

er: Male

MedwellNews

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Blood sugar test

Glucose
A1c

105
6.0

100

You

120

Diabetes



Dodging Diabetes

What's the first thing you think of when you hear diabetes? Is it SUGAR? And rightfully so! In fact, the amount of sugar we are consuming now has astronomically increased.

We need to recognize that many things can contribute to the development of diabetes. These include things like poorly managed stress, lifestyle practices that lead to chronic inflammation such as consuming much more food than our body needs, and a diet that contains a lot of artificial ingredients.

So YES, let's focus on managing our sugar intake but let's not enter deprivation mode as the research demonstrates once one deprives themselves to such an extreme level, they tend to compensate in other ways whether it's an increase in salt intake or binge eating.

The trick is control. A can of soda can have ten teaspoons of sugar and a bag of Skittles has at least fifteen which is WAY too much for our body to process. However, having a little bit of sugar in a dessert on occasion (such as the whipped cream in our featured recipe) is a fine way to incorporate sugar into an overall healthy diet.

When you consume sugar, bring it back into balance. Enjoy it sensibly. Here is an example of how to do just that:

Instead of consuming a 12-ounce can of soda, enjoy have a 1/2 teaspoon of sugar in your coffee and a piece of shortbread after dinner (approximately 1 teaspoon of sugar). Less than 2 teaspoons in a day is way less than the amount you'll consume in one 12 ounce soda.

Like many things moderation is key.

RECIPE ♀ THE MONTH



Whipped Cream

You'll Need

- 2 cups of heavy cream
- 1 Tablespoon of sugar (or less)

Directions

- Pour the heavy cream into a mixing bowl. Then with an electric beater, beat cream on high until it starts to fluff.
- Add the sugar.
- You'll know it's done when the whipped cream gently clings to the lifted beaters. Just be careful not to overbeat or you'll end up making sweetened butter.

Play with Your Food

- Add a dash of vanilla
- Add a pinch of cocoa powder

Magnificent Magnesium

Hundreds of functions in the body rely on magnesium such as:

- Converting food into energy.
- Muscle movement.
- Controlling mood swings and symptoms associated with PMS.
- Keeping your bones strong.

Below are some examples of some magnesium rich foods. Make them a regular part of your nutritional make up to achieve the benefits magnesium can offer to you!

- Spinach
- Brussels sprouts
- Navy beans
- Cashews
- Swiss Chard
- Quinoa
- Black Beans
- Tuna

Exercise and Diabetes

Many times, we hear exercise and instantly cringe. Thoughts of pain and sweaty gym mats may pop into our head. However, current research shows the effectiveness of short bursts of exercise, and the FitBit craze proves this!

Short bursts of exercise really do add up and can aid in weight loss, hypertension control, blood sugar and cholesterol management, stress relief, and better sleep. In fact, this list can go on and on. Instead, work on changing your way of thinking.

Pick one of the strategies below and make it a habit. Once this becomes a habit, add on another one.

- Do a set of push-ups before you shower.
- Do calf-raises while waiting for the bus or pumping gas.
- Do squats when on a phone call.
- Do sit-ups or stretch while your coffee or tea brews.

Manage Stress, Manage Blood Sugars

Physical, emotional, or mental stress can cause a rise in blood sugar. If this continually happens, a person may end up with type 2 diabetes. If a person has diabetes, the unmanaged stress can be detrimental to blood sugar control.

Here are some tips to help you manage day to day stressors:

- **Make lists.** List making is a good way to get things done without being overwhelmed.
- **Don't sweat the small stuff.** Some things are out of our control. Let's use healthy humor (when we can) to deal with the things we cannot change.

Ask Will

Are there better foods than others for cancer survivors?

We recommend the following for cancer survivors and those that want to reduce their risk of cancer.

Remove Faux Foods. Remove the artificial additives, preservatives, sugars and colors from their diet.

Fruits and Veggies. It is good to have a base of veggies and fruits that are loaded up with antioxidants as the building blocks of one's diet. And more veggies than fruit is key. Please email us at nutrition@willclower.com for a detailed list.

Limit animal based protein sources especially corn-fed, red meat.

When choosing red meat, on occasion, choose grass-fed beef. Focus on protein foods such as beans, nuts, and whole grains.

Limit Sugar Intake. Limit simple sugars such as baked goods, sugar drinks, and candies.



Limit Overconsumption.

When it comes to food intake, limit overconsumption. Having more food than our body needs can lead to chronic inflammation and this is one thing we need to decrease.



HAVE A QUESTION?

Email him:
askwill@willclower.com