



I wish above all things that you may prosper and be in good health. I have no greater joy than to hear that my children walk in truth.

3 John 2, 4



# Empower your Body, Mind & Soul

# DIABETES

## What is Diabetes?


Diabetes is the elevation of blood sugar levels due to absolute or relative insufficiencies of insulin, a hormone produced by the pancreas. Insulin is a key regulator of the body's metabolism. After meals, food is digested in the stomach and intestines; carbohydrates are broken down into sugar molecules, of which glucose is one, and proteins are digested into amino acids. Glucose and amino acids are absorbed directly into the bloodstream, and blood sugar levels rise.

*He gives strength to those who grow tired and increases the strength of those who are weak. Even young people grow tired and become weary, and young men will stumble and fall. Yet, the strength of those who wait with hope in the Lord will be renewed. They will soar on wings like eagles. They will run and not become weary. They will walk and not grow tired. **Isaiah 40: 29-31***

## What are the types & symptoms of Diabetes?

There are two types of Diabetes - type 1 and type 2. Type 1 diabetes also known as insulin-dependent or juvenile-onset diabetes. Without insulin to move glucose into cells, blood sugar levels become excessively high, a condition known as hyperglycemia. Type 2 diabetes, also known as non-insulin-dependent or maturity-onset diabetes is by far the more common type of diabetes. Drugs such as steroids, Dilantin, and others may elevate the blood sugar through a variety of mechanisms.

Diabetics may experience one or more of the following symptoms which include increased thirst, constant hunger, frequent urination, loss of weight, itching (especially around the groin), marked fatigue, changes in vision and slow healing of cuts and scratches. People most likely to develop diabetes are those people who are overweight, over 40 years of age and people with family history of diabetes. The best way to find out if you have diabetes would be to visit your doctor or health clinic for blood and urine tests.

Standard Pyramid Diet	Mediterranean Diet 
Groups all saturated and monounsaturated fats and oils together and recommends using them sparingly	Advises olive oil daily in moderation
Recommends 2-3 daily servings of dairy products and 2-3 daily services of meat, nuts, legumes, or beans	Recommends red meat only a few times a month
Vegetables: 3-5 daily servings Fruits: 2-4 servings (Doesn't specifically recommend fresh or frozen)	Vegetables: 3-5 daily servings Fruits: 2-4 servings (Doesn't specifically recommend fresh or frozen)
Defines carbohydrates only as breads and other starchy foods and recommends 6-11 servings per day	Recommends high-fiber whole grains (e.g., couscous, polenta, bulgur) and potatoes

## HEALTH RECOMMENDATIONS

1. MAINTAIN A HEALTHY DIET, WEIGHT AND GET REGULAR MODERATE EXERCISE.
2. Eat generous amounts of garlic and onions to lower blood sugar.
3. EAT GENEROUS AMOUNTS OF FIBER AND RAW FOODS. DRINK RAW VEGETABLE JUICES TO STABILIZE BLOOD SUGAR LEVELS AND DIMINISH THE CRAVINGS FOR FOOD.
4. Avoid processed fruit juices since fruit sugar may elevate blood sugar and eliminate all sugars including commercial sweeteners. Grade B Maple syrup or natural honey may be used as sugar substitutes in small quantities.
5. Include spirulina, kelp and soy beans in your diet and get protein from vegetable sources and fish rather than meat sources.
6. Avoid saturated fats, salt and white flour products.
7. Reduce the intake of Vitamin B and C supplements in large doses.

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# Treatments - Diet, Drugs & Herbs

## HOW DOES ONE CONTROL AND TREAT DIABETES?

### DIET

For most people with diabetes, diet control is the key to managing this complicated disease. It is also extremely difficult. The current state of the diabetic diet is in flux, and at this time, there is no single diet that meets all the needs of everyone with diabetes. All people with diabetes should aim for healthy lipid (cholesterol and triglyceride) levels and control of blood pressure levels. People with type 1 diabetes and type 2 diabetics on insulin or oral medication must focus on controlling blood glucose levels by coordinating calorie intake with medication or insulin administration, exercise, and other variables. Adequate calories must be maintained for normal growth in children, for increased needs during pregnancy, and after illness. For overweight type 2 diabetics who are not taking medication, both weight loss and blood sugar control are important. A reasonable weight is usually defined as what is achievable and sustainable, rather than one that is culturally defined as desirable or ideal. And the general rules for healthy eating apply to everyone: limit fats (particularly saturated fats), protein, and cholesterol, and consume plenty of fiber and fresh vegetables. Patients should meet with a professional dietitian to plan an individualized diet that takes into consideration all his / her individual health needs.

### EXERCISE

Regular exercise is important for the management of both types of diabetes. Aerobic exercise which includes walking, jogging, biking, swimming, and aerobic dances are best. Even moderate regular exercise helps lower blood sugar by increasing tissue sensitivity to insulin. It also helps lower blood pressure, improve cholesterol levels, decrease body fat, and reduce the risk of cardiovascular disease. Exercise helps keep weight down. Exercise helps insulin work better to lower blood sugar. Exercise is good for your heart and lungs because it gives you more energy.

### INSULIN

Insulin is vital in the treatment of the following: 1) Diabetic Acidosis, 2) Most juvenile and Lean Adult Diabetes and 3) Diabetics with acute complications or associated conditions such as infections, surgery and pregnancy. Crystalline or regular insulin is primarily used for diabetic emergencies. Many diabetics can be satisfactorily controlled by a single daily injection of one of the intermediate acting Insulin. Patients with very unstable diabetes may require two or more injections of insulin daily of satisfactory control.

## RECIPES for Diabetes

### POTASSIUM BROTH

Handful parsley, handful spinach, 4-5 carrots with greens removed, 2 stalks celery.

Method: Bunch together parsley and spinach leaves and push through juicer with carrots and celery.

### GARDEN SALAD SPECIAL

3 Broccoli flowerets, 1 garlic clove, 4-5 carrots or 2 tomatoes, 2 stalks celery, ½ green bell pepper.

Method: Push broccoli, garlic and carrots or tomatoes through juicer. Follow with celery and bell pepper.

### CHLOROPHYLL COCKTAIL

3 beet tops, handful parsley, handful spinach, 4 carrots with greens removed, ½ apple without seeds.

Method: Bunch up beet tops, parsley and spinach, and push through juicer with carrots and apple.

### LOW SUGAR POP

1 apple without seeds, ¼ lime, sparkling water.

Method: Juice apple and lime, pour into tall glass with water and ice.

*Grains, nuts and vegetables constitute the diet chosen for us by our Creator. These foods prepared as simple and natural a manner as possible, are the most healthful and nourishing. They impart a strength, a power of endurance, and a vigor of intellect, that are not afforded by a more complex and stimulating diet. Counsel on Diet & Foods (Ellen G. White)*

## **HELP IS HERE FOR YOU....**



In our effort to empower your health via your body, mind and soul, a nutrition consultant can answer your questions and/or concerns and make health recommendations that can last you and your family members a lifetime. For additional information, please give Shelly a call at (410) 872-0872. She would be delighted to serve you.

### Drug

### Therapy

Insulin

Prandin  
(repaglinide)

Rezulin,  
Glucophage

Glucotrol

### Herbal

### Therapy

Cedar berries

Huckleberry

Bilberry

Buchu

Dandelion

Goldenseal

Uva Ursi

Ginseng tea

(not for high blood  
pressure patients)