



## Food As Medicine

Jennifer Hall RD, CDE

In June Dr. Turner and I attended the Food As Medicine Conference. I look forward to sharing the wonderful information we learned in this and upcoming diabetes newsletters. It was interesting to learn how the modern diet has changed from the primitive diet.

The primitive diet was:

- 99% vegetables, fruits, roots, legumes, and nuts
- 1% whole cereal grains

The modern diet is:

- 59% refined grains
- 23% vegetables, fruits, legumes, and nuts
- 18% refined/artificial sugars and sweeteners

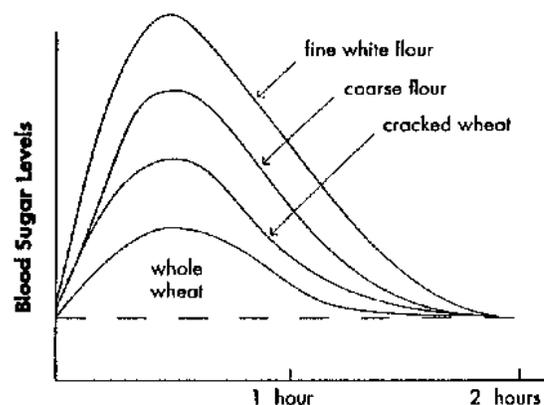
In studies where participants were fed a primitive diet for 10 days they saw significant reductions in blood pressure, blood sugar, total cholesterol, LDL cholesterol and triglycerides.

### Top 10 Ways to Return to a More Primitive Diet

1. Eat large amounts of fresh, locally and organically grown produce. Plant a garden or visit the farmer's market!
2. Eat one handful of unsalted nuts and seeds each day.
3. Reduce and restrict animal protein sources to grass fed and or wild.
4. Get outside and move. Get daily sunlight exposure or take Vitamin D.
5. Reduce and limit dairy consumption to raw and/or fermented.
6. Limit grains, use only whole and/or sprouted grains.
7. Use raw honey as primary sweetener if needed.
8. Avoid all chemical additives (preservatives, sweeteners, flavorings, etc.).
9. Avoid cooking foods at temperatures >350°F (example: poach or soft-boil eggs).
10. Search for wild edibles and heirloom varieties of all plants as often as possible.

### Simple Starches versus Resistant Starches

Have you ever wondered why your provider may have said "avoid white foods." Why is it better to eat brown rice than white rice? As you can see in the graph below, the white flour raises your blood sugar more.



**SIMPLE STARCHES** (includes white flour, white potatoes, white rice, and refined grains):

- Are **EASILY** digested
- Contribute **LARGE** amounts of glucose (sugar) to the bloodstream **QUICKLY**

**RESISTANT STARCHES** (includes beans, lentils, fruit, whole grains such as oats, barley, brown/wild rice, yams, sweet potatoes, and squash):

- More **DIFFICULT** to digest
- Contribute **SMALL** amounts of glucose (sugar) to the bloodstream **SLOWLY**

Possible experiment:

If you tend to gain weight around the middle, and eat too much bread, pasta or refined grains:

1. Eliminate refined grains (bread, cereal, pasta, snack foods such as chips, pretzels, etc).
2. Be sure to include some protein at breakfast (nuts, nut butters, poached eggs)

*This experiment will help you become aware of how your energy level is affected by food choices and will help you discover some whole food substitutes.*

**Save the Date!**



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**Life With Diabetes Workshops**

*These workshops cover the basics of living with diabetes.*

*If you attended in the past, the information will be a review.*

**Thursday, November 4th 8:30—4:00 MNAW**

**Tuesday, November 2nd 8:30—4:00 CAIR**

**ADVANCED Diabetes Workshop**

*This workshop will go beyond the basics*

**Tuesday, November 9th 8:30—12:30 MNAW**

**The D5**

**Five Goals for Living Well with Diabetes—[www.theD5.org](http://www.theD5.org)**

<p><b>CONTROL BLOOD PRESSURE</b> High blood pressure makes you heart work too hard. It can cause heart attack, stroke, and kidney disease</p>	<p><b>GOAL: Blood Pressure less than 130/80 mmHg</b></p>
<p><b>LOWER BAD CHOLESTEROL</b> LDL or “bad” cholesterol can build up and clog your blood vessels. It can cause heart attack or stroke. HDL or “good” cholesterol helps remove cholesterol from your blood vessels.</p>	<p><b>GOAL: LDL less than 100 mg/dl</b></p>
<p><b>MAINTAIN BLOOD SUGAR</b> High blood glucose levels (too much sugar in your blood) can harm your heart, blood vessels, kidneys, feet, and eyes.</p>	<p><b>GOAL: A1c less than 7% (FDL goal is less than 6.5%)</b></p>
<p><b>BE TOBACCO-FREE</b> Smoking doubles your risk of heart disease. Both smoking and diabetes narrow your blood vessels. Smoking can damage the blood vessels in your legs, increasing the risk of amputation.</p>	<p>√ <b>YES</b></p>
<p><b>TAKE ASPIRIN DAILY</b> (ages 40 &amp; older) Taking aspirin every day can help reduce the risk of heart disease and stroke. <b>Ask your provider</b> whether taking aspirin is right for you.</p>	<p>√ <b>YES</b></p>

## **YOUR Way**

### **Adult Weight Management Program**

CAIR is currently under construction. YOUR WAY is only being offered at 12:00 on the clinic side of CAIR. We will return to the Community Room when construction allows and will offer both the 12:00 and 4:30 times.



**CAIR Clinic**  
**Mondays 12:00 pm**

**MNAW—McKnight Room**  
**Thursdays 12:00 or 4:30**

Guidance from Registered Dietitians & Personal Fitness Trainer. Weekly weigh-in, group discussions, goal setting, problem solving, support & ideas.

## **On The Move!**

FDL Human Services - Public Health Nursing

**NEW! Walking/Jogging Group:** Tuesdays 12:00 Tribal Center (meet at front desk)  
Thursdays MNAW clinic 12:00 (meet at door 5)

**Turbo Kick:** Mondays & Wednesdays 12:00-12:30 Tribal Center Gym

**Get Fit:** Tuesdays & Thursdays 12:00 -12:30 Tribal Center Gym

**Yoga Class:** Fridays 12:00 -1:00 McKnight Room (enter door 5 at Min No Aya Win)

**Water Aerobics:** Mondays & Wednesdays 8:00 -9:00 am (elders) Tribal Center Pool

**Tai Chi:** Mondays 9:15 -9:45 am (elders) Tribal Center



# How Can Yoga Benefit Someone With Diabetes?

Yoga has profound benefits on balancing the body's organs and internal systems.

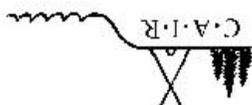
- Yoga postures, practiced with proper breathing, can lower blood sugar levels by decreasing hormones like cortisol and aiding in stress reduction.
- Yoga postures may help improve insulin sensitivity through increased muscle tone.
- Other benefits include improved circulation to the extremities and reduced blood pressure.
- Yoga can create self-awareness, which can extend to awareness of eating habits. It can help you develop increased self-discipline and build self-confidence, which may allow you to adopt healthier eating behaviors.
- Physically, the twisting and stretching involved in yoga postures helps to massage and revitalize the internal organs and glands, which can result in rebalancing the endocrine system.
- Breathing techniques can be beneficial in calming the nervous system.

- Guided medication techniques can help reduce stress.

*A recent study showed that performance of 13 yoga poses by people with type 2 diabetes for forty days resulted in a significant decrease in fasting and postprandial (after meals) blood levels, as well as changes in insulin levels and a significant reduction in waist-hip ratio.*

Gary Anderson, Certified Yoga Instructor teaches yoga at MNAW on Fridays in the McKnight Room (entrance #5) from 12-1:00 pm. Check it out and receive the many benefits yoga provides.





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Living In Balance Newsletter  
Fond du Lac Human Services



## Good Eye Sight Is Not The Same As Good Eye Health

We recommend that people living with diabetes have an annual dilated eye exam. With the dilated exam, the pupil size is increased giving a better view.

The following suggestions were given at a recent diabetes conference we attended regarding optometry appointments:

- Try going to the same person each year for your eye exam. Just like choosing a regular provider at the clinic, it is recommended that you choose a regular eye doctor.
- When you go for your eye exam you should:
  - Know your A1c
  - Bring your medication list
  - Know the date you were diagnosed with diabetes
  - Bring a log of recent blood sugar readings
  - Know the date of your last eye exam
  - Know your family history of eye problems
  - Report changes in vision



The **KEY** is to  
catch **SLIGHT**  
changes in your eyes,  
before you have  
**BIG PROBLEMS!**