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**Managing Your Blood Sugars**

This issue will be dedicated to information about blood sugar regulation for those with diabetes as well as those who experience high and low blood sugar episodes. There are a number of nutritional, lifestyle and herbal approaches that can help with blood sugar stability and increasing the body's response to insulin.

Type I diabetes or Insulin Dependent Diabetes (IDDM) results from impaired insulin secretion by the pancreas while Type II or Non-Insulin Dependent Diabetes (NIDDM) results from impaired insulin action due to lifestyle choices.

Blood sugar regulation is important for decreasing the risk of chronic complications such as kidney disease, cardiovascular disease, and loss of nerve function. Acute complications are hypoglycemia and ketoacidosis, more common with type I, which are extreme high and low blood sugar levels. Symptoms can include sweating, tremors, fatigue and nausea, and in severe cases can result in seizures, and comas.

Most people, even those without diabetes, will benefit from having more stable blood sugars. Mood, mental clarity, physical performance, and anxiety can all be improved upon with proper regulation of blood glucose levels, helping you to feel your best each and every day!



**Importance of Nutrition**

Proper nutrition is designed to achieve and maintain desirable body weight and near normal blood glucose levels, whether it is Type I or II diabetes. One way of attaining this is through a high complex-carbohydrate, high-fibre diet with adequate amounts of protein and restrictions on simple sugars and fats. Outcomes of this diet include reduced high blood glucose levels, increased sensitivity to insulin, reduced total cholesterol and increased good cholesterol, as well as weight loss.

Along with proper nutrition, adequate supplementation is important to maintain good health. Some essential vitamins and minerals for someone with diabetes include Chromium, Vitamin C, Niacin & Niacinamide, Biotin, Vitamin B6, Vitamin B12, Vitamin E, Magnesium, Zinc, Essential Fatty Acids and Selenium, nearly all of which can be found in a good multi vitamin.



**High-glycemic foods**

- Apricots, bananas (ripe)
- pastry
- cooked carrots
- corn
- Crackers and crisp bread
- processed breakfast cereals
- Soft drinks
- white bread or flour products
- white potatoes

**Moderate glycemic foods**

- brown rice
- buckwheat
- corn on the cob
- garbanzo beans
- peas
- rolled oats
- whole grain pastas & breads

**Low glycemic foods**

- apples
- barley
- berries
- grapefruit
- kidney beans
- lentils
- peaches
- tofu, tempeh
- vegetables
- wild rice
- yogurt (no added sugar)

For more info:  
<http://www.glycemicindex.com/>

**Glycemic Index**

The Glycemic Index is used to measure how fast a particular food is likely to raise your blood sugar levels, such that foods are given a value relative to glucose. High-glycemic foods rich in simple carbohydrates turn into sugar when digested and quickly cause an increase in blood sugar levels. Low-glycemic foods contain complex carbohydrates and are digested more slowly, therefore do not cause spikes in blood sugar levels.

*Nutritional intake should focus on low and moderate GI foods.*

**Get Moving!**

A proper exercise regime is essential for anyone, especially those with diabetes, for many reasons.

Appropriate exercise can:

- enhance insulin sensitivity in the body, resulting in a decreased need for insulin
- improve glucose tolerance
- assist in blood glucose regulation
- help lower cholesterol and increase HDL (good cholesterol)
- improve circulation
- improve weight loss

However, an exercise plan must be suited to a person's current health status to avoid injury.

**Clinic News**

RMT News

Sylvie Hebert is available for CranioSacral therapy Tuesdays from 11am-5pm.

Introducing our New Practitioners:

Lori Goldblatt: Reiki Master

Reiki is a Japanese holistic, light-touch, energy-based modality. Reiki re-establishes a normal energy flow throughout the system.

Fridays 9:30am-4pm

Tuesdays by appointment only

Meghan Lederman: Cognitive Behavioural Therapy

CBT is a psychotherapeutic approach that aims to solve problems concerning dysfunctional emotions, behaviours and cognitions through a goal-oriented, systematic procedure.

Mondays 9am-4pm



**10 Things to Know About Herbs and Supplements**



- 1 Supplement Form.** It is best to choose a powder, capsule or liquid versus tablets unless the tablets are extracted from food.
- 2 Try to use the best absorbable form.** For example, calcium citrate, chromium picolinate.
- 3 When to take.** Take vitamins and minerals *with* food. Take herbs *away from* food; i.e., 30 mins before a meal.
- 4 Bite tabs.** Enteric coated tablets are poorly absorbed due to the water-proofing qualities of the coating, bite the tablet or avoid it.
- 5 Time matters.** For example, calcium, magnesium and vitamin D are best taken at night, and B complex is best in the morning.
- 6 Fibre.** The absorption of minerals and other nutrients can be inhibited by fibre, take psyllium or ground flax separately.
- 7 Avoid glues and thickening agents** like corn and gluten in your supplements, which decrease absorption.
- 8 Bite oil containing capsules** open, and take during a meal for best absorption.
- 9 Storage.** Store tinctures in a cool dark place, oils and probiotics in the fridge.
- 10 Address digestion.** Good digestion is necessary for proper absorption of nutrients from foods and supplements.

**Alternatives to Sugar**

**Brown Rice Syrup:** Unrefined polished brown rice cultured with enzymes to break down the starch; liquid is strained off and cooked to form the syrup; useful for those with allergies

**Honey:** Raw is unrefined, darker honey has more nutrients

**Maple Syrup:** Less sweet than sugar or honey; good source of calcium and magnesium

**Stevia:** a small green plant bearing leaves; 30 times sweeter than sugar; regulates blood sugar, therefore good for diabetes and low glucose levels; inhibits the growth and reproduction of some bacteria and other infectious organisms

**Sucanat:** Unrefined whole cane sugar, water is removed; good source of minerals, especially calcium and potassium

**Sweetener Equivalent to 1 cup sugar (brown or white)...**

Brown rice syrup	1-1 1/3 cup
Honey	1/2-2/3 cup
Maple syrup	1/2-3/4 cup
Stevia	1 tsp/cup of water
Sucanat	Use equivalent to sugar

**Solutions to a Toxin Free Home**

Avoid non-stick and stain repellent coatings:



Perfluorinated chemicals, or PFC's, are the chemicals used to make non-stick coatings on cookware, water repellent clothing, oil and grease resistant food packaging as well as stain repellent coatings on fabrics, furniture and carpets.

One way to avoid directly consuming PFC's is to stay away from food wrappers and papers treated to repel grease, such as fast food wrappers and microwave popcorn bags. Avoid stain resistant furniture and carpets as well as optional treatments. To further reduce your exposure discard your non-stick cookware and choose ceramic coated, stainless steel or cast iron.

Cast Iron Links:  
<http://www.lodgemfg.com/>  
<http://www.lecreuset.ca/>

Resources:  
*Nature Clean 3 More Solutions to a Toxin Free Home, page 2*

**Apple and Chevre Salad with Maple Dressing**

- 8 cups mixed greens
- 2 green apples, halved, cored & sliced
- 2 oz goat cheese, crumbled
- 1/2 cup walnuts, chopped

- Dressing:
- 2 tbsp apple cider vinegar
  - 2 tbsp maple syrup
  - 1/3 cup flax seed oil
  - 1/2 tsp salt
  - 1/2 tsp Dijon mustard
  - 1 clove garlic, minced

Mix cider vinegar with maple syrup, salt, garlic and mustard. Whisk in oil. Adjust seasoning to taste.

Place greens in a bowl and toss with only as much dressing as needed to coat. Keep the remainder of dressing in the refrigerator. Garnish with apples, cheese and walnuts.

Makes 6 to 8 servings.



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