

# Health By Choice-- Not By Chance

## Diabetes Counseling Sheet

### What is Diabetes?

Diabetes occurs when the body becomes unable to handle glucose (sugar), which builds up to dangerous levels in the blood. There are two types of diabetes: (1) Type I Diabetes also known as juvenile diabetes or insulin dependent diabetes, and (2) Type II diabetes also known as non insulin dependent diabetes. A diagnosis of diabetes is usually made when a blood sugar test is consistently above 125 mg% (7.0) after an 8 hour fast. Fasting blood sugar levels of 100-125 (5.6- 6.9) are known as pre-diabetes.

### What are the warning Signs of Diabetes?

The classical symptoms of diabetes are polydipsia (excessive thirst), polyuria (excessive passage of urine), and polyphagia (excessive hunger).

### What causes Diabetes?

Studies conducted by James Anderson, M.D., Professor of Medicine at the University Of Kentucky concluded that a strong relationship to fat—both fat in the diet and fat on the body causes diabetes. The disease is rare in areas of the world where fat intake is low and obesity uncommon. - p. 53, *Health Power*

## **DIABETES CAN BE REVERSED!**

- Every hour of exercise is equivalent to 5 units of insulin. Walking for an hour twice a day will double the amount of insulin in the body. ***It is very important to walk casually 15 to 30 minutes after each meal. PLEASE NOTE: Before starting an exercise regimen, please consult your physician.***
- Within 7 hours after walking, new insulin receptors show up on the cell and as a result they absorb more glucose from the blood which results in a lower blood sugar level.
- If at night your blood sugar level drops below 80, eat a piece of fruit; otherwise, **two meals --breakfast and lunch-- per day are more desirable than three.**
- **It is important to eat whole grain cereals.** For breakfast, stir 2 tablespoons freshly grounded flax seed in your cereal. Also, you may sprinkle 2 tablespoon of flax seed over your salad at lunchtime.
- Food should be eaten in as **natural a state** as possible.

**ANIMAL PRODUCTS ARE THE LARGEST SOURCE OF FAT IN THE DIET AND SHOULD BE AVOIDED!**

### Herbs That Help:

Gymnema Sylvestre

GTF Chromium

Garlinase

## **ATTENTION:**

**Before making any changes please contact your health care professional.**

All meals should be eaten on a regular schedule, 7 days a week, with no more than a 30 minutes time difference in schedule. Meals should be eaten 5-6 hours apart.

Breakfast should be taken between \_\_\_\_\_ am to \_\_\_\_\_ am.

Lunch should be taken between \_\_\_\_\_ am/ pm to \_\_\_\_\_ pm.

Figure 1:1: Daily Meal Schedule (lunch can be used for breakfast and vice versa)

<b>Sample Meal 1</b>	<b>Sample Meal 2</b>
<p><b>I. Fruit: 3-5 servings</b></p> <p><b>II. Whole Grain Cereal sweetened w/ Fruit 1-2 cup servings</b></p> <ul style="list-style-type: none"><li>• 2 Tablespoon of flax seed freshly grounded can be sprinkled over cereal at breakfast.</li><li>• <b>¼ cup of pumpkin seed can be eaten with the breakfast cereal.</b></li></ul> <p><b>III. 1-2 slices of whole grain bread with natural almond or peanut butter.</b></p> <ul style="list-style-type: none"><li>• Other natural healthy spreads/butter are acceptable as well. (i.e. Tahini, cashew)</li></ul>	<p><b>I. Salad and/ or Vegetables ½ of the plate</b></p> <p><b>II. Grains ¼ of the plate</b></p> <ul style="list-style-type: none"><li>• Grains consist of starches (i.e. brown rice, baked potatoes, whole wheat pasta.)</li></ul> <p><b>III. Nut or Bean Loaf ¼ of the plate</b></p> <p><i>Recipes for nut, grain or bean loaves can be found in the following cookbooks: Tasty Vegan Delight, Seven Secrets, The Optimal Diet, and Foods with their Healing Power vol. 3.</i></p>
<p style="text-align: center;"><b>Dinner</b> <b>PASS ON DINNER.</b> If third meal is required, a few fruits or a slice or two of toasted whole grain bread can be eaten. No nut butters or fruit spreads should be used.</p>	

### **Lifestyle**

- At least 8 glasses (64 oz) of water should be drunk each day, 16 oz of which should be taken before breakfast. Water should be taken 15- 30 minutes before meals or 2 hours after meals.
- Get between 15 -20 minutes of sunshine daily before 9:00am or after 3:00pm.
- One should go to bed before 10:00pm. The body heals itself between the hours of 10:00pm and 12:00am. The body also produces melatonin between the hours of 10:00pm and 2:00am, which gives the body restful sleep at night. Thus, for every hour of sleep before midnight, the body doubles the amount of rest received.
- For further information please contact us at [www.nhtlh.org](http://www.nhtlh.org) or call us at (678) 520-1547 and ask for James. Please send all donations to James Luke 289 Jonesboro Rd. Suite 124, McDonough, GA 30253. Thanks for your support!