

# Nutritional Support for Diabetes

## Diet Therapy

- Eliminate sugars, alcohol, fried foods, saturated fat and partially hydrogenated oils and refined white flour products...
- Increase high fiber foods such as fresh vegetables and low glycemic fruits.
- Increase fiber foods 25-30grams per day of fiber.
- Your on-going diet should be low in saturated and partially hydrogenated oils, high in fruits and vegetables and rich in good oils such as olive oil, nuts and seeds (raw) and fresh fish such as salmon.

## Herb and Supplement Therapy

### **Most Important**

- GNLD Formula IV Multi-vitamin 2 per day- to cover gaps in the diet as diabetics need higher levels of certain nutrients.
- GNLD Multi-Mineral 3 per day– a complete mineral/trace mineral formula including Chromium. Chromium is needed for pancreatic function.
- **Or you could use an Active 40+ packet in place of Formula IV and Minerals**
- Salmon Oil Plus 3 per day – Omega 3's have been shown to offer significant protection against diabetic neuropathy, hardening of the arteries and they lower insulin resistance and enhance insulin production.
- GNLD Threshold Vitamin C with Bioflavonoids- 4 per day in divided doses - Vitamin C transport into the cells is facilitated by insulin, many diabetics do not have sufficient intracellular vitamin C. Vitamin C is critical for immune function, wound repair, healthy gums and the prevention of excessive bruising.
- GNLD GR2 Protein supplement daily –to support tissue repair and maintenance that has been damaged by sugar.
- GNLD GR2 Appetite Reducer – take before all meals to help regulate blood sugar.

### **Helpful**

- GNLD Flavonoids 2 per day – Flavonoids increase intracellular vitamin C levels, decreases leakiness and breakage of small blood vessels.
- GNLD Cal/Mag Tablet or Capsule – 3 per day at bedtime. Calcium elps to balance intracellular pH. Magnesium may prevent complications of diabetes such as retinopathy and heart disease.

- GR2 Thermogenic Enhancer 1 before each meal– has herbs that have been shown to enhance glucose control, reduce craving for sweets, reduce insulin requirements and fasting blood sugar.

### Life Style Considerations

- Exercise aerobically at least 3 times per week for weight loss or maintenance. Exercise has been shown to reduce need for insulin.
- Strength training (weight lifting) 2 times per week to increase muscle mass and increase metabolic rate to burn fat more efficiently. Also “opens up” cells to receive sugar.
- Regular deep massage therapy is effective in regulating sugar.
- Avoid phenylalanine in Nutra-Sweet or Aspartame products. They trigger sugar cravings, try Stevia.

Compiled by Christine Litton, CNC

Reference:

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