

How Toxins Can Trigger Type 1 and Type 2 Diabetes

Target 350 words

Link to our blog when possible; cite any research or studies with links from reputable sources (actual research, not Healthline, Mayo Clinic, etc.)

Repurpose this (really long, lol) [blog article](#) into a shorter version.

CTA is to learn even more about this by visiting the original blog post.

There's also a YouTube video in the blog article that you can link/reference ("watch Dr. Pompa explain...")

START WRITING BELOW LINE

How Toxins Can Trigger Type 1 and Type 2 Diabetes

Are toxins [linked to diabetes](#)? Toxins are a significant, yet often overlooked, contributor to diabetes and other hormonal issues.

Despite changing your diet and regular exercise, many people still struggle with controlling glucose levels and losing weight due to "Toxin Induced Insulin Resistance" (TIIR).

Dr. Pompa explains that toxins cause cellular inflammation, leading to hormone resistance and, consequently, diabetes.

The Role of Toxins

Toxins infiltrate the cell membrane, causing inflammation that blunts hormone receptors. This resistance prevents cells from effectively responding to hormones, including insulin.

Epigenetic research shows that toxins can alter gene expression, turning on genes that predispose individuals to diseases like diabetes. This makes understanding and addressing TIIR crucial for effective diabetes management.

Sources of Toxins

- **1. Heavy Metals:** Metals such as lead and mercury can accumulate in the body, disrupting hormonal balance and contributing to insulin resistance.
- **2. Mold:** Exposure to mold, especially in water-damaged buildings, can lead to sudden weight gain and diabetes.

- **3. Hidden Infections:** Bacterial and parasitic infections, often contracted in everyday environments, can also drive insulin resistance.

The 5R's of [PompaCore Cellular Detox](#)

- **1. Remove the Source:** Eliminate exposure to upstream toxins like BPA, pesticides, and heavy metals to stop ongoing damage.
- **2. Regenerate the Cell Membrane:** Address cellular inflammation to restore proper function and hormone receptor sensitivity.
- **3. Restore Cellular Energy:** Boost ATP production to fuel cellular processes, including detoxification.
- **4. Reduce Inflammation:** Control inflammation to support the body's detox pathways.
- **5. Reestablish Methylation:** Ensure methylation processes are functioning correctly to detoxify the body and protect DNA.

By following the 5R's, you can address the root causes of TIIR, improving your body's ability to manage insulin and overall health.

For more detailed insights and tips, [visit our blog](#) and watch [Dr. Pompa explain](#) the connection between toxins and diabetes.

Dr. Daniel Pompa is an expert health coach, author, speaker, trainer, and family man on a mission to bring answers to a hurting world.

Information provided is for general purposes and not intended to provide medical advice, diagnosis, or treatment. Please seek the advice of a healthcare professional for your specific health concerns. Individual results may vary. Statements are not intended to diagnose, prevent, treat, or cure any disease.