

DIABETES NUTRITIONAL HANDOUT

In Diabetes Mellitus the body produces enough Insulin, but its utilization in the body is blocked by the effects of a diet rich in fats. This is caused by refined white sugar and other simple sugars that convert to fat in the body.

When a low-fat diet based on complex carbohydrates such as unrefined grains, vegetables, and legumes is followed for several weeks, sugar levels begin to balance.

Chromium, zinc, and manganese controls blood sugar levels. These minerals are removed in the refining process (refined sugar, flour, salt & processed foods). In whole grains, these minerals reside in the *bran*. Add wheat bran to your diet.

Please Avoid:

Greasy, fatty food (meats, eggs, cheese, butter, excess oil, nuts, and seeds)

Denatured foods (refined flour and sugar, synthetic-hydrogenated fats such as margarine)

Very sweet, salty and spicy food

Avoid late-night eating and complex food combinations.

Eat small, frequent meals (4/5 x p/day) helps to stimulate insulin production.

Grains & Legumes

Millet
Rice
Oats
Fresh corn
Whole wheatberries
Wheat bran
Tofu and soy products
Mung beans
Garbanzo beans

Chlorophyll Foods

Wheat grass
Liquid chlorophyll
Spirulina
** Whole Foods' juice bar has Wheat grass & Spirulina.

Vegetable & Fruits

String beans
Carrot
Radish
Artichoke
Turnip
Asparagus
Yam
Spinach
Avocado
Pear
Plum
Lemon
Grapefruit
Lime
Blueberry
Huckleberry

Herbs

Dandelion root & leaf tea
Blueberry leaf

Sweeteners

Stevia
Agave Nectar

Animal Products

Clam
Abalone
Yogurt
Chicken

Reference: Paul Pitchford, "Healing with Whole Foods"

The materials and content contained on this form are for general holistic nutrition information only to help support and enhance the body's own healing properties and are not intended to be a substitute for professional medical advice, diagnosis or treatment for any medical condition. You should not rely exclusively on information provided on this or any other nutritional guidelines for your health needs. All specific medical questions should be presented to the appropriate medical health care provider.

DIABETES S. PROCESS SUPPLEMENT PROTOCOL HANDOUT

• PRIMARY SUPPLEMENTATION	(2 week course)		
○ Diaplex	Blood sugar handling	3 caps, 3 x p/day 150c	\$34
○ Multizyme	Digestive enzyme	3 caps, 3 x p/day 150c	\$33
○ B6-Niacinamide	Protein & fat metabolism, adrenal support	2 caps, 3 x p/day 90t	\$9
○ Cataplex GTF	Insulin receptivity, cholesterol reduction	2 caps, 3 x p/day 90t	\$12
		2 week course subtotal	\$88
• SWEET CRAVINGS (1month supply)			
○ Inositol	Fat metabolism, sugar cravings	2 caps, 3 x p/day 90t	\$12
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		2 week course grand total	\$100

The Standard Process Supplementation is done in conjunction with the above Diabetes Nutritional Program. This program may be customized for your personal needs based on Practitioner evaluation and assessment of the 7-day food diary and toxicity questionnaire. Be aware that for success in handling your Diabetes, more than one course of supplementation may be necessary, and supplement recommendations may change according to your needs. Dietary modification will need to be continued indefinitely and these recommendations do not substitute for medications prescribed by your Physician.

*******Furthermore, it is VERY important that every patient on this protocol closely monitor his or her blood sugar, as the need for insulin may decrease dramatically.*******

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