

A Handful of Nuts Each Day may Prevent Diabetes and Associated Complications

By: John Phillip, Natural News

Research published in the prestigious journal *Diabetes Care* (published by the American Diabetes Association) suggests that two ounces of nuts consumed daily when substituted for refined carbohydrate foods can prevent diabetes and the deadly complications caused by the disease. Researchers found that nuts eaten as part of a healthy diet can lower serum blood glucose and lipids to lower long-term blood sugar control as measured by the HbA1c blood test. Grab a big handful of almonds, walnuts, pecans or macadamias to ward off diabetes and metabolic syndrome, devastating conditions currently threatening human health and longevity.

The study was setup by creating three groups among subjects with Type II diabetes. The first group was given high carbohydrate muffins; the second received a mixture of nuts including raw almonds, pistachios, walnuts, pecans, hazelnuts, peanuts, cashews, and macadamias; and the final group was given a mixture of muffins and nuts. The groups receiving nuts were supplemented with two ounces each day that replaced a carbohydrate-rich dietary food item.

All subjects were tested for changes in long-term blood glucose saturation using the industry standard glycosylated hemoglobin (HbA1c) test. Subjects receiving the nut-only dietary supplement demonstrated the greatest improvement in the HbA1c test as well as a reduction in oxidized low-density lipoprotein cholesterol (LDL cholesterol). Both groups receiving muffins showed no improvement in HbA1c, but the nut-muffin combination group did experience an improvement in LDL cholesterol.

The group receiving the full-dose two ounce daily serving of nuts reduced their HbA1c readings by two-thirds the level considered to be a meaningful marker by the FDA. This result is very significant to those currently diagnosed as diabetic as well as the millions of pre-diabetic men, women and children that may be able to prevent full onset of the disease. The research team leader, Dr. David Jenkins of the University of Toronto concluded: "Mixed, unsalted, raw, or dry-roasted nuts have benefits for both blood glucose control and blood lipids and may be used as part of a strategy to improve diabetes control without weight gain." Those following a natural lifestyle will choose non-irradiated nut sources that have not been processed or altered in any fashion.

Researchers believe that the unique mix of monounsaturated fats and phenolic compounds naturally occurring in most nuts is responsible for the glycemic control and lipid profile improvements experienced by the diabetic participants. Furthermore, nuts have not been found to contribute to weight gain in this report or other studies, making this tasty food an ideal choice for weight management goals and long-term diabetes risk reduction.

Article References:

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About the author

John Phillip is a Health Researcher and Author who writes regularly on the cutting edge use of diet, lifestyle modifications and targeted supplementation to enhance and improve the quality and length of life. John is the author of 'Your Healthy Weight Loss Plan', a comprehensive EBook explaining how to use Diet, Exercise, Mind and Targeted Supplementation to achieve your weight loss goal. Visit My Optimal Health Resource to continue reading the latest

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