



GANA KIRITHARAN

THIS BOOKLET CONTAINS:

1

GANA KIRITHARAN'S EXPLANATION OF TYPE 2 DIABETIC MELLITUS
[NON-INSULIN DEPENDANT DIABETIC MELLITUS]
AND RELATED DISORDERS OF HUMAN HEALTH.

ABSTRACT

Present explanation of T2DM saying increased consumption of high energy food, increased adaptation of sedentary life style and urbanization as the cause T2DM is fundamentally wrong. What actually happen is insulin resistance due to various reasons causes glucose deficiency inside the cells. This deficiency makes the body tissue to go into chronic fasting stage. But as blood glucose and insulin levels remains high, lipolysis do not happen in usual way. As a result muscle cells started to break down proteins for energy. Elevated blood glucose levels help the tissue get better supply of glucose by simple diffusion. If insulin given to bring down the blood glucose level in T2DM it will force muscles to brake down more protein to maintain high blood glucose level and lead to several toxic symptoms related to Hyperinsulinemia. Treatment of T2DM should aim at identifying and treating the root cause casing Insulin resistance and small frequent meals of small amount of carbohydrate and large amount of proteins.

2

CHRONIC TOXIC METAL TOXICITY AND OTHER CHRONIC MEDICAL PROBLEMS.

ABSTRACT

I, Gana Kiritharan, am experiencing chronic medical problems from year 2002 (age of 34) which can be identified as Metabolic Syndrome. On May 2010, I discovered that I am a victim of chronic form of Toxic Metal Toxicity (Mercury, Lead, Cadmium and other) possibly due to criminal intention. After I started treatment for my Toxic Metal Toxicity I experienced high level of fluctuation of my Fasting Blood Glucose value. During last 12 months my fasting blood glucose value went above 16 mmol/L twice and it went below 8 mmol/L twice. Already conducted research explains toxic metals like Cadmium can cause impairment of Glucose Tolerance in Rats. These researches explain Cadmium can seriously reduce the number of Insulin Receptors in fat cells but can cause moderately elevated insulinemia. When I tried to take Insulin injection for my diabetic problem it not only failed to bring any big control but also caused complications which can be attributed to Hyperinsulinemia. When I recalled my mother's medical problems I realized she may suffered chronic form of toxic metal toxicity for a long period of time and she may get these toxic metals from fire woods used in the kitchen. When I searched for more evidence for toxic metal toxicity as the cause for woman health problem, I found toxic metal toxicity may me an important contributory factor for menopausal syndrome and several other psychological problems suffered by woman. Estrogen or some of it byproducts in synthesis may give protection for woman from toxic metals until menopause. Through this article I want to call medical profession to abundant its present attitude of denial and refusal and come forward to establish a proper preventive, diagnostic, and treatment protocols for this complex medical problem.

3

SUMMARY OF GANA KIRITHARAN'S LAB RESULTS [He A1C. Hair Mineral Analysis,
Challenged Urine Test of Toxic Metals, Blood and Urine Analysis]

**GANA KIRITHARAN'S EXPLANATION OF TYPE 2 DIABETIC MELLITUS
[NON-INSULIN DEPENDANT DIABETIC MELLITUS]
AND
RELATED DISORDERS OF HUMAN HEALTH.**

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This Intellectual Work Dedicated to:

My Parents:

Parameswary Kanagalingam [1933 - 1994]
Chelliah Kanagalingam [1929 - 2016]

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