

# MedwellNews

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## DIABETES PREVENTION

With the sugar bomb that has just gone off and with the coming holidays, there are desserts and decadent foods everywhere! We know this season all too well... the food is in the office, at the mall, in our homes, and at our friends.

In this day in age, when we hear the word desserts we think diabetes! A fair correlation for sure! At the same time we don't need to run from special foods; we just need to have them in a mindful manner. Let's enjoy these featured delights that the holiday season chauffeurs in; and at the same time let's prevent diabetes. Here are some suggestions to celebrate without feeling like our healthy eating needs to take a back seat.

### HOLIDAY PARTIES

Don't skip meals to save up as this is a sure way to overeat. Instead, focus on a lighter breakfast and lunch.

Is the party set up buffet style? Watch out because our eyes have a way of becoming bigger than our stomach! Scan the buffet and try to decide what items were prepared with real ingredients. Then, decide what you will choose. Take a little of each knowing you can go back for whatever you liked best.

Dance at the party! And park a little further away. With all the cheer that is felt after a party it will be a welcomed walk through the colorfully and magically lit winter wonderland.

## RECIPE ♀ THE MONTH



### Quinoa with Herbs

#### You'll Need

- 1 cup quinoa
- 14.5 ounces chicken stock
- 3 tablespoons water
- ½ teaspoon freshly ground pepper
- 1 tablespoon olive oil
- ½ teaspoon dried oregano
- ¾ teaspoon dried thyme
- Salt to taste

#### Directions:

- Combine stock, water and pepper in a saucepan and bring to a boil.
- Stir in quinoa, reduce heat to low, and cook, covered, about 12 minutes or until all liquid has been absorbed.
- Remove from heat and stir in olive oil, oregano and thyme.
- Cover again and allow to stand 5 more minutes before serving. Salt to taste.

# WELLNESS NEWS OF THE WEIRD

Diabetes manifests in two forms: type 1 and type 2. Type 1 diabetes means that the body does not produce insulin and type 2 diabetes means that the body does not use insulin properly. Only 5% of diabetics are type 1, which is usually genetically linked.

The majority of people have type 2 diabetes, which is a preventable chronic disease. Unfortunately, diabetes is the leading cause of blindness in adults. We have to get a handle on this disease state that's completely out of control.

# STRESS BUSTERS

With the holiday season just around the corner, let's start to practice one thing that can make a huge difference in managing our stress, and that is making lists.

Interestingly enough, there is scientific evidence indicating that the act of planning activities and making to-do lists reduces stress on the brain.

Poorly managed stress can affect blood sugar and insulin regulation both being

potential causes of type 2 diabetes.



When we overcommit, even if the activities are fun ones, overcommitting can cause stress. Making lists helps us to visualize what needs to take place and we can move

forward handling our tasks in a manageable fashion. Whether you use pen and paper or a smart phone, make lists a part of your daily routine.

# REDUCE INFLAMMATION

Chronic inflammation may be the cause of many disease states, diabetes being one of them. There are dietary practices in place that may minimize chronic inflammation and prevent diabetes:

- Avoid artificially sweetened foods.
- Limit processed foods that contain excess sugar, additives, and preservatives.
- Choose foods that contain carbohydrates: beans, fruits, vegetables, and whole grains.
- Choose a whole piece of fruit instead of fruit juice. The body processes blood sugar more steadily and will prevent peaks in the blood sugar when having the fruit versus the juice.
- Non-starchy vegetables are lower in carbohydrates and calories. Make them the building blocks of your diet. You are encouraged to consume foods from this group often as they also contain many nutrients and antioxidants that are chronic disease preventers.
- Decrease high sugar drink consumption. Placing a little sweetener in your coffee or tea is ok, but consuming sodas or other high sugar drinks on a regular basis puts you at risk for diabetes.
- Incorporate cinnamon into your meals. Research shows that cinnamon helps with blood sugar regulation. Try apple slices topped with cinnamon. Yum!

# ASK WILL

*Hi Will,*

I'm conflicted. Like many people, I feel like I have to buy Halloween candy. However, that just means I'm giving unhealthy stuff to my kids and my neighbors' kids.

Is there a way out of this trap?

Dear Conflicted,  
I completely get what you're saying. You don't want to disappoint the kids or be labeled as the nerdy house that hands out pencil erasers. So if you're going to get sweet treats for the kids, the most nutritious of all is solid dark chocolate. Not the stuff with nougat, creamy whatever, caramel goop, wafer, or some other synthetically colored confection from Mars. What you want is solid. dark. chocolate. Get them the little minis, and you will not only give high quality, but also low quantity. That will also insure that your house doesn't get TP'd ;)

Good luck, ~Will



## HAVE A QUESTION?

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