



of the Week...

What You Should Know About T6...

is involved with providing the primary nerve supply from the control centers in the brain to the *Stomach and Pancreas* – It is commonly found to be an area that is subluxated (misaligned producing abnormal nerve system transmission of information) and associated with such common health complaints as diabetes and pre-diabetic symptoms.

Common Sense Blood Sugar Tips

While most people know about diabetes and its meteoric rise in the population these days, many do not understand that ALL the muscles in your body use blood sugar as fuel to work properly. Those with blood sugar problems often develop muscle problems and everyone knows the heart is a muscle.

Refined carbohydrates in the diet are often the culprits behind high blood sugar levels so let's consider NUTS, FRUITS and VEGETABLES as some common sense ways of reducing your refined carbohydrate intake:

NUTS: Almonds, walnuts, and pecans are low in carbohydrates in reasonable quantity and full of very healthy oils that lower cholesterol.

FRUITS: Strawberries, raspberries, blackberries and blueberries are low in

carbohydrates and very high in healthful micronutrients. Frozen berries are great but you must check the labels and buy the kinds that are not frozen in sugar.

VEGGIES: Eat a few servings every day of lettuce (primarily Romaine, Boston and Red), green beans, artichokes, avocado, asparagus, broccoli, cauliflower, cucumbers, eggplant, olives, spaghetti squash, acorn or butternut squash (small amounts), small amounts of fresh red, orange, or green pepper and zucchini.

AVOID: Products labeled as lo-carb, diabetic, sugar-free, sugar substitutes, breads, cookies, pasta, rolls, potatoes and pancakes. You know the rules...win by following them!

The Bottom Line...The Bottom Line...The Bottom Line...

The American Diabetes Association is selling its endorsement to junk food companies and you will soon be seeing labels suggesting that many foods are great for diabetics that are not. The ADA criteria are that the food be low fat and have 30 grams or less of carbohydrate per serving. This is already much more carbohydrate than most people with diabetes can handle without dramatic blood sugar spikes. And, you'll find that the portion sizes are deceptively low.

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