

**©THE REAL DIABETES GUIDELINES BY Juliana Mazzeo, M.S., CDN
MEDICAL NUTRITIONIST**

• Monitor blood sugar daily. Upon arising and 2 hours after each meal. Pre-meal readings should be 80-120, two hours post meal, readings should be 140 or less. Strive to achieve and maintain a glycohemoglobin [A1c reading] of 6 or less. Anything above 7 is an indication of poor blood sugar control. Have your glycohemoglobin tested every three months – insist on it.

• The three macro nutrients that we consume are: proteins, fats and carbohydrates. Out of these three, ONLY carbohydrates affect and increase your blood sugar. Protein eaten in excess can convert to glucose, while fat has NO effect on blood sugar.

• Greatly reduce or eliminate your intake of grains, bread, bagels, crackers, pasta, rice, sugar, milk, yogurt, corn, fruit, candy and chips. No more than one to two servings per day depending on blood sugar control.

• Do not drink any fruit juices, or eat any dried fruits.

• Limit your intake of fruit to no more than 1 per day depending on blood sugar readings. Uncontrolled diabetics should not consume any fruits. Fruits are carbohydrates and therefore will increase your blood sugar.

• Do not drink diet soda or use any artificial sweeteners such as Nutra Sweet®, Equal®, and Splenda® etc. in your coffee or tea. Artificial sweeteners are converted into formaldehyde, a poison that is deposited in the retina, causing blindness, and in the brain causing brain tumors and holes. The FDA was aware of the studies where the monkeys given the Nutra Sweet® developed brain tumors and lesions, yet, they still approved this poison for the public. These products are greatly promoted by the American Diabetes Association and American Dietetic Associations because Monsanto, the maker of Nutra Sweet® [Aspartame] gives these Associations great sums of money to promote their poisonous products. Also former FDA members went on to become board members for Monsanto. Also be aware that these artificial sweeteners increase blood sugar. They also accumulate in the cells retaining fat and water and therefore a hindrance to any weight loss program. If all these sugar free and fat free products really worked, why are more than 60% of Americans seriously overweight. Do not rely on government agencies to protect your health and keep you safe. Their bottom line is dollars, NOT your health. If you want to save your eyesight, your kidneys and your memory, throw away these poisons NOW.

• For a safe alternative natural sweetener that DOES NOT produce an insulin response, in other words it DOES NOT raise blood sugar levels, use STEVIA a natural sweetener that can be purchased at your local health food store. Another product to consider is Xylitol, which has been shown to prevent cavities, and ear infections in children. Xylitol makes an excellent sweeteners and can be used just like sugar.

• Throw out all your vegetable oils, such as corn, safflower, sunflower, soybean and canola oil. These oils contain gasoline residues [hexane] are unstable, rancid and promote heart disease and cancer. Use only extra virgin olive oil for all your cooking, and condiments. For baking and frying, use unrefined coconut oil or palm oil, from reputable companies. Coconut oil is healthy and it actually promotes weight loss because the fatty acids found in coconut oil are known as MCTs [Medium Chain Triglycerides], which are not stored as fat, but are used for energy. The vegetable oil industry wants you

to think that coconut oil is bad for you; because their dollar interests lie in the deadly vegetable oils they are promoting and pushing. Coconut oil has antibacterial, antiviral and anti fungal properties. Excellent for thyroid function and weight loss.

- Throw away your margarine, Crisco® and any products that read Hydrogenated, partially hydrogenated oils. Margarine starts as a liquid vegetable oil, which is heated at high temperatures, hydrogen gas is then added, along with nickel and aluminum as a catalyst, and made just soft enough for you to spread. The color of this concoction is gray, to which “natural” colors are added to give it that butter yellow color. In chemistry, margarine is known as a plastic fat. It is linked to heart diseases, cancer, dementia, ADD/ADHD, as well as MS and other degenerative neurological conditions. These plastic fats actually interfere with your cell’s ability to communicate with each other. Remember, that is how memory works. Your brain cells talk to each other and pass on messages. If their lines of communication are broken, memory loss and dementia occurs. These fangled, mangled plastic fats are the real cause of heart disease. Butter and saturated fats are not the cause of heart disease. The process of hydrogenation started at the turn of the century. Meat, fat and butter intake has drastically decreased over the decades, yet heart disease and cancer have increased, along with the use of vegetable oils and margarine. Again the promoters of these poisonous fats and vegetable oils would have you believe that these altered, plastic fats are actually healthy for you. The truth is that the initial statement of the American Heart Association was that margarine caused heart disease. After being pressured from proponents and food processors of these plastic fats, they changed their statement and claimed that margarine is heart-healthy and butter is not. Their latest change of mind is that margarine is NOT heart healthy. These folks who are supposed to be looking out for us, sway like the wind. Their studies are full of omissions, fraud, lies and deceptions. They cherry pick their information so that their results will always result in accordance with their paradigm.

- So therefore use ONLY butter, best bet is organic butter that does not contain antibiotics, hormones or pesticides. And it is actually good for you because it contains vitamin A, D, more selenium than garlic, and butyric acid. Butyric acid is a short chain fatty acid that converts into butyrate in the colon, and has been shown to REVERSE colon cancer. – **GOD MADE BUTTER, NOT MARGARINE.**

- Eat whole eggs – organic eggs. Eggs do NOT raise cholesterol levels. Eggs actually decrease cholesterol levels because the lecithin found in egg yolks emulsifies [washes like soap] cholesterol. Also the yolks contain choline, which converts into acetylcholine in your brain. Acetylcholine is a neurotransmitter involved in memory, learning and cognition. Do you ever wonder why so many people of all ages have memory problems these days? Maybe its because they’ve been throwing away their egg yolks and avoiding fats. Eat your egg yolks. **THROW AWAY YOUR EGG BEATERS; THEY ARE MADE WITH VEGETABLE CORN OIL, PLASTIC AND OTHER TOXIC INGREDIENTS – IN LABE RATS, EGG BEATERS CAUSED CANCER.** Remember your brain is 60% fat and your spinal chord is 80% fat. **DON’T CUT FAT OUT OF YOUR DIET – CUT THE MARGARINE OUT OF YOUR DIET.**

- Purchase free-range, grass fed meats, poultry and wild game. Vote with your pocketbooks. Support farmers who treat their animals humanly, by letting them roam, feeding them hay in the winter and grass in the spring and summer. Support these

farmers, who do not give their herds hormones to fatten them up, or antibiotics, which end up in your milk and your meat, and in YOUR body. Industry raised beef and poultry are contained in tight quarters, they are given antibiotics because they get lots of infections and are given hormones to fatten them up. Folks, these hormones end up in your steak. Do we need to wonder why there is so much cancer in our society? Eliminate or greatly reduce intake of milk. If you must drink milk, use whole milk only from grass fed cows. Skim milk is used to fatten up pigs because it contains 12 grams of sugar. Skim milk does not contain fat. Therefore vitamin A and D cannot be absorbed and protein cannot be absorbed. Fat-soluble vitamins can only be absorbed in the presence of bile acids. Bile acids are made from cholesterol, only made in the presence of fat. So if you are drinking skim milk for your bones, you are actually losing bone.

- All mass produced milk contains genetically modified hormones known as rBGH [recombinant bovine growth hormone]. This is given to cows to increase milk output. These poor cows end up with mastitis, which is an infection. They are then pumped with antibiotics, which end up in your milk. How do we know which milk contains it? We don't. The FDA stated that farmers are not allowed to state on the milk label whether their milk contains rBGH or not-**or they would get heavily fined.** In other words, you the consumer do not have a right to know. Of course the FDA is protecting Monsanto, the makers of rBGH and of course, lest your forgot, the makers of Nutra Sweet. Vote with your pocket books; use real organic milk only if you must drink milk. Milk is a carbohydrate, and it affects blood sugar. Use small amounts, only if you're in good control.

- Stay away from soy. Soy depresses immune function, disrupts the endocrine system and suppresses thyroid function, which can lead to thyroid cancer. Soy binds thyroid medication. So if you are on thyroid medication, do not use any soy. Soy also increases vitamin B12 and vitamin D requirements that could lead to osteoporosis. Soy contains trypsin inhibitors, which can actually cause pancreatic disease. Soy is very estrogenic and babies fed soy formula are getting the equivalent of five [5] birth control pills in a bottle of their formula. It also has been shown to promote infertility. Soy contains high levels of aluminum, which is toxic to the kidneys and the nervous system. The reality of soy consumption in Asian population is that they DO NOT substitute soy/tofu for their meat. Their consumption of soy is as a condiment [1 tablespoon per meal] and is it only a fermented type of soy such as miso or tempeh. Their low incidence of cancer has nothing to do with soy intake. It has to do with their unprocessed food intake, high intake of fish and seaweeds loaded with iodine and other wonderful minerals, exercise and lifestyle, which includes family unity and community, unlike our very mobile society.

- Drink lots of water. Your body is 60% water, not tea, coffee, soda, Gatorade or juice. Drink most of your fluids between meals, not with your meals. This interferes with digestion of your food causing gas, bloating, indigestion and malnutrition. 1-2 cups of coffee per day is ok.

- Exercise every day. It is not an option. If you have any physical limitations, please check with your health care provider. For most of us, we need to do exercise on a daily basis. Walk, bike, take dance classes, stretching, weight training a

must to build strength, resistance, muscle and bone mass, and it greatly decrease insulin resistance, thereby blood sugar will decrease also.

- Last but not least. Work on reducing stress levels. Stress does bring on disease. Perform some deep breathing, pray, meditate and don't forget to give thanks to your Maker for all your blessings, all those seen and unseen.

- Rest – not something often recommended.

- For more information log on to some of these websites:

www.Westonaprice.org, Mercola.com, NancyMarkle.com, Enig.com, lauric.com, coconut-info.com, and Soyonlineservices.co.nz.

- Also read: *Know your Fats*, by Mary Enig, PhD, *Nourishing Traditions – the cookbook that challenges politically-correct nutrition* – by Sally Fallon, *Cholesterol Myths* by Uffe Ravenskov, M.D., PhD.

- Arm yourself with knowledge and do your own homework. Your health is in YOUR hands and your responsibility.