

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Diabetic Gains From Nutritious Whole Grains

By Moss Greene

Diabetic Gains From Nutritious Whole Grains by Moss Greene

My mother was a diabetic and when she was diagnosed, it was called adult onset diabetes. Do you know why they changed the name to type 2? I'm afraid the sad truth is it can no longer be called "adult," because the deadly type 2 diabetes is now showing up in children.

Diabetes has been dramatically on the increase for the past century. Today about 23 million Americans are diabetic and one quarter of those are undiagnosed. Whereas people don't generally die of diabetes, they just go blind or lose their limbs, it often leads to heart disease. And heart disease is our biggest premature killer.

Native Americans, who at one time had no diabetes, now have the highest incidence in the world. What happened?

Traditionally, they had lived on an all natural, unrefined diet. Once they were moved to reservations, their only choice was a modern "white man's diet" of refined foods. Since then, there's been a huge jump in the incidence of Native American diabetes. Among the Pima Indians in Southwest Arizona, 40%

of the population are type 2 diabetics. Interestingly enough, they're eating many of the same foods that they were eating on their traditional diet. Only today, they're using refined versions of those foods - refined corn products, refined sugars and refined grains.

Although we've known this information for many years, a peer review study just published in this month's American Journal of Clinical Nutrition has proven that whole grains, such as brown rice, oatmeal and whole wheat, can help protect people from diabetes.

The team of researchers from Simmons College, Harvard Medical School, followed the eating habits of 43,000 men (ages 40 to 75) for about 12 years. Although they all started out healthy, nearly 3% developed diabetes in just over a decade. What were they eating?

Diabetic Gains From Nutritious Whole Grains

Those who ate the least amount of whole grains had a 60% higher incidence of developing type 2 diabetes than those eating the highest level of whole grains. But there's even more evidence. And, this is a real shocker. Obese men who ate the highest amount of whole grains, and were also physically active, developed 52% less type 2 diabetes, even though they were overweight.

Two other recent studies focusing on women and whole grains confirmed these same Harvard findings: whole grains can help protect from diabetes and possibly other degenerative diseases.

Why?

Whole grains are low glycemic carbohydrates. This means lower blood sugar and less insulin production. But refined grains are high glycemic carbohydrates that more than double blood sugar

levels. This causes an insulin surge to clear sugar out of the blood. After a while, the body is no longer capable of handling this blood sugar onslaught. That's when a person becomes a type 2 diabetic. Then high blood sugar can increase the risk of diabetic related heart disease, kidney failure and blindness.

The Harvard research team's conclusion to this study was to recommend that people eat more whole grains. They said, "Whole grain products" have "the potential to reduce substantially the incidence of type 2 diabetes and possibly other chronic diseases when sustained over time."

Makes a lot of sense to me. Whole grains are in their natural, nutritious form, just the way they were meant to be. You see, "It's not nice to try and fool Mother Nature." And, in her never-to-be-humble opinion, she doesn't mind telling us, "I told you so!"

Moss Greene is the Nutrition Host at Bellaonline.com. Visit her web site at <http://www.bellaonline.com/site/nutrition> to find out how to look better, feel your best and have more energy –naturally. Subscribe now to the News You Can Use Newsletter by going to <http://www.bellaonline.com/articles/art3859.asp>

Have Diabetes, But Enjoy Quality Food? Try Diabetic Recipes!

By Mike Yeager

Having diabetes certainly limits some of the food you can eat, but with the right diabetic recipes you can still enjoy fine food. Sometimes, it is hard to know what foods are safe for you to eat. For your safety, you and your dietitian should work together to design a meal plan that's right for you and includes foods that you enjoy. A diabetes diet meal plan is a guide that tells you how much and what kinds of food you can choose to eat at meals and snack times. A good meal plan should fit in with your schedule and eating habits. Keep in mind that while many diabetic recipes are fairly simple and fast to make, some diabetic recipes may be more complex and take longer. The right meal plan will also help keep your weight where it should be. It is important to gather the right diabetic supplies when planning your diabetic recipes. Whether you need to lose weight, gain weight, or stay where you are, your

diabetic recipes will be sure to help.

Some tips on finding tasty Diabetic Recipes.

Fortunately, there is almost certainly to be a diabetic recipe of your favorite food. For example, because of the high sugar content of most desserts, many diabetics felt that they would have to give them up. However, there are many diabetic recipes for desserts that will be safe for people with diabetes to eat. There are also many diabetic safe breads, salads, sandwiches, appetizers, and any other food category you can think of. If you have diabetes and don't want to give up your favorite foods, try a safe diabetic recipes instead such as a diabetic cake recipe, free diabetic recipe or diabetic cookie recipe.

Mike Yeager
Publisher

Have Diabetes, But Enjoy Quality Food? Try Diabetic Recipes!
Locating Diabetic Supplies to Manage Diabetes
Seven Simple Steps To Get Your Kids To Eat Healthier
Free Glucose Meter
Uncovering The Whole Truth About Whole Grains

131 Ice Cream Maker Recipes
Profit-dot Com eBusiness Training Center
Niche Products Powerpack 3



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!