

Today's Listener Question

Terry Talks Nutrition

IMPROVING THE HEALTH OF AMERICA

Ask Terry

Dear Terry:

I am a 56 year old woman who has had no major surgeries or health issues till I hit 49 years of age. I averaged 2 to 3 hours of sleep per night for 18 months till I could no longer take it. I sought help from 2 different medical centers which both prescribed pills. One being Ambian which I eventually flushed down the toilet as I was doing things at home I was not aware of, such as cooking in the middle of the night. I found a holistic doctor who told me to give up the gluten immediately. I started sleeping 4 hours but would wake up at 2:00 am and not be able to go back to sleep. Please help me as I have not slept over 6 hours in a single night for 7 years.

R.M., Fort Plain, New York

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The Big “D”: Diabetes
from *Men’s Health* magazine
(6 slides)

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Prediabetes: the first step towards the big “D”

Four warning signs of high blood sugar

1. **Bulging gut** – belly fat is bad.

- Your waist should be less than half of your height. If you are a 6 foot tall man (72 inches) your waist size should be no larger than 36 inches (72 divided by 2 = 36)

2. **Too many sugary drinks**

- More than 3 sodas or sugary drinks per week raises diabetes risk by 46%; too much sugar (fructose) causes the liver to increase blood glucose levels so that insulin can't keep up

3. Family history: people between the ages of 18 and 29 have a 79% increased risk of prediabetes in the next five years if they have a parent with diabetes

4. **No physical activity**

- If you are a couch potato, getting up and exercising just 30 minutes every day can cut the odds of developing insulin resistance by 13%

Diabetes corrodes the body

- Eyes
 - When sugar byproducts damage blood vessels, it can lead to hemorrhaging (bleeding) in the eyes. This is **diabetic retinopathy** and can lead to blindness. The damage can happen BEFORE you have any symptoms like blurry vision.
- Feet
 - High blood sugar damages nerves so that they don't work efficiently to conduct the impulses that give you feeling. Result: tingling, burning, pain, and eventually numbness.
- Heart
 - Excess sugar causes narrowing of the blood vessels, making blood flow difficult, while also damaging heart muscle so the heart doesn't pump efficiently. At the same time, high blood sugar hardens the arteries, which causes high blood pressure. This puts a strain on the heart and makes it work even harder to get blood circulating through the body.

Type 2 Diabetes is Reversible

- How? One way is extreme weight loss
 - 30 volunteers ate 700 calories per day for eight weeks (from meal replacement shakes)
 - 2 week reintroduction to solid foods
 - 6 months of maintenance
 - 12 of the participants saw their blood sugar levels drop from 160 (diabetes) to 114 (prediabetes) with NO USE of medications; five people had HbA1c levels return to the normal range
 - The best results were for people who were younger, who had been diabetic for 4 years or less – people with 10 years of diabetes still lost weight but did not see results as good for blood sugar levels
- You don't have to be the Biggest Loser. Other studies have found that losing just 5-10% of body weight (for a 175 lb woman, that is 8 – 17 lbs) lowers blood sugar and increases insulin sensitivity

Another way to roll back prediabetes?

- **Exercise**

- A 2016 study looked at inactive, middle-aged people with prediabetes
 - A brisk walk for just over 1.5 miles a day, every day, resulted in a **7% improvement in glucose tolerance** with no diet changes – results about the same as participants who exercised, cut calories, *and* ate a low fat diet
 - 1.5 miles is about 3 laps around your local indoor shopping mall – 2 laps if it is a big mall!
 - In a 12 week study of high intensity, interval training (5, 4 minute intervals with 3 minute rest periods) participants **decreased their liver fat by 39%** while also improving heart function and glucose tolerance
- Bonus tip: cold is better, so turn down the furnace (to 62-64 degrees) when you exercise. Cold weather exercise triggers active brown fat to burn more energy to keep you warm, so you lose more weight

One more suggestion: Hintonia

- In a 2014 study, 178 people with type 2 diabetes/pre-diabetes were divided into 4 groups treatment groups, all received *Hintonia latiflora* plus their regular diabetes protocol
- After 8 months, significant improvements occurred
 - HbA1c improved **by an average of 10.4%**
 - Fasting glucose improved by an average of 23.3%
 - Postprandial glucose improved by an average of 24.9%
- 114 participants were taking some kind of medication
 - at study end, 45 participants reduced their dosage and 10 participants no longer needed it.

Reverse Your Road to Diabetes

- Carbohydrates are your poison.
 - NEVER: white bread, white flour, muffins, cakes, bagels, potato chips, white rice, sugar coated cereal, French fries, tortillas, soda, fruit juices
 - SOMETIMES: fruits (fresh, not canned), sweet potato, brown rice, oatmeal
 - GREAT CHOICE: fresh, steamed vegetables; protein from chicken, beef and sea food (NOT processed meat), eggs and dairy, nuts and seeds
- Exercise as you can.
- 20 mg polyphenols from Hintonia, one to three times daily, along with essential vitamins and minerals