

# Eating to Avoid Diabetes

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Salem, Massachusetts

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Diabetes on the Rise

Drugs and Diet

Managing Diabetes

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In the 20 years that I've been practicing medicine, diagnoses of diabetes have gone up every year.

It looks like it will keep getting worse, because medicine is still not focusing on the real solution.

Diabetes is a problem of diet, and the solution must come from food, not drugs.

Yet new drugs are used in ever-greater numbers.

And some of these drugs cause real problems!

The new **diabetic drugs** Avandia and Actos, for example increase a woman's chance of breaking a bone by 50%. If you're over 65 years old, your chances jump to 70%.

And broken bones aren't the only problem.

Avandia is linked to over 83,000 *heart attacks* between 1999 and 2007. If you take Avandia, you have a 43% greater chance of having a heart attack. And your risk of dying from a heart attack increases by 65%.

In 2009, Avandia caused 304 deaths in three months. It was the highest death rate of any prescription drug during that period.

Before you think you can just switch to Actos:

Actos does seem to lower the risk of heart attack, stroke, and death. But when it was tested, researchers found Actos actually *increased* the chance of serious heart failure.

Thousands of people are still on these drugs. If you're one of them, I suggest you talk to your doctor about the risks, your options, and what it means to you.

A better way to manage your blood sugar is to pay close attention to what you eat and supplement with the nutrients we are lacking in modern times:

- **Avoid starches:** Stay away from bread, bagels, muffins, cookies and cake, as well as grains like corn, potatoes, and rice.
- **Choose good-quality protein:** Grass-fed beef, free-range poultry, cage-free eggs and wild salmon are all good choices.
- **Choose low-glycemic vegetables:** Above-ground veggies are best. They don't spike your blood sugar. Cabbage, broccoli, cauliflower, green beans and leafy green vegetables are good examples.
- **Eat low-glycemic, whole fruit:** Such as berries and those you eat with the skin on. Skip dried fruit and fruit juices, and avoid high fructose corn syrup, as it contributes to insulin resistance.
- **Avoid processed foods:** They're loaded with bad fats and carbs, artificial sweeteners and preservatives.

The main nutrient deficiency causing blood sugar problems in modern America is chromium:

- **Chromium:** Chromium makes your insulin work better. It moves your blood glucose from the bloodstream into your cells for energy. Ninety percent of American adults have a chromium-deficient diet even though chromium is in foods like meat, cheese, fruits, and vegetables. Chromium isn't absorbed when you take it by itself. Take 400 mcg in a form called "chromium polynicotinate." This form contains a carrier molecule to help it get into your blood and tissues.

Before considering medications, I usually try a combination of herbs to lower blood sugar:

- **Gymnema Sylvestre:** This herb may reduce your cravings for sugary snacks. Patients who took 400 mg of this extract daily for 18 to 20 months along with their oral medications showed a significant drop in their fasting blood sugar levels.
- **Cinnamon:** The same spice you use in apple pie contains a compound that works with insulin to increase glucose metabolism by roughly 20 times. Take 1-6 grams per day for best results.
- **Fenugreek:** Fenugreek is one of the herbs used in curry. Fenugreek stimulates insulin release. Many studies confirm the seed and herb help stabilize blood sugar in patients with insulin problems.<sup>8</sup> Start with 100 mg of powdered seed. You can find it in capsules, or you can soak powdered seed in water or juice and drink it. You can increase the dose to as much as 10 grams.

To Your Good Health,