



A New You Ministry

"Revealing God's Way To A New Life"

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What Is Diabetes?

There are 2 types of Diabetes. Type I and Type II. Some experts refer to Type I as juvenile-onset diabetes or insulin-dependent diabetes. The term for Type II is maturity-onset diabetes or non insulin dependent diabetes. Both Type I and Type II result from problems with the hormone called insulin.

Type I diabetes is marked by deficiency- a problem that usually requires that insulin injections be taken to make up for the shortage. Type II diabetes is marked by an excess of insulin- that doesn't work as it should. Apparently Type II diabetics have become resistant to the action of their own insulin.

What causes diabetes? No one knows for sure, experts have their own suspicions about the

probable causes. Below are some of the suspicions that may lend itself to diabetes.

Genes: Family history strongly influences the chance of developing diabetes.

Obesity: The vast majority of Type II diabetics are overweight and weight loss often dramatically improves control of their diabetes.

Viruses: Researchers are pursuing leads that viral factors may set the stage for diabetes to develop later.

Medication or other diseases: Sometimes diabetes develops as a result of other pancreatic diseases, liver disease, or long-term use of certain prescription drugs.

WHAT ARE THE SYMPTOMS?

Excessive urination--When too much sugar accumulates in the blood, this is usually the first sign.

Thirst, hunger, and weight loss--If diabetes is not diagnosed and treated when the earliest sign appears, this trio of symptoms will often follow.

Recurrent yeast infections in women-- Vaginal yeasts thrive on the sugary urine of female diabetics. A stubborn yeast infection, or one that keeps coming back, calls for a test to rule out diabetes.

Vomiting, hunger for air, and coma--- These three symptoms are signs of Type I diabetes that is worsening. Seek treatment when the first signs of illness appears. We may not be able to prevent Type I diabetes, but preventing symptoms such as these is an important first step.

If you suspect you have diabetes, please see you doctor as soon as possible.

BUT WHAT ABOUT SUGAR? DOESN'T SUGAR CAUSE DIABETES?

*"It's incorrect to say that sugar causes diabetes. The real cause is insufficient or ineffective insulin-the hormone that controls how the body metabolizes sugar. To blame sugar is to put the cart before the horse."*Dr. Gerald Bernstein, American Diabetes Association.

"We know that genetic factors predispose certain people to diabetes. But all of the data suggest that lifestyle factors, particularly diet and exercise, can determine whether those genetic factors actually manifest in the disease." James Barnard, Ph.D., professor of physiological science, UCLA.

SO, SUGAR'S GOOD FOR YOU, RIGHT?

Tooth decay--During WWII, Norway experienced a 70% reduction of tooth decay because they couldn't receive any sugar.

In Alaska, a 600% increase of tooth decay was reported one year after selling 28,000 candy bars at the student snack bar.

"Highly refined sugar contains no nutrients except sucrose which is digested rapidly and the products are readily absorbed into the system. The fast rate of absorption is the reason why sugar has a reputation of being a quick energy food." SDA Diabetic Pamphlet-"Sugar" pg. 2.

Carbohydrates and sugars require Vit B to digest them and sugar has none, so it draws on the system when it is eaten.

Heart Disease

Dr. Yudkin from the University of London- His study revealed that men who suffered heart attacks ate twice as much sugar in their diets. The investigators discovered that fat and sugar together elevate fatty substances higher than they do alone.

Fighting Bacteria--Loma Linda University did a study on bacteria and sugar. The outcome was amazing! White blood cells attack bacteria and destroy it, so you won't get sick. White blood cells also help neutralize (break down) sugar so it can be digested. When the white blood cells are helping to break down sugar, they are not "available" to fight off bacteria. The normal levels of white blood cells will not return till 5 to 6 hours after eating high sugar foods. Some people ingest over 40 teaspoons of sugar a day!

"I would never eat 40 teaspoons of sugar!!!" It's easier than you think!

- 1 stick of gum---1/2 to 1 t. sugar
- glazed donut---6 t. sugar
- chocolate bar--6 to 8 t. sugar
- fruit pie---10 t. sugar
- pop-- 8 to 12 t. sugar
- ice cream--12 t. minimum
- banana split--24 t. sugar
- candy is 75 to 85% sugar

Year-----Amount of Sugar Eaten

1822-----2	t.	per	day
1890-----10	t.	per	day
1905-----20	t.	per	day
1974-----33	t.	per	day
1990's-----40	t. per day		

"In comparing 78 cereals, 23 cereals proved to be 20-25% sugar. 24 of the 78 were 25-40% sugar." Dr. Ira Shannon, Veteran's Administration Hospital.

Most breakfast cereals should be considered candy!!!

WHAT'S THE DIFFERENCE BETWEEN STARCHES AND SWEETS?

Starches

You will find your starches/carbohydrates in any variety of appetizing sources. They should be the main source of your daily food intake. At least 50-55% of your daily intake.(Starches are essential for normal brain & nerve function) Try whole grains such as brown rice and use whole-wheat flour to make muffins, bread and even cakes. These starches give you extra nutrients and fiber that the milling and refining processes remove from other foods. Some other super starches are steel-cut oats, barley, bulgur wheat and pasta! Try the whole wheat pasta or durum wheat semolina, not egg noodles that are high in fat. Other good sources are corn, peas, oats, potatoes, buckwheat, rye, beans, millet, nuts and seeds.

Super Sweets

Then there's the Super Sweets--These are natural sugars. They should make up the smallest number of calories in your diet, about 10%. Like starches, they provide energy. The super sweets give you quick surges rather than time-release boosts, simply because your body has to do less work to break them down into usable energy.

The best sources are fruits. Nonfat milk is another, including products made with skimmed or partially skimmed milk, buttermilk, or plain yogurt.

Sweet Nothings

Sweet Nothings--are sugary desserts, cookies, pastries, candy, ice cream and the like. Unlike Super Sweets, which have been concentrated by nature, Sweet Nothings are concentrated artificially and they add nothing to your diet, except useless calories. Sweet Nothings come originally from plant sources, that are extracted and then processed and then refined. During this time, they lose their natural fiber along with vitamins, minerals, and other nutrients. There you have it, Sweet Nothings.

Foods Most Likely to Boost Blood Sugar

The higher the percentage, the greater the food's ability to spike blood sugar.

- 100%--Glucose (sugar)
- 80-90%--Corn flakes, carrots, parsnips, instant potatoes, honey.
- 70-79%--Whole wheat bread, millet, white rice, new potatoes.
- 60-69%--White bread, brown rice, shredded wheat cereal, water biscuits, bananas, raisins.
- 50-59%--Buckwheat, spaghetti (white), sweet corn, All-Bran cereal, peas (frozen), yams, sucrose, potato chips.

- 40-49%--Spaghetti (whole wheat), oatmeal, sweet potato, navy beans, dried peas, oranges and orange juice.
- 30-39%--Butter beans, lima beans, haricot beans, black-eyed peas, chickpeas, apples, skim and whole milk, yogurt, tomato soup.
- 20-29%--Kidney beans, lentils, fructose.
- 10-19%--Soybeans, peanuts.

Food, Your Miracle Medicine, pg. 425.

Keep in mind when preparing a menu that some of these help raise blood sugar more dramatically than others. Balanced diet is the key!!!

So What Foods Will Help?

- Fish high in Omega-3 type fat.
- Broccoli, onions, beans, garlic, high-fiber foods, lentils, barley, cinnamon and curry are also helpful!

So What are the Big No-No's?

- A low fiber diet. A high fat, high refined sugar diet.
- Drinking alcohol is a Big No No!!!
- Having infants drink cow's milk or any dairy products can trigger Type I diabetes years later. (Infants who are breast-fed and do not drink cow's milk are less apt to develop diabetes. Children's hospital in Helsinki found that breast-feeding in the first 2 to 3 months of life slashed the infants' chance to develop diabetes by age 14 by 40%!)

So What Do I Do?

- Eat plenty of high fiber foods! These help to prevent high swings in you blood sugar.
- Keep your weight as close to your ideal as possible!
- Exercise!
- Drink plenty of water for that fiber!!
- Eat fish high in omega-3 fatty acids at least 2 times a week!
- Restrict high fat foods, especially of animal origin.
- Restrict highly refined sugary foods.
- Avoid giving infants dairy foods within the first year of life.

"The best all around advice is to eat the same diet as the one that helps prevent heart disease-foods that are low in fat, and rich in high-fiber carbohydrates such as beans, oats, whole grains, nuts, fruits and vegetables." Food Your Miracle Medicine, pg. 427.

HERE IS A LIST OF COMMON BREAKFAST CEREALS AND THEIR PERCENTAGE OF SUGAR CONTENT:

- Cereal Product-----%of Sugar
- Shredded Wheat(large)-----1.2
- Cheerios-----2.7
- Puffed Rice-----2.8
- Grape Nut Flakes-----3.9
- Product 19-----5.8
- Grape Nuts-----7.7
- Corn Chex-----8.4
- Wheaties-----8.9
- Total-----9.4
- Special K-----10.8
- Corn Flakes(Kelloggs)-----14.2

- Life-----17.0
- Granola-----17.2
- Sugar Frosted Corn Flakes-----17.4
- 40% Bran Flakes (Post)-----18.8
- 100% Bran-----19.2
- All Bran-----21.6
- Raisin Bran (Kellogg)-----24.7
- Sugar Frosted Flakes-----30.8
- Bran Buds-----32.3
- Frosted Mini Wheats-----34.0
- Sugar Pops-----40.7
- Alpha Bits-----40.9
- Cap'n Crunch-----44.1
- Super Sugar Crisp-----45.2
- Cocoa Puffs-----46.5
- Frankenberry-----46.6
- Cocoa Krispies-----46.7
- Frosted Flakes-----46.9
- Count Chocula-----47.9
- Froot Loops-----47.9
- Boo Berry-----48.5
- Honeycomb-----51.6
- Cinnamon Crunch-----53.5
- Cocoa Pebbles-----54.1
- Apple Jacks-----55.5
- Fruit Pebbles-----56.2
- Sugar Smacks-----63.7
- Super Orange Crisp-----70.8

Journal of Dentistry for Children.