

This information is NOT intended to replace the medical advice of your doctor or health care provider.



DIABETIC Frequently Asked Questions: WHAT IS DIABETES?

Diabetes is the body's inability to properly use the glucose that it needs for energy.

Two major causes:

1. The body becomes resistant to insulin (Insulin resistance)

IF your body is resistant to insulin, diet and exercise can increase your body's ability to respond to the insulin you make

2. The body is unable to produce insulin (or enough insulin)

IF your body still produces insulin, diet and exercise can increase your body's ability to respond to the insulin you make

IF your body no longer produces any insulin, diet and exercise will decrease the amount of insulin you will need to take to stay in control

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DIABETIC Frequently Asked Questions: HOW IS DIABETES CONTROLLED?

Controlling diabetes is a function of matching

- FOOD INTAKE (amount of food and type of food)
- ACTIVITY (exercise or moving your body!)
- STRESS (Controlling your own emotions)

With an appropriate amount of

- INSULIN (Insulin is what your body uses to regulate blood sugar and it is required to turn the food you eat into energy you can use)

Maintaining tight control over blood glucose levels (keeping them fairly consistent and within the normal ranges) has been shown to increase longevity and decrease complications.

Lack of compliance with managing these four factors is the single biggest problem patients and care providers face.

Hypnosis gives you the ability to comply easily.

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DIABETIC Frequently Asked Questions: WHAT SHOULD I EAT?

Eating raises blood sugar levels – some foods raise it quickly; others more slowly. There are three factors to consider when it comes to food:

- **AMOUNT of FOOD**
 - Smaller portions of food are handled more easily and effectively by your body.
 - Smaller portions require less insulin.
- **TYPE OF FOOD:**
 - **LOW GLYCEMIC FOODS:**
 - Eating lower glycemic foods will help keep blood sugar levels more stable and aid in tight control
 - Sugar and processed foods are generally high glycemic foods
 - Foods found in nature (fruits, veggies, lean meats, soups, salads, nuts) are generally low glycemic foods
 - **HIGH FIBER FOODS:**
 - Eating foods high in fiber will help keep blood sugar levels more stable and aid in tight control
 - Sugar and processed foods generally have little or no fiber
 - Fruits, veggies, beans, whole grains (like barley, quinoa, oatmeal) and nuts are generally high in fiber
 - Eating an orange (3.8g fiber) does not raise blood sugar as much as drinking orange juice.
 - **PROTEIN:**
 - Eating some protein at every meal and snack will help keep blood sugar levels more stable and aid in tight control
 - A few nuts, an egg, a small piece of meat (good way to use leftovers!)
 - String cheese, skim milk, unsweetened yogurt (if you are lactose tolerant)
- **TIMING OF FOOD**
 - You may want to consider eating on a schedule
 - Get your body into a rhythm of knowing when to expect food can help regulate your body's response to food
 - Eat more often
 - Eating (small amounts) more often can help keep blood sugar stable

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DIABETIC Frequently Asked Questions: Is exercise really that important?

ACTIVITY helps your body work properly.

- Your body is designed to move.
- Sedentary lifestyles are associated with diabetes, heart disease and lower life expectancy

As little as 20 minutes of low impact movement, such as walking or riding a bike, has the following benefits for diabetes:

- Improves insulin resistance. This means your body will respond better to lower amounts of insulin.
- Helps boost your metabolism and lower your weight if you are overweight. Proper body weight helps keep diabetes in control.
- Helps build stronger bones and muscles. Strong bones and muscles promote better metabolism and improve insulin resistance.
- Lowers stress and improves mood. The stress hormone cortisol interferes with the effectiveness of insulin.

Activity lowers sugar levels. It is important to:

- Eat a small snack or meal beforehand
- Carry a glucose tablet with you in case you need it
- Always check with your doctor to be sure the activity you plan to do is appropriate for your physical condition.

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DIABETIC Frequently Asked Questions: Why is stress a factor?

STRESS creates physiological responses:

- FIGHT or FLIGHT syndrome: Your body is designed to react to stress in a physical way.
 - In the past, stress was caused by the presence of physical danger.
 - Stress Hormones such as cortisol and adrenaline are released to help your body “FIGHT” off the danger or “FLIGHT” -- run away from it.
 - When your body is in “stress” mode, it is making stress hormones and it is making the “normal” hormones only in limited quantities.
 - Today stress is usually NOT caused by physical danger; it is usually caused by emotions.
 - Your body does not know the difference! It still produces the stress hormones that are designed to help you fight danger or run away from it.
 - Because you do not fight or run away from emotional stress, these stress hormones build up in your body causing physical problems.
- Both Insulin and cortisol are hormones – when cortisol is high, so is insulin resistance. Insulin is a “normal” hormone and is not being made in proper proportions when you are stressed.

The breathing technique we teach is designed to move your body from STRESS mode back into “Normal” mode. Your body is designed to look for a signal that the danger is gone. The breathing actually produces that signal to your body that the stressful event is over.