities,” and having one or more of them can raise your risk of more serious complications if you contract the coronavirus.

How significant is that risk? A study published on April 22 in The Journal of the American Medical Association (JAMA) found that of the 5,700 patients they looked at who were admitted to the hospital in the New York City area, 94% had at least one chronic health problem, and 88% had two or more. When they broke it down even further, 55.6% had hypertension (high blood pressure), 41.7% had obesity, and 33.8% had diabetes.” **Healthy Directions**

*“By addressing diabetes, many other related health problems  
can be prevented or delayed.” CDC*

## **CDC on Diabetes reports the following key findings:**

- **“34.2 million Americans—just over 1 in 10—have diabetes.**
- 88 million American adults—approximately 1 in 3—have prediabetes.
- New diabetes cases were higher among non-Hispanic blacks and people of Hispanic origin than non-Hispanic Asians and non-Hispanic whites.
- For adults diagnosed with diabetes:
  - New cases significantly decreased from 2008 through 2018.
  - The percentage of existing cases was highest among American Indians/Alaska Natives.
  - 15% were smokers, 89% were overweight, and 38% were physically inactive.
  - 37% had chronic kidney disease (stages 1 through 4); and fewer than 25% with moderate to severe chronic kidney disease (stage 3 or 4) were aware of their condition.
- New diagnosed cases of type 1 and type 2 diabetes have significantly increased among US youth.
- For ages 10 to 19 years, incidence of type 2 diabetes remained stable among non-Hispanic whites and increased for all others, especially non-Hispanic blacks.
- The percentage of adults with prediabetes who were aware they had the condition doubled between 2005 and 2016, but most continue to be unaware.

More people are developing type 1 and type 2 diabetes during youth, and racial and ethnic minorities continue to develop type 2 diabetes at higher rates.

Likewise, the proportion of older people in our nation is increasing, and older people are more likely to have a chronic disease like diabetes.

**By addressing diabetes, many other related health problems can be prevented or delayed.”**

<https://www.cdc.gov/diabetes/library/features/diabetes-stat-report.html>

## **Common Diabetes Meds Linked To Higher Odds for A Serious Complication**

<https://www.webmd.com/diabetes/news/20200728/common-diabetes-meds-linked-to-higher-odds-for-a-serious-complication>

## **Infrared Sauna Use Improves Quality of Life**

### **Dr. Axe reports infrared saunas lower side effects of diabetes:**

“A 2010 study published in the *Journal of Complimentary and Alternative Medicine* found that far-infrared sauna use is associated with improved quality of life in people with type II diabetes, even when compared to other lifestyle interventions. People with diabetes often suffer from complications such as pain, chronic fatigue syndrome, depression, congestive heart failure and

other heart problems, but sauna treatment seems to improve pain threshold and contribute to overall well-being — naturally treating diabetes symptoms.

Patients were tested at the Fraser Lake Community Health Center in Canada, undergoing 20-minute treatments three times weekly over a period of three months. Patients completed a 36-item short-form health survey before and after the treatment period. The results found that a significant percentage experienced improved physical health, general health and social functioning following treatments, as well as lower stress and fatigue levels.”

### **Additionally Dr. Axe shares “No Adverse Effects”**

“No serious adverse effects have been reported with infrared saunas, and this type of treatment seems to be safe for the majority of people, even those who can’t normally tolerate other types of saunas or heat treatments. FIR wavelengths are luckily too long to be perceived by the eyes, so they don’t damage sensitive eye tissues like other light therapies can. FIR light is also considered “gentle radiant heat,” so although it can penetrate up to 1.5 inches (almost four centimeters) beneath the skin, it isn’t painful and doesn’t cause a burning effect.”

<https://draxe.com/health/infrared-sauna/>

### **Fitness Is Another Key Diabetes.org states:**

“Fitness is another key to managing type 2. And the good news, all you have to do is get moving. The key is to find activities you love and do them as often as you can. No matter how fit you are, a little activity every day can help fight type 2 and put yourself in charge of your life.” <https://www.diabetes.org/fitness>

### **Infrared Saunas cause production of Nitric Oxide (NO)**

<http://photongenius.com/wp-content/uploads/2016/06/NitricOxideReport-1.pdf>

### **Diabetes & Nitric Oxide – Thomas Burke, Ph.D.**

#### **2009 Nitric Oxide Series:**

Part One: Nitric Oxide Series, Part One: Discovery of NO, Nobel Prize, Relevance in Vasodilation  
<http://www.diabetesincontrol.com/nitric-oxide-and-its-role-in-health-and-diabetes/>

Part Two: Isoforms of Nitric Oxide Synthase

<http://www.diabetesincontrol.com/nitric-oxide-series-part-two-isoforms-of-nitric-oxide-synthase/>

Part Three: NO (Nitric Oxide) Metabolism in Diabetic Patients

<http://www.diabetesincontrol.com/nitric-oxide-series-part-three-no-nitric-oxide-metabolism-in-diabetic-patients/>

Part Four: How Nitric Oxide (NO) Causes Vasodilation

<http://www.diabetesincontrol.com/nitric-oxide-series-part-four-how-nitric-oxide-no-causes-vasodilation/>

Part Five: NO and Neurotransmission

<http://www.diabetesincontrol.com/nitric-oxide-series-part-five-no-and-neurotransmission/>

Part Six: Nitric Oxide's effects on Proliferation/Differentiation

<http://www.diabetesincontrol.com/nitric-oxide-series-part-five-no-and-neurotransmission/>

Part Seven: Nitric Oxide (NO) and Relief of Pain

<http://www.diabetesincontrol.com/nitric-oxide-series-part-seven-nitric-oxide-no-and-relief-of-pain/>

Part Eight: Nitric Oxide (NO) and Diabetic Peripheral Neuropathy (DPN)

<http://www.diabetesincontrol.com/nitric-oxide-series-part-eight-nitric-oxideno-and-diabetic-peripheral-neuropathy-dpn/>

Part Nine: How Light (Photo Energy) May Increase Local NO and Vasodilation

<http://www.diabetesincontrol.com/nitric-oxide-series-part-nine-how-light-photo-energy-may-increase-local-no-and-vasodilation/>

Part Ten: Nitric Oxide (NO) and its Role in Wound Prevention and Wound Healing

<http://www.diabetesincontrol.com/nitric-oxide-series-part-ten-nitric-oxide-no-and-its-role-in-wound-prevention-and-wound-healing/>

Part Eleven: Wound Care with Nitric Oxide Therapy – The Basis for The Anodyne System

<http://www.diabetesincontrol.com/nitric-oxide-series-part-eleven-wound-care-with-nitric-oxide-therapy-the-basis-for-the-anodyne-system/>

Part Twelve: The Current Science and Benefit of Nitric Oxide and Diabetes

<http://www.diabetesincontrol.com/nitric-oxide-series-part-twelve-the-current-science-and-benefit-of-nitric-oxide-and-diabetes/>

**Diabetes & Nitric Oxide – Thomas Burke, Ph.D.**

**Oct 21, 2015**

Nitric Oxide and its role in health and diabetes

<http://www.diabetesincontrol.com/nitric-oxide-and-its-role-in-health-and-diabetes-2/>

PDF: <http://www.diabetesincontrol.com/wp-content/uploads/2015/10/nitric-oxide.pdf>

## **Nitric Oxide Holds Promise for Diabetes Cell Repair**

<https://nfb.org/Images/nfb/Publications/vod/vod212/vodspr0613.htm>

Intramuscular Heat Shock Protein 72 and Heme oxygenase-1 mRNA Are Reduced in Patients With Type 2 Diabetes: Evidence That Insulin Resistance Is Associated With a Disturbed Antioxidant Defense Mechanism

<https://pubmed.ncbi.nlm.nih.gov/12941774/>

## **Skilling Technology Testimonials**

### **PHOTON GENIE:**

"We purchased a Photon Genie for our son dealing with diabetes. He went to his doctor for a checkup and his doctor was stopped in his tracks. He could not find any markers in his blood; in fact his number fell from 9.7 to 6.1 in one month!"

### **PHOTON GENIUS SAUNA & DIABETES**

Photon Genius helps save diabetic man's infected foot from amputation

<https://www.youtube.com/watch?v=KK7K1erO1I4>

### **PHOTON GENIUS SAUNA AND DIABETES**

Dr. Tom shares about his son who is diabetic. His son had a virus that attacked his pancreas at age 13. They used nutrients and made some progress and then the virus came back worse. His son is now 18 and is insulin diabetic, considered "brittle diabetic."

Dr. Tom shares that his son experiences swings in his blood sugar, both from eating which causes it to shoot high and from sports which can cause it to drop. His son uses the Photon-Genius to help normalize and smooth out these swings and experiences significant relief from using the Photon-Genius.

<https://www.youtube.com/watch?v=fR53w6dQvis&feature=related>

### **PHOTON GENIUS SAUNA HEALING FOR CARMEN**

The Skilling Institute listens to Carmen telling us about how the Photon Genius has helped her with her diabetes, high cholesterol, and knee pain. With the help of the Photon Genius, Carmen can keep up with her kids and get a good night's rest.

<https://www.youtube.com/watch?v=v5fBRsl5kxU>

## **PHOTON GENIUS SAUNA: Heart, Energy, Diabetes**

### **Craig shares about his Mom when she first started Photon Genius Sessions in 2010**

Craig's Mom, Muriel, first started with the Photon Genie at home, and then she started Photon Genius sessions: helped her with noticeable energy, stamina and strength; also helped normalize diabetes and insulin; helped swelling and edema in feet and legs; now getting her life back!

<https://www.youtube.com/watch?v=DJgAUE3mTck&feature=related>

## **PHOTON GENIUS SAUNA – PAIN & ENERGY**

### **Pain Meds, Inflammation, Cholesterol, Diabetes, Blood Pressure**

This woman shares her experience going from severe pain and paralysis to reduced pain meds, reduced cholesterol, optimized blood pressure. While no longer borderline diabetic and no more night sweats, her inflammation is noticeably reduced.

#### **Pain Meds Down**

In this video, a woman who has been using the Photon-Genius shares that she has been able to reduce her pain medication and she doesn't have pain.

#### **Inflammation Reduced**

She also doesn't have night sweats any more. She says her inflammation level has gone down and that she's "pretty happy" and will continue using the Photon-Genius.

#### **Cholesterol Down; Not Diabetic; Blood Pressure Good**

She says other benefits have been that her cholesterol is down. She was border-line diabetic and now isn't. Also, now her blood pressure is very good.

Video: <http://www.youtube.com/watch?v=I7juMRXhVcU&feature=related>

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