

## 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

• <b>PRIMARY SUPPLEMENTATION</b>	<b>(2 week course)</b>		
○ 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
• <b>SWEET CRAVINGS</b>	<b>(1month supply)</b>		
○ Inositol	Fat metabolism, sugar cravings	2 caps, 3 x p/day 90t	\$12
		<hr/>	
		<b>2 week course grand total</b>	<b>\$100</b>

**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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