

Better Way to Wellness

- Get Nourished... Be Well

Blood Sugar Control

Presented by Sandy Der, Certified Nutrition Consultant

- Importance of Blood Sugar Control
- How Your Body Regulates Blood Sugar
- Consequences of Blood Sugar Disregulation
- Contributing Factors
- Holistic Approach

Whole Body Health – the Holistic You

You can have a positive effect on your health:

“You control 75% of your health outcome depending on the lifestyle and diet you choose” -- Drs. Roizen and Oz authors of “You: The Owner’s Manual”

Blood sugar is regulated within a narrow range. Too low and you could go into a coma, too high and there is damage to kidneys and other organs

Syndrome X or Metabolic Syndrome - Increases risk of heart disease and diabetes. A cluster of symptoms:

- insulin resistance & glucose intolerance
- obesity
- blood fat abnormalities - elevated triglycerides and cholesterol
- hypertension

Holistic Approach

- Lifestyle
 - Reduce Stress - worry, hunger, toxins, work pressures, everyday tasks
 - Exercise - Combination of walking, high intensity and resistance (weights or bands)
 - Sleep 8-10 hours per night
- Nutrient Dense Whole Food Diet
 - Eat on a regular schedule
 - Include protein, fat with your carb’s with every meal and snack
- Avoid List
 - White refined foods, flour, sugar & sugar substitutes
 - Trans Fats - hydrogenated and partially hydrogenated oils
 - High Fructose Corn Syrup
 - Caffeine

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- Herbs & Supplements
 - Cinnamon - improves insulin sensitivity
 - Gymnema - reduces sugar cravings, improves insulin sensitivity
 - Fennugreek - lowers glucose, triglycerides and cholesterol
 - Ginseng - reduce fasting blood glucose, improve energy and mood
 - Multivitamin / Mineral from a Whole Food Source
 - Minerals: Chromium, vanadium, potassium
 - Omega 3 / Omega 6 combination

Foods that Improve Blood Sugar Control and Insulin Sensitivity

| Food | Reason |
|---|--|
| Wild mercury free fish such as salmon, trout, sardines, herring, anchovies, mackerel, butterfish, halibut, sea bass | Omega 3 Fatty Acids (DHA and EPA) shown to help maintain healthy cell membranes ensuring optimum response to insulin. Studies have also shown reduction in plasma lipids and abdominal fat accumulation (Life Extension, 2004; and Quillin, 1999; 73-74) Quillin recommends 7 ounces per week of fish. |
| Apricots, avocado, banana, blackstrap molasses, brewer's yeast, brown rice, celery, dates, dulse, figs, garlic, nettles, nuts, spinach, winter squash, wheat bran, yams | Potassium is frequently deficient in insulin resistant individuals. High levels of insulin drive potassium out through the kidneys, retaining sodium. Imbalance causes hypertension. (Lang, 2006; 64) |
| Green leafy vegetables, bok choys, gai lan, purslane, broccoli, cabbages, legumes, nuts and seeds, sea vegetables | Mineral rich foods - diabetics are typically severely mineral deficient (Quillan, 1993; 39) |
| Oat bran, agar agar, pectin rich fruits (strawberries, green apples in limited quantities) | Fiber rich foods. Diet high in fiber (50 grams per day) has been shown to reduce blood glucose (Quillin, 1993; 111-2). |
| Garlic, leeks, onions, shallots | shown to lower blood sugar by competing with insulin binding sites in liver, increasing free insulin (Murray, 1998; 425) |
| Green Tea | Green tea has been found to inhibit the uptake of glucose in the intestines (Kobayashi, 2000; 5618-23) |

Eating Basics

- Eat Real Food – Local, Seasonal, Fresh
- Enjoy 5-9 servings of fresh colorful vegetables and fruits – emphasize green leafy vegetables
 - Flax Seed - excellent source of fiber
- Include a protein, carbohydrate and fat with every meal or snack
- Drink filtered water or green or herb teas
- Eat while in a relaxed state...Enjoy your food in good company!

Are You at Risk?

Diet and Lifestyle Risk Factor Questionnaire

| Question | Yes | No |
|--|-----|----|
| I eat doughnuts, pastries, cookies, ice cream and/or candy three or more times a week. | | |
| I eat fat free foods such as yogurt, muffins, cookies, and/or breakfast bars three or more times a week. | | |
| I eat potato chips, tortilla chips, pretzels, breakfast bars, energy bars, granola and/or cereals three or more times a week. | | |
| My meals emphasize bread, pasta, corn, rice and/or potatoes more than a couple times a week. | | |
| I enjoy fast food, pizza, burgers, French fries, fried chicken, fast-food style Mexican, hot dogs, sandwiches, luncheon meats, bacon and/or sausage more than a couple times a week. | | |
| I drink regular sweetened soft drinks (sodas, ice tea, fruit drinks). | | |
| I drink more than 6 ounces of fruit juice per day. | | |
| I drink more than 3 -12 ounce beers or more than 8 ounces of hard liquor a week. | | |
| I drink more than 4 – 6 ounce glasses of wine per week. | | |
| I do not have a regular structured exercise program | | |
| I am an inactive person (i.e. avoid walking, using stairs, doing housework, gardening, parking far from destinations, etc.) | | |

Adapted from Syndrome X by Jack Challem, et al.

Resources

Bernstein, Richard, MD. Dr. Bernstein's Diabetes Solution. New York: Little Brown & Co., 2003

California Seasonal Produce Calendar:

www.rockridgemarkethall.com/produce/index_produce.html

Challem, Jack, et al. Syndrome X: The Complete Nutritional Program to Prevent and Reverse Insulin Resistance. New York: John Wiley & Sons, 2000.

Dadd, Debra Lynn. Home Safe Home. New York: Putnam, 1997.
Also debraslist.com

Environmental Working Group:

Produce Shopping Guide "The Dirty Dozen": www.foodnews.org

Cosmetics Shopping Guide: www.cosmeticsdatabase.com

McCulley, DeWayne. Death to Diabetes. S. Carolina: Booksurge, LLC, 2005

Monterey Bay Aquarium **Seafood Watch**: www.mbayaq.org/cr/seafoodwatch.asp

MountainRoseHerbs.com – online source for organic herbs, spices, sea vegetables, cosmetics

Murray, Michael and Pizzorno, Joseph. The Encyclopedia of Healing Foods. New York: Atria Books, 2005.

Nestle, Marion. What to Eat. New York: North Point Press, 2006.

Oz, Mehmet and Roizen, Michael, MDs. You: The Owner's Manual. New York: HarperCollins, 2005.

Quillin, Patrick, Ph.D. The Diabetes Improvement Program. N. Canton, Ohio: The Leader Co. 1999

Schwarzbein, Diana, MD. The Schwarzbein Principle. Florida: Health Communications, Inc, 1999.

World's Healthiest Foods: www.whfoods.com/whoweare.php

Be advised that any nutritional program suggested is not intended as a treatment for any disease. The intent of any nutritional recommendation is to support the physiological and biochemical processes of the human body, and not to diagnose, treat, cure, prevent any disease or condition. Always work with a qualified medical professional before making changes to your diet, prescription medication, lifestyle or exercise activities.