

## I was told to stop eating sugar, now what?

When told you have high glucose, or a high A1C you are either nearly diabetic or fully diabetic. This means your average glucose is running higher than normal, causing your body to become resistant to your own insulin. This will cause abdominal obesity, heart disease, strokes, vision loss, kidney damage, nerve damage, foot amputations and more.

The sad thing is that Diabetes of this type is not as much a disease, it's a consequence of a poor diet.

### Foods that cause this problem:

|                |                              |  |
|----------------|------------------------------|--|
| Fried foods    | Fast foods                   | Bread, white is worse than wheat, both are bad                               |
| Sugar          | Candy                        | 75% of food in grocery store has sugar ADDED to it already.                  |
| Cokes/Soda     | Fruit Juices                 | Orange juice is nearly as bad as soda for your health, but oranges are good. |
| Cake           | Flour or anything from wheat | Cookies, even if it says sugar free. Anything with flour = sugar             |
| White Potatoes | Corn                         | Corn = sugar. It's not a vegetable, it's a grain. Grains are sugar.          |

### So, what can I eat?

Keep reading...

Vegetables, the more the better!

Whole Fruits.

Salads, dark green is better. Iceberg lettuce is not a good choice due to it's poor nutritional value.

Smaller portions of meats: Fish > Chicken /Turkey > Red meats.

Red meats should be grass fed, not grain. No antibiotics.

Whole wheat on occasion is not terrible, but moderation is the key.

Water > milk. Water really is the best.

Exercise regularly, walking 20-30 minutes daily would be a minimum, more is better .

Get involved with a trainer or exercise class. Wholesale fitness ( <http://goo.gl/AuiQtW> ) in Rivergate is a free option, if that doesn't work for you we've arranged a deal with our trainer, Mark Lowry who will go over nutrition and get you started on an excellent personalized program for \$120 the first month (615)400-4640.

We recommend a great book to help get things started. It's a very strict diet that helps with eliminating diabetes and helps with weight loss:

*Eat To Live*, by Joel Fuhrman, MD is probably the most ideal diet plan.

There are many variations of this, and it can be customized based on your preferences, but the successes with this diet are phenomenal.

We've had patients lose 8-32 pounds in a month on this diet plan and continue losing. We've had diabetics come off insulin, Hypertensive patients come off blood pressure medications, and have seen it reduce heart risk dramatically.

Other options: South Beach and Paleo-style ( *Practical Paleo* )diets are not bad. Both are lower in simple carbohydrates as well. You may find something in-between these will work best for you.

We have handouts also for breakfast ideas since this is a common trouble area.

Eating properly will help reduce your risk of diabetes, heart disease, sleep apnea and more. You'll have more energy, sleep better, think better, memory will improve, stamina will improve, clothes will fit better, and your medical costs will be dramatically reduced over the years. You'll live longer, take fewer medications and we'll get to say I told you so.

Eat healthy, spread the word and share your success with those around you to both help them and help keep you honest with your own diet.

Just do it. Don't "Try", just get out and do it.