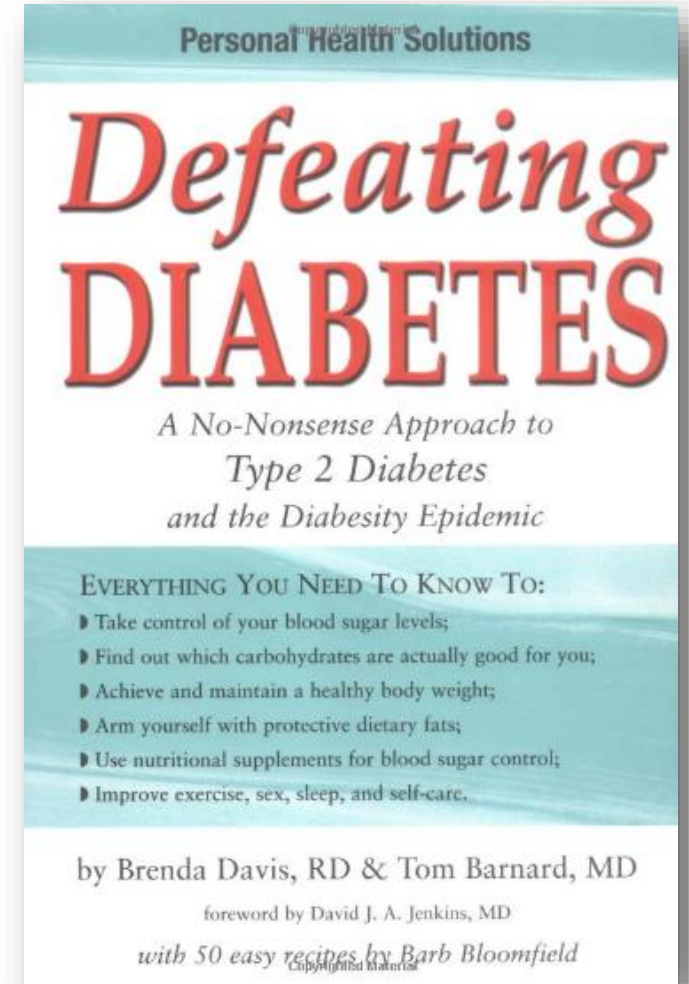


Defeating Diabetes – A No-Nonsense Approach to Type 2 Diabetes and the Diabesity Epidemic



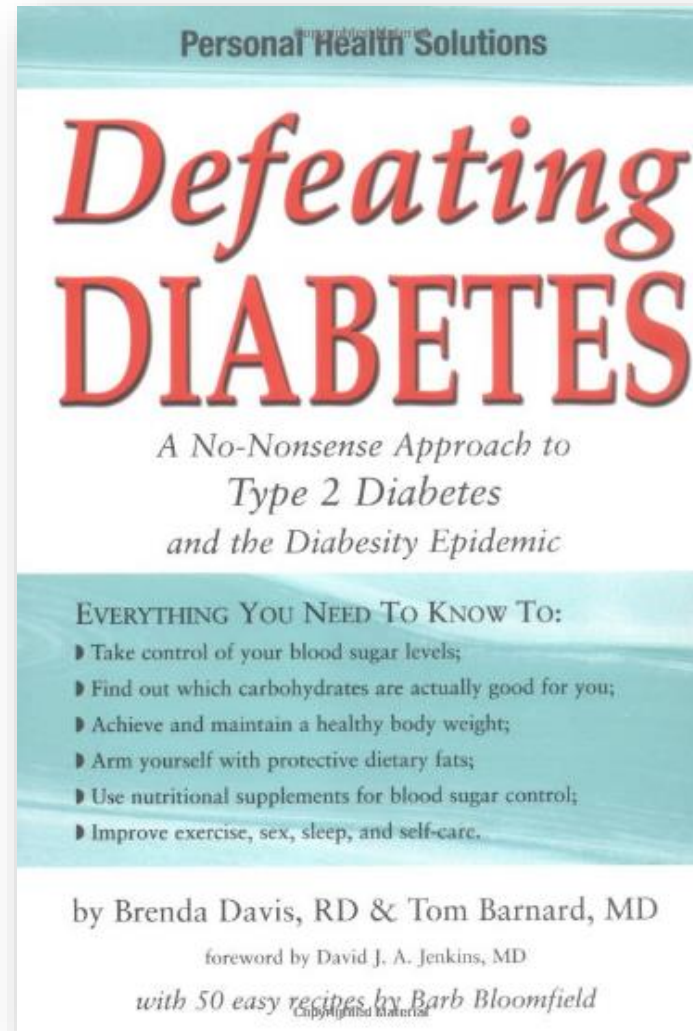
Agenda

- What is Diabetes?
- Can you Defeat Diabetes?
- Diabetes and the Diet Connection
- Defeating Diabetes with Diet
- Healthy Weight for Life
- Design the Diabetes Diet
- Making Sense of Sweets
- Defensive Dining
- The Essentials of Living Well

Disclaimer

- During the Spiritual and Physical Health Transformation seminars you will learn about the benefits of a plant-based diet. Perhaps you've seen one of the compelling documentaries out there or read one of the compelling books. More likely than not, you've known someone who has done well by their own health by improving their nutrition. And now you want to learn how you too can be healthier by eating a more whole food, plant-based diet.
- Upfront, we need to tell you that you shouldn't dramatically change your diet without consulting your physician, particularly if you are on medication or have significant medical issues. Changing your nutrition can change your body so quickly that some medication (particularly diabetes medications) needs to be monitored and adjusted within a short period of time. Be smart about changing your diet and seek professional consultation for whatever your personal situation may be!

Defeating Diabetes



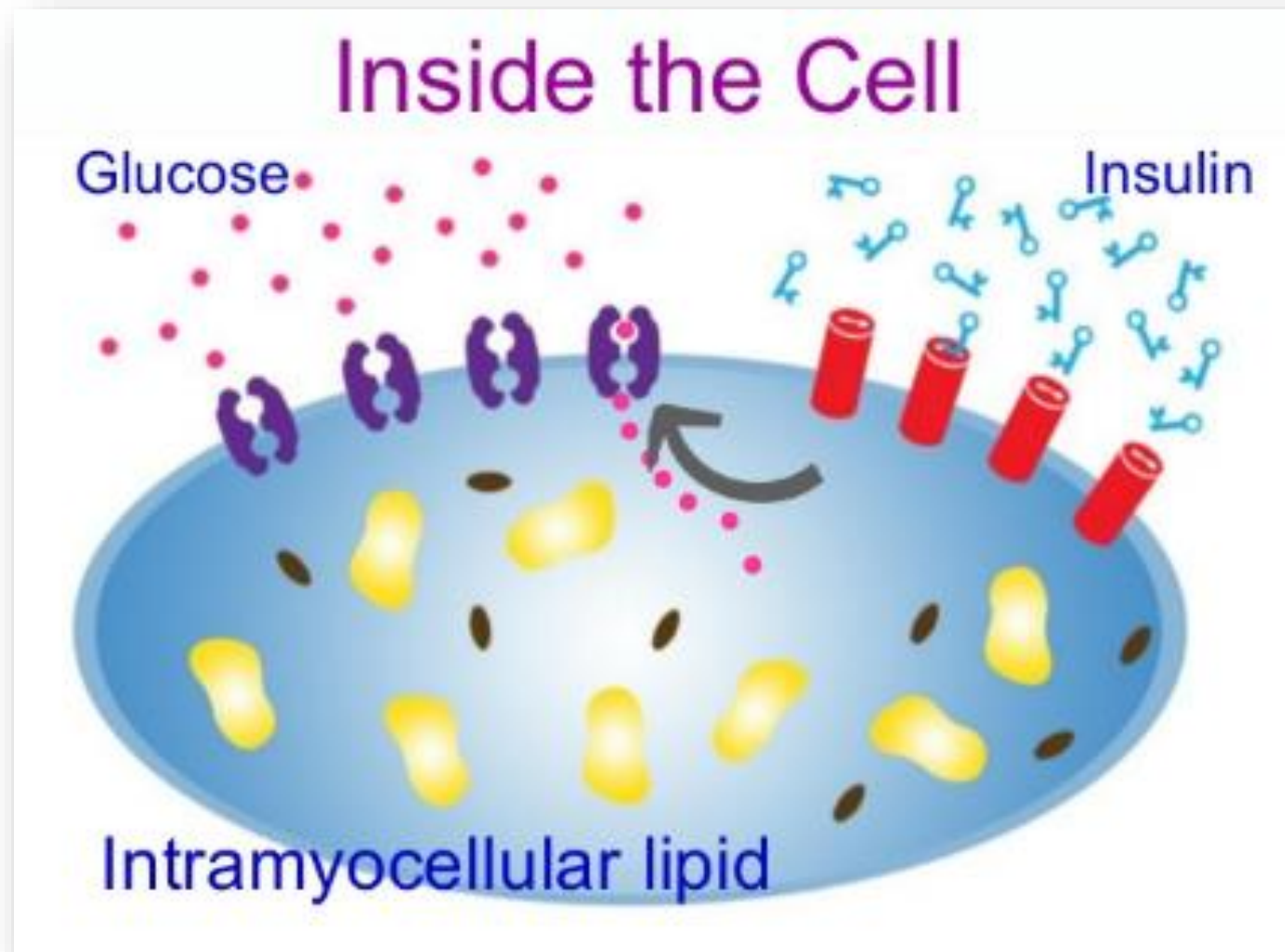
Brenda Davis, RD and Tom Barnard, MD

- ▶ Co-Authored Defeating Diabetes
- ▶ Registered Dietitian and Medical Doctor that focus on lifestyle medicine and Type 2 Diabetes prevention and reversal.

What is Diabetes?

- Classic Symptoms of Diabetes
 - Frequent urination, extreme fatigue, excessive thirst, irritability, extreme hunger, blurred vision, unusual weight loss and poor wound healing.
- For many people, the first step to diabetes is insulin resistance, in some cases even before diabetes can be diagnosed.
 - Insulin resistance syndrome is characterized by high cellular fat, high blood pressure, abdominal fat, high blood fats, low HDL cholesterol, obesity and high uric acid associated with heart attacks.

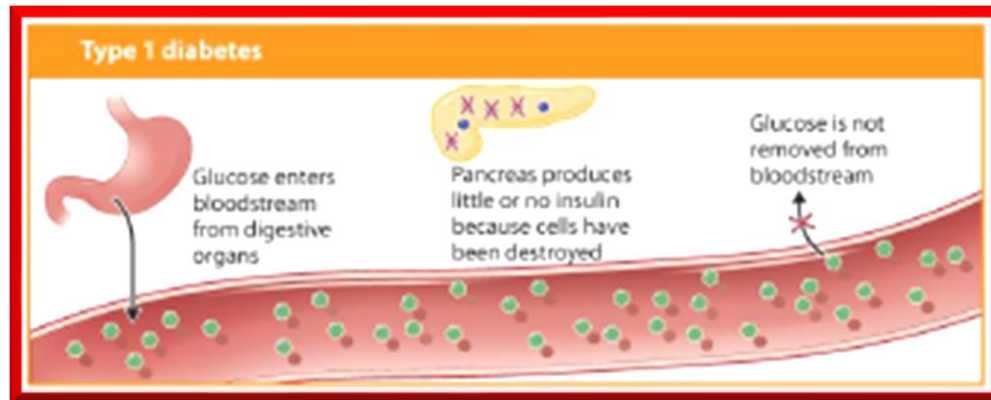
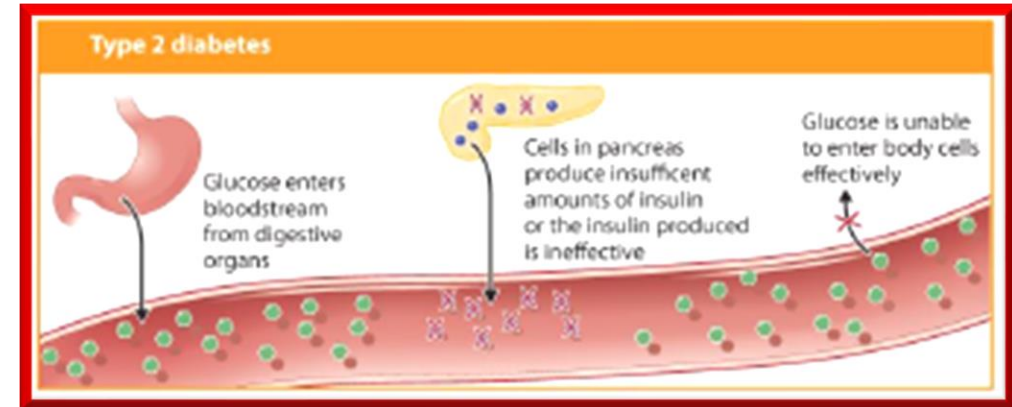
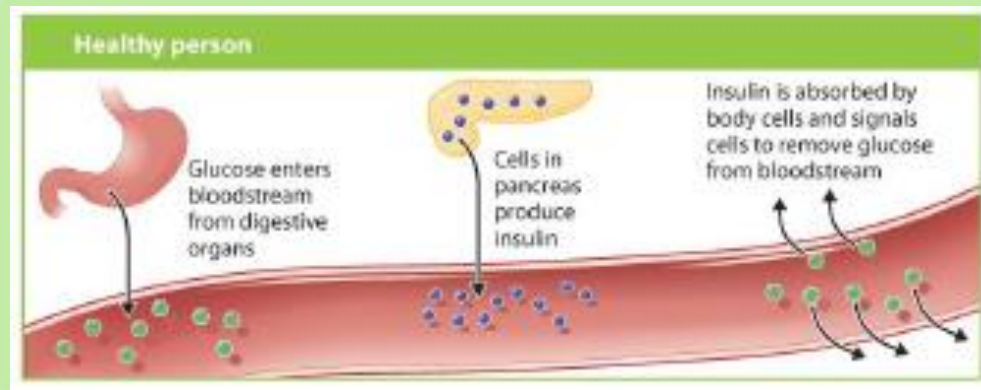
What is Diabetes?



**True or False –
Eating
carbohydrates or
sugar causes
diabetes.**

FALSE - the real cause of diabetes is the build up of fat inside the cells of the body. When fat builds up in muscle or liver cells the sugar cannot get inside the cell.

What is Diabetes?



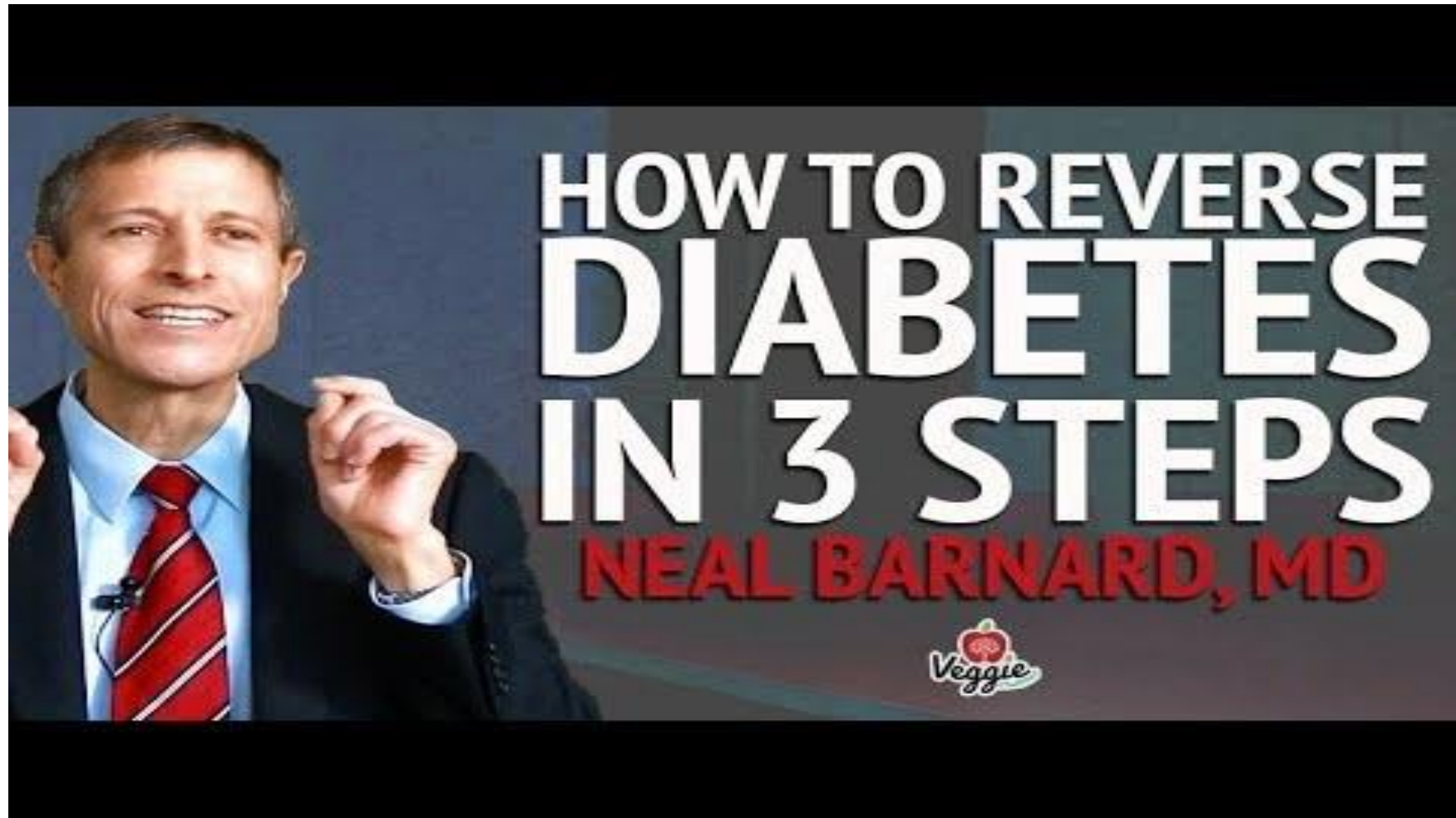
High blood glucose (sugar) is the side effect of diabetes... not the cause of diabetes. The cause of Diabetes is Insulin Resistance.

To reverse Type 2 Diabetes you have to address and decrease insulin resistance.

Can you Defeat Diabetes?

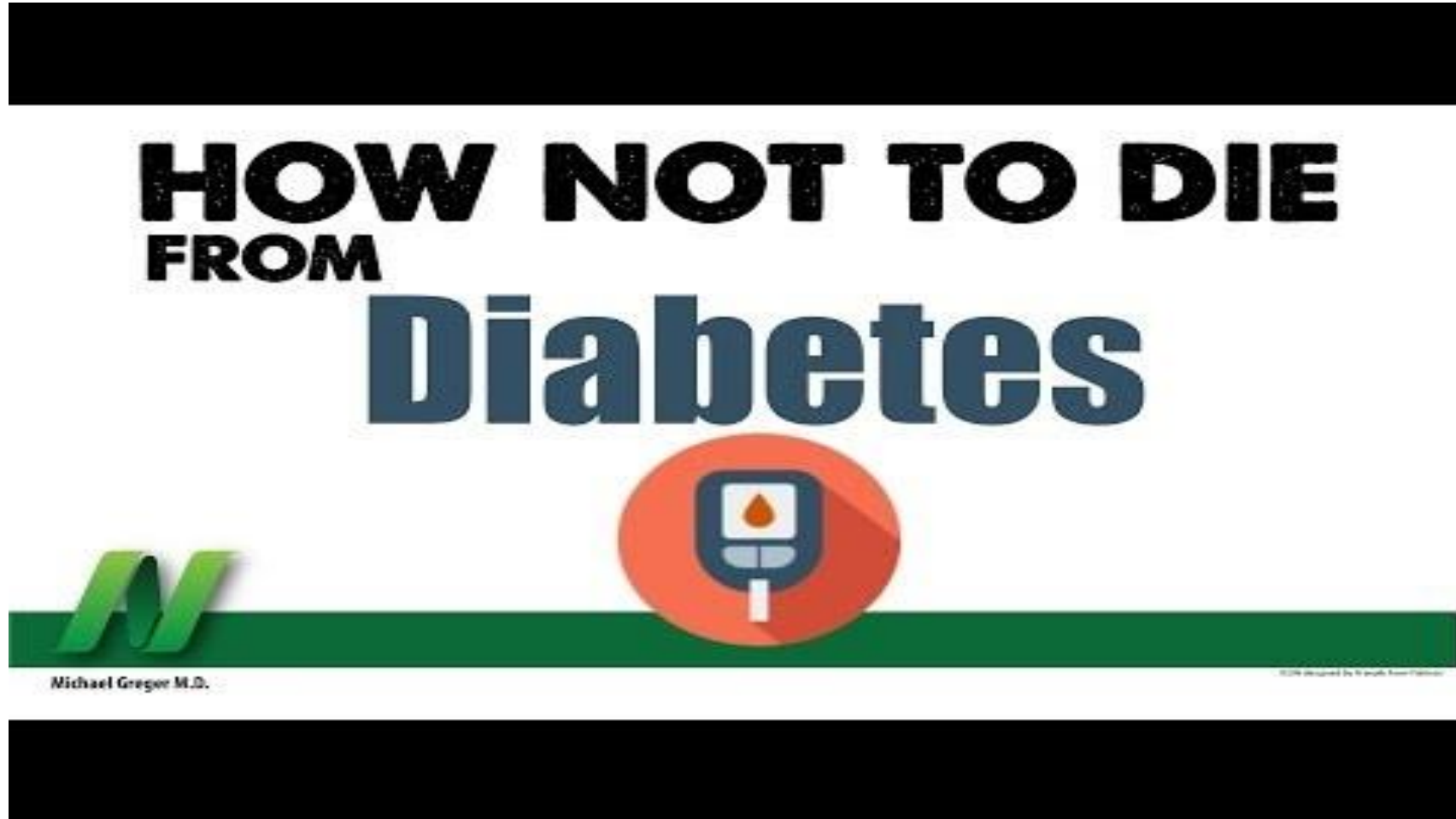
- The good news is that insulin resistance, prediabetes, and type 2 diabetes itself are highly treatable, and often even reversible.
 - Healthy low fat diet, lower glycemic index and low or no oil
 - Exercise and physical activity
 - Weight loss
 - Stress management
 - More proactively healthful outlook on life
- Given that the problem of “Diabesity” is growing among our children, as well as within our adult population, we need to know how to recognize the problem as it is developed and how to change our lives for the better.

Can you Defeat Diabetes?



<https://youtu.be/SuwR46p7wrA>

Can you Defeat Diabetes?



<https://www.youtube.com/watch?v=tYaWLWBcSLk>

Can you Defeat Diabetes?



<https://www.youtube.com/watch?v=HRTKfRXwBTg>

Diabetes & the Diet Connection

- Type 2 diabetes is not the result of an infection, bacteria, virus, or even lack of insulin. It is the product of diet and lifestyle choices that cause the body to become resistant to insulin.
- The good news is that the diet that best supports diabetes treatment and reversal is one that is based on simple whole foods.
- The ultimate goal in treating type 2 diabetes is to restore insulin function by overcoming insulin resistance. This is accomplished by major diet and lifestyle changes – primarily, increased physical activity and weight loss. There are three primary goals of diet therapy:
 - 1) To protect against heart disease
 - 2) To promote healthy body weights
 - 3) To achieve and maintain good blood sugar control
- The purpose of these goals is to reduce both long and short term complications of diabetes. This includes diseases of the eye, kidney, nerves, heart and blood vessels and the improvement of quality of life and overall health.

Defeating Diabetes with Diet

- A complete diet transformation will move you from food choices that contribute to disease and suffering to those that promote great health. It involves two very simple steps:
- 1) Take out the trash
 - Get rid of the foods that are most concentrated in the dietary components that are damaging your health and contributing to your diabetes condition. These foods are some of the most destructive:
 - Saturated fats, trans fatty acids, cholesterol, refined carbohydrates, excessive animal protein, excessive salt, excessive alcohol and oxidants (pro-oxidants).
- 2) Pile on the protectors
 - Choose to eat foods that are concentrated in protective dietary components. These are among the most effective:
 - Phytochemicals, antioxidants, fiber, plant protein and essential fatty acids.

Healthy Weight for Life

- Why are so many of us overweight or obese?
 - Why wouldn't we be? We've created an ideal environment for weight gain. Almost every aspect of our society supports overeating and underactivity.
- Seven Simple Steps to Lifelong Healthy Weight:
 - 1) Set realistic goals
 - 2) Center your diet on whole plant foods
 - 3) Use beverages to your advantage!
 - 4) Limit fat intake to not more than 25 percent of calories.
 - 5) Build healthful habits
 - 6) Make physical activity a priority in your life.
 - 7) Take care of your inner being.

Designing the Diabetes Diet

- Low-fat, plant based diets have been shown to promote remarkable improvements in blood sugar control and weight loss in people with type 2 diabetes, even if the calories in the diets are not restricted.
- You do need to consider portion sizes, fat content, and the nutritional value of the foods you select.
- If you are eating a completely plant-based diet, you also need to think about what we call “nutrients of concern” – primarily vitamins B12 and D,
- The following guidelines will help you to determine what level of calories is best for you:

1500 Calories	Weight loss in most women and small or inactive men
1,800 Calories	Weight loss in most men and active or larger women
2,100 Calories	Weight loss in active or large men

Designing the Diabetes Diet

- Your Daily Food Choices:
 - Grains and Starchy Vegetables (6 to 11 servings)
 - Vegetables (4 or more servings)
 - Legumes (4 to 6 servings)
 - Fruits (2 to 5 servings)
 - Nuts and Seeds (2 to 4 servings)
 - *Dairy Products (0 to 2 servings)
 - *Eggs and other products (0 to 2 servings)
 - *Fats and Oils (0 to 4 servings)
 - *Sugar (0 to 3 servings)
 - *Optional foods that are not necessary but can be included in small amounts.
- Preparing wonderful food can be as healing as it is nourishing. Think whole, fresh, colorful foods.

Making Sense of Sweets

- Sweeteners can be divided into two categories – nutritive and nonnutritive.
- Nutritive sweeteners – provide energy or calories (about 4 calories per gram). These include sugar, brown sugar, honey, corn syrup, and other common sugars.
 - Alternative nutritive sweeteners include turbinado sugar, raw sugar, barley malt, brown rice syrup, Sucanat, agave syrup, and others. Another group of nutritive sweeteners are the sugar alcohols or polyols, including mannitol, sorbitol, xylitol, erythritol, isomalt, lactitol, maltitol and hydrogenated starch hydrolyses.
- Nonnutritive sweeteners – also called sugar substitutes or artificial sweeteners, provide a sweet taste but are not a significant source of calories. In addition, these sweeteners do not affect blood sugar levels. There are currently four sugar substitutes approved for use in the United States: sacharrin, aspartame, acesulfame potassium and sucralose.
 - Artificial sweeteners are not “health foods.” There is no evidence at all that they aid in the weight loss battle or improve overall blood sugar control. If you use them, be careful not to exceed the acceptable daily intakes.
 - Better still, if you use them only occasionally. If you insist upon daily use (for coffee, cereal, etc.), opt for sucralose (Splenda), which seems the least likely to be problematic in the long run.

Defensive Dining

- The primary concerns about eating out generally fall into one of five categories.
 - Choice of restaurant, calories, fat, refined carbohydrates, timing
- Choosing a restaurant
 - Ethnic restaurants are generally a good bet, especially if the traditional cuisine is plant-based, as is the case for Asian, Mediterranean, Middle Eastern, Mexican, Indian, and South American restaurants.
- Calorie-Saving Tips
 - Avoid “supersized” portions
 - Order half portions
 - If you are a senior, take advantage of senior portions.
 - Share with your dining partner.
 - Avoid desserts
 - Ask for a take-home container
 - Ask for substitutions
 - Limit fillers

Defensive Dining

- Keeping a lid on the Fat
 - Fat is two and a half times more concentrated in calories than carbohydrates and protein. Just one tablespoon of fat adds 100 calories to what are eating without increasing the quantity of food.
 - Avoid anything deep-fried
 - Ask if chef can go lightly on added fats
 - Request high-fat toppings to be omitted or served on the side
 - If you order soup, select one that is broth-based instead of cream-based.
 - Select tomato or other vegetable-based sauces rather than cream sauces.
 - Ask for a plant based milk (soy, almond, oat, etc.) or low-fat or no-fat milk.
 - If you are ordering meat, opt for fish – preferably broiled, baked or poached.
 - Choose raw, grilled, or steamed vegetables over marinated or vegetables.

Defensive Dining

- Reducing Refined carbohydrates
 - Refined carbohydrates are staples in our culture, so it comes as no surprise that they are difficult to avoid.
 - Look for vegetarian and vegan restaurants.
 - Go ethnic.
 - If ordering pasta, choose one with a tomato or vegetable-based sauce, and don't eat all of it.
 - Include a big salad or a cup of bean soup with your meal for extra fiber.
 - Go for whole grain breads if you have the option.
 - Forgo dessert
 - Be innovative with snack choices when eating out (i.e. low fat popcorn, fruit, etc.)
- Timing
 - If you do not take insulin and/or sulfonylureas, careful timing of meals is not as critical, although having some consistency of meal timing is a good practice to prevent blood sugar from dropping too low.

The Essentials of Living Well

- Aim for sixty minutes of physical activity each day. Include flexibility, strength, and aerobic exercise in your workout.
- Get adequate sleep. The hours between 10 P.M. and midnight may be the most important of all.
- Recognize changes in your libido. Notice how you feel both physically and emotionally.
- Don't smoke, use excessive amounts of alcohol, or abuse other drugs.
- Work to maintain healthy relationships with your spouse, children, family, workplace acquaintances, and friends.
- Strive to be happy and radiate happiness to those around you. You will benefit from this attitudinal healing.
- Don't ignore problems, but be proactive with your future, and attempt to fix things before they get broken. Prevention is both less expensive and less difficult to experience than repair.

Wrap up

- What is one thing you can do today to strengthen your faith?
- What is one thing you can do today to start taking steps towards preventing, arresting or reversing type 2 diabetes?
- Questions?

“Type 2
Diabetes is
reversible and
it all starts
with what is at
the end of
your fork!”