

Terry Talks Nutrition



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Key Words

Blood sugar, diabetes, diabetic, glucose, insulin, pre-diabetes, type 2 diabetes, purslane, mulberry, chromium, vanadium, apple

You may have heard that you need to be concerned about your blood sugar levels from your doctor. Your blood sugar tests may have been creeping up, and the doctor says you will need medication soon if you don't get your blood sugar in line. You may have been told to lose weight, as if that was an easy thing to do.

I am going to tell you how to make some changes that will have a great impact and not be too hard to incorporate into your every day routine.

Type 2 Diabetes and Insulin

The basic problem of Type 2 diabetes is that the body stops making enough insulin, or the cells start to ignore insulin's message. Sometimes both can occur. Insulin is a hormone that picks up sugars in the blood stream and carries them into cells to burn for energy. Not enough insulin = higher and higher levels of sugar left in the blood, which in turn can trigger a whole cascade of adverse health events, including increasing blood vessel plaque (atherosclerosis).

Terry recommends a formula with these ingredients.

Chromium (nicotinate glycinate 2.5%) 500 mcg 417% Vanadium (as vanadyl sulfate) 1.5 mg Proprietary Complex 1,180 mg Mulberry leaf (*Morus alba*) Extract standardized for Alpha Glucosidase Inhibition IC50 (mcg/ml) < 50.0, Purslane (*Portulaca oleracea* L.) Extract 7:1, Apple (*Pyrus malus*) Extract standardized for quercetin and phloridzin (40% phenolicapple actives).

Blood Sugar Regulation in Pre-Type 2 Diabetes

Though there may be many contributing factors, doctors agree that Type 2 diabetes is basically a disease of nutrition. With the right nutritional interventions, especially in the beginning stages of the disease, great progress can be made in preventing, reversing, or even curing this illness.

The Magic of Three

The three things you can do to have the best chance of curing or preventing Type 2 diabetes are:

1. Food Choices
2. Get Moving
3. The Right Supplements

Food Choices

The more food you eat, the more insulin you have to produce. But different types of food affect insulin differently.

Worst food choices

An old adage is "Don't eat anything white unless it is cauliflower!" Avoid: white sugar, high fructose corn syrup, and simple carbohydrates (foods that convert quickly to sugar in the body, with the natural fibers removed) such as white bread, white rice, white pasta and white potatoes.

You may not be able to give up simple carbs entirely, but start experimenting with substitutes like brown rice and full grains you may not have tried before. Many people do better if they eat gluten-free grains.

The **worst thing** you can do is to drink sweet drinks all day (sodas or other

beverages with sugar or sweeteners) or nibble on high carbohydrate foods (chips, crackers, candy, cookies) between meals. This revs up your insulin system and is very stressful to your body as it tries to manage this constant tweaking of blood sugar. I don't like artificial sweeteners for a number of reasons, but they are a real problem for people with blood sugar issues. First, they keep your craving for sweets active. Second, they trick your body into thinking a lot of sugar is on the way, and can disrupt the insulin system even if they have no calories. It is false that artificial sweeteners help people lose weight.



Best food choices

Proteins and fats are burned more slowly and are not as burdensome on insulin production. Try to make sure you have protein with each meal including hard boiled eggs and organic cheese. I also recommend plenty of low carbohydrate vegetables: salad greens, cucumbers, broccoli, cauliflower, celery, pickles, and olives.

As for fats, they are not the enemy!

This information is not meant to replace advice given by your health care provider, and is intended for informational purposes only. When in doubt, always consult your physician.

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Blood Sugar Regulation in Pre-Type 2 Diabetes

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Olive oil is one of the healthiest things you can do for yourself.

There are people over a hundred years old in Italy who have drenched their food in olive oil every day. But stay away from too many animal fats (like butter) or, worse yet, something called partially-hydrogenated fats, which are in margarine, many baked goods, cookies, and snacks. These are chemically altered fats that are dangerous to your health.

Get Moving

Find something physical you love and do it. If you hate it, you won't stay at it. It could be walking, bowling, square dancing—even window shopping can be good exercise if you keep moving. If you love TV and movies, then set up your treadmill and walk as you watch. Start slow and don't expect changes overnight. Find a buddy who will exercise with you and help keep you motivated. When you move around, you burn calories and help balance your blood sugar. If you don't move, the system falls further and further into disrepair.

The Right Supplements

There are natural herbs and minerals that have been clinically studied and proven to lower blood sugars and help bring the insulin system back into balance. There are ingredients that slow sugar absorption, help the insulin respond more normally and bring your blood sugar back to where it should be. I like to use these five ingredients in a formula, as they are mutually supportive.

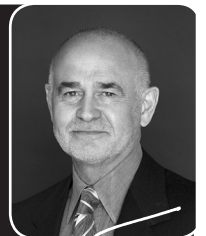
- **Chromium:** has been shown in clinical studies to improve how the body handles blood sugar and insulin. A good dose is at least 500 mcg a day.
- **Vanadium:** It turns out that if your blood levels of vanadium are too low, you are likely to have more problems with high blood sugars. A dose of 1.5 mg a day can significantly raise blood levels of vanadium to a more optimal range.
- **Mulberry leaf:** Mulberry leaf contains substances that inhibit an enzyme (alpha glucosidase) responsible for breaking down carbohydrates into sugars. That means absorbing these sugars is reduced and delayed, which lessens the stress on the insulin system. You have to make sure that the mulberry leaf extract is standardized for alpha glucosidase inhibition for it to be effective. Additional benefits of mulberry leaves in people with diabetes: reduces blood sugar in people with high blood sugars, possesses antioxidant activity, slows the onset of retinopathy (damage to the retina of the eye common in people with Type 2 diabetes), reduces elevated blood urea level in diabetic rats, and curbs the desire for food under diabetic conditions.
- **Purslane:** Purslane works in three ways to target diabetes. It helps the cell respond to insulin more favorably; it reduces sugar absorption from the intestine into the blood stream, and it helps move the sugars out of the blood and into the cells where they can be burned for fuel. I prefer a 7:1 extract, which means it takes 7 pounds of Purslane to make a pound of Purslane extract, as it is a more concentrated and effective form.
- **Apple:** Most apples today are bred for taste and sweetness, but a very special, uncommon apple that is rarely in cultivation, called the sour green cider apple

has a rare plant compound called phloridzin that has been shown to help lower blood sugars safely by impacting how carbohydrates are absorbed, lessening stress on the insulin system, and helping the body to better metabolize carbohydrates that have been converted to sugars. Another ingredient in apple is quercetin, which also influences how sugars are managed in the intestines. For any apple extract you use, there should be standardization for phloridzin and quercetin for full effectiveness. Always check the label for this.

Blood sugar issues and Type 2 diabetes don't improve on their own. You have to take active steps to change how your body interacts with the food you eat. By changing just 3 things—food choices, how much you move, and the right supplements, you can fight this potentially disabling and life-threatening illness. You have the power to take control and make a difference. Getting your blood sugar under control can add years to your life and give you many healthy tomorrows.

For an expanded version of this article, or for more information from Terry on nutrition, lifestyle and health concerns, please visit our website at www.terrytalksnutrition.com.

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