



THE TOP FIVE

GROCERY SHOPPING TIPS FOR DIABETICS

Navigate the nutritional minefield and get
the information you need to
choose groceries that will help you
manage your diabetes

BY MIKE ADAMS

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The Health Ranger



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Introduction

Grocery shopping as a diabetic can be a challenging experience. There are a multitude of foods available at every grocery store in America that not only promote and worsen diabetes, but actually cause it. Some of these foods are the most popular foods available, which are high in added sugars, refined carbohydrates and processed grains. And to make matters even worse, there are some foods aimed squarely at diabetics that actually contain ingredients that worsen blood sugar control and elevate blood sugar. If you're a diabetic, you can't trust labels on foods and products found at the grocery store.

This report is designed to help you navigate this nutritional minefield and get the information you need to choose groceries that will help you manage your diabetes. Depending on the progression of your disease, this information may even help reverse or eliminate the onset of adult type 2 diabetes. Studies show, for example, that 70% of diabetics can be completely free of insulin simply from making changes in their food choice.

In its early stages, type 2 diabetes is quite reversible, and the foundation of that reversal starts with food and nutrition. Of course, it also involves physical exercise, but that's not the subject of this report. Here we'll focus on how to intelligently shop for groceries that can help you reverse diabetes or, at the very least, control it more effectively.

Tip #1: Avoid ingredients that promote diabetes

This is crucial for controlling or reversing diabetes. You must learn the names of the ingredients that make the disease worse, such as high-fructose corn syrup. This highly-refined sugar is processed from corn syrup, and although some might consider it to be a wholesome food because it is derived from corn, it's actually so refined that it hardly resembles corn at all. It is liquid sugar and calories, and it's the main sweetener in soft drinks and breakfast cereals. You'll also find it in pasta sauces and tomato sauces. In fact, it's hard to find any pasta sauce these days that isn't sweetened with corn syrup or high-fructose corn syrup.

Another ingredient to watch out for is sucrose, which is just another name for sugar. This is common table sugar, and obviously you don't want it in your diet if you are diabetic because it will spike your blood sugar and require more insulin.

A third ingredient to watch out for is refined flour. It's often listed as bleached flour or white flour, but it is essentially refined white flour. You'll find this in breads, pastries and breakfast cereals. These refined grains all have a high glycemic index, meaning they spike blood sugar and make it difficult to control blood sugar levels. This directly contributes to type 2 diabetes by decreasing the insulin sensitivity of your body's cells while increasing the stress on your pancreas (the organ that manufactures insulin in your body).

In the area of sweeteners, you want to avoid evaporated cane juice or evaporated cane juice crystals. This is a minimally-processed sugar that's brownish in color and made from sugar cane. But it's still a high glycemic index ingredient, and it still promotes diabetes by spiking your blood sugar just like regular sugar. The advantage of evaporated cane juice crystals is that it delivers more nutrition than refined white sugar. It has a higher content of B vitamins and minerals like magnesium, but it still delivers the high glycemic index load that you get from regular table sugar, and that must be avoided.

The Top Five Grocery Shopping Tips for Diabetics

Avoid excitotoxins

Two other ingredients that are very important to avoid as a diabetic are monosodium glutamate or MSG, and aspartame, or NutraSweet. These are two ingredients you may not have heard of in terms of being bad for diabetics. They are both classified as excitotoxins.

Dr. Russell Baylock, author of *Excitotoxins*, is the world's foremost expert on these two chemicals that are frequently used in diabetic foods available in grocery stores. The problem with aspartame and MSG is that they interfere with the normal, healthy functioning of the endocrine system. In fact, in one experiment in which rats were fed MSG, the hypothalamus function of the rats was so distorted that they were unable to control their appetite, and they exhibited a very high rate of obesity. Since obesity and diabetes go hand in hand, and most diabetics are struggling with weight gain or obesity at some level, it is absolutely essential to avoid monosodium glutamate and aspartame in your foods. Otherwise your endocrine system will be off balance, and you won't be able to regulate your appetite.

In fact, if you are diabetic and you've been struggling with appetite control and unexplained cravings for foods, this may in fact be part of the reason. It may be that the monosodium glutamate and aspartame in the everyday foods and groceries you are consuming are making it impossible for you to experience normal appetite regulation.

Unfortunately, food manufacturers have figured out a sneaky way to put MSG into foods without listing it on the label by hiding it in other ingredients. I include a full listing of these ingredients in my book, "Grocery Warning," which is available at <http://www.truthpublishing.com>.

"Grocery Warning" also lists the foods that contain aspartame, and you'd be surprised to find how many foods use this excitotoxin as an ingredient. Aspartame and MSG are ingredients in a huge number of foods at the grocery store, especially foods that are squarely aimed at diabetic consumers. So when you're shopping for sugar-free foods, you need to be especially careful to watch out for aspartame, since this ingredient is frequently present in sugar-free foods (and diet sodas).

Avoiding instant grains

Another ingredient to avoid is a category of food I call instant grains. These are things like instant rice, instant oatmeal or instant wheat (cream of wheat). These all have a very high glycemic index, and they're usually sweetened with additional sugars. For example, "instant rice" is nothing but high glycemic index starch, which functions a lot like sugar in your body. It has no resemblance to real rice or whole-grain rice. It's nothing but refined, processed starch that has the shape of rice and the flavor of sugar, which makes it important to avoid.

Similarly, it's important to avoid instant oatmeal, instant cream of wheat or any of the instant breakfast grains. If they're instant it means they have high surface area, which means they're more quickly digested and converted into blood sugar in your body. Of course, that means they're going to create a problem for diabetics. So watch out for anything that says "instant" on the package. If you really want breakfast with oats, rice or wheat, buy oat groats, quinoa or whole grains and boil them.

Most people think of instant oatmeal as being healthy, but most instant oatmeal is packaged with added sugars, so you're not only getting the high glycemic index of the refined oatmeal itself, you're also getting

added sugars from that product, which is a very dangerous combination. Yes, oatmeal has some fiber in it, but you'd be far better off eating oat groats or steel-cut oatmeal and using stevia, not sugar, as the sweetener.

Yet another item to add to the list would be any carbohydrate-based snack foods, such as potato chips, corn chips or so-called "cheese puffs." Any time you eat a carbohydrate-based snack, most of which are entirely based on carbohydrates that have been fried in fat, you get a dangerous combination of high glycemic index carbohydrates combined with unhealthy dietary fats. This is the closest thing to suicide for diabetic patients, because you get the body fat storage of the dietary fats combined with the toxic chemicals created during the frying of carbohydrates at high temperatures, plus the high glycemic index of the carbohydrates, all in combination. This is a very dangerous combination for diabetics and should be strictly avoided.

So step number one is to understand the ingredients in foods that promote diabetes and make it difficult to manage blood sugar levels.

Download the free food guide

I've created a free downloadable chart that describes all these dangerous foods in detail. You can find it and download it at www.HonestFoodGuide.org. Feel free to print off as many copies as you like. Post a copy on your refrigerator to remind you what to eat, or take a copy with you grocery shopping.

Tip #2: Start reading ingredients labels

Now that you know which ingredients are bad for you, you've got to start reading the ingredients section on the foods you purchase. But here's a tip -- you don't have to read the entire list of ingredients. Just read the first four or five items, because that will give you a strong indication of the overall nature of that particular food.

For example, if you are looking at a carbonated soft drink and you wonder if you should be able to drink it as a diabetic, just look at the ingredients label. You'll find that the first ingredients include water and high-fructose corn syrup. So right there is a red flag -- high-fructose corn syrup is on the "avoid" list for diabetics. So put the soft drinks back on the shelf and move on to something healthier.

This will also keep you out of danger with products that are aimed at diabetics but actually promote diabetes. For example, there are many slimming or meal-replacement shakes aimed at diabetics that claim to help people lose weight. But if you look at the actual ingredients on these products, you will find that the first four or five ingredients usually include sucrose or high-fructose corn syrup. In fact, there's one very popular slimming meal replacement product that, if purchased in powder form, has sugar as its number one ingredient! It's almost like drinking carbonated soft drinks or soda pop.

Obviously, that is a deceptively-positioned product. But a lot of diabetics buy these products because they don't know any better and they haven't learned to read ingredients labels. Of course, in the book "Grocery Warning," I give a complete list of grocery store foods that are deceptively positioned. It teaches you things to watch out for, whether you're battling diabetes or any other chronic disease. So be sure to check out that book to get more information. In the meantime, just read the labels on the foods before you purchase them. Make sure you're not putting these dangerous ingredients into your body.

Tip #3: Be skeptical about health claims

To be a healthy shopper, be skeptical about any claims on the front of food and beverage packaging at grocery stores. A lot of products make health claims on the front, but those claims are often deceptive and don't give you good information about the true nature of the product inside the box.

For example, instant oatmeal claims it's good for your heart health because it contains oats, even though it actually promotes diabetes. This claim, I think, is rather ridiculous, because the product actually promotes blood sugar swings, which worsens both heart disease and diabetes. Thus, I think the claim should be disallowed.

I've seen products like instant strawberry milk claiming to be "High in Calcium!" But who cares if it's high in calcium? It's very high in sugar, since it consists almost entirely of sugar, with just a little artificial strawberry flavoring. So if you want sugar milk, then get yourself some instant strawberry milk, because that's basically what it is -- just sugar. The fact that it provides a tiny portion of calcium is inconsequential compared to the overall nutritional devastation caused by this product, especially for diabetics.

I've seen olive oil salad dressings that claim to be made with olive oil on the front label, yet in fact have canola oil as the number one ingredient on the back label. I've seen guacamole dip products that have no avocados in them! Imagine that! It's avocado-free guacamole. And of course there are all sorts of products that claim to be low in fat, yet are loaded with added sugars. When they got rid of the fat, they pretty much just add sugar to give the food some flavor.

People who understand nutrition and tend to be healthy have learned to basically ignore the health claims on food labels. Those claims are more often than not misleading. And even though they are allowed by the FDA, they fail to describe the true nutritional nature of the foods contained inside the packages. So avoid any of those health claims on the front of grocery products, because they will often just mislead you.

Read my book, *Health Seduction*, to learn more about the dishonest marketing tactics used by food companies to convince people to buy their harmful products.

Tip #4: Purchase whole-grain foods

Purchase whole-grain foods whenever possible. Instead of eating bread made with refined white flour (which remember, is on the "avoid" list for diabetics), purchase whole-grain breads. It can be whole-grain wheat bread, whole-grain kamut or other exotic grains. But don't make the mistake of falling for the old wheat bread deception. A lot of breads can say "wheat bread" on the front, but that doesn't mean they contain whole-grain wheat; it just means it's made from wheat, which is the same as any white bread. All white breads are made from wheat, so white breads can be labeled "wheat bread" just as well as being labeled "white bread."

What you need to look for is "whole-grain wheat bread," which is something entirely different from "wheat bread." Don't be deceived by the color of the bread. You have to look at the ingredients label and make sure it says "whole grain."

This is true for a variety of products. Certain breakfast cereals, tortillas and breads are now available with whole grains, and this is what you should look for as a diabetic.

But why are whole grains so strongly recommended for diabetics? Whole grains offer the fiber and the healthy oils that help regulate blood sugar and interfere with the conversion of carbohydrates into blood sugar. When you eat white bread, it's almost like getting an intravenous fix of sugar. That white bread is so fluffy and has such high surface area that the bread is very quickly converted to blood sugar during the process of digestion. But if it's made from whole grains, it's a slower process. It won't spike your blood sugar, and it will provide more complex carbohydrates that help sustain and regulate blood sugar over the long haul. This is easier on your pancreas, and can even help reduce your need for insulin. It improves moods and emotional states, and it can also protect you from hyperglycemic conditions which promote diabetic neuropathy and other complications related to diabetes.

So throughout the grocery store, be sure to get a lot of whole-grain products and avoid any products made with refined grains. This applies not only to wheat products, but also to oat products. For example, if you buy instant oatmeal and you're diabetic, that's a problem, as discussed earlier. Instead, go for whole-grain oats.

By the way, whole grain oats look a lot like wheat berries, for those who have never actually seen whole-grain oats. You could also buy steel cut oats or extra thick oats. Anything that's thicker and takes longer to cook will be healthier for you as a diabetic. Anything that cooks instantly will be very unhealthy and will actually promote diabetes.

If you're going to eat rice, I strongly recommend whole-grain brown rice, which not only protects you against diabetes, but also helps regulate blood sugar. And because it has extra fiber, it will even help prevent colorectal cancer. This grain is traditionally used throughout Asia as part of the treatment for breast cancer, usually combined with green tea, medicinal mushrooms and plenty of vitamin D. But that's another book. For this book, just remember that you should shop for whole grains whenever possible and avoid any refined grains or instant cooking grains.

Tip #5: Purchase high-fiber products

Get a lot of fiber into your diet by purchasing high-fiber products at the grocery store. Where do you get a lot of fiber at the grocery store? For starters, you get it from the whole-grain products I already mentioned. But there are many other wonderful sources of fiber, such as fresh produce and vegetables.

If you eat four or five stalks of celery, you're getting a good, healthy dose of fiber into your body. You can also get fiber from various supplements. Some well-known supplements that offer fiber are available at pharmacies and convenience stores, but you have to be careful. A lot of those products are made with aspartame, which of course you want to avoid. Some of them are also made with sugar or fructose, so they function as carbohydrates, which negates the benefit of the fiber in the first place. So don't get any fiber products or supplements that are heavily sweetened.

If you want some true, healthy fiber products, one of the best is available at Trader Joe's. It's a fantastic supplement called psyllium husk fiber. It doesn't have a wonderful taste by any means, but it's tolerable and it does a better job than anything else out there.

The Amazon Herb Company also offers a product called Fiberzon that is quite simply the best fiber available because it's based on psyllium husk. It also includes herbs that detoxify the digestive tract, actually helping old toxins out of your large intestine. This can help prevent and even reverse cancer caused by self-poisoning of putrefied, undigested foods. It can really help move things through your system faster.

I've seen people eliminate fatigue, experience much greater mental clarity and transform their health with this particular product. The Amazon Herb Company is a company I strongly believe in and support, not only because of their products, but also for their philosophy of saving the rainforest and creating sustainable economic models for South American cultures.

So you know, I'm not involved with the Amazon Herb Company at all. I have no financial connection to the company whatsoever, I'm not a distributor for it and I don't make commission on their products. But if you do want to get in touch with a distributor or order these products, here's the person I recommend, because I met her at a health trade show and was immediately impressed with her open heart, her honesty and integrity. I know she'll treat you well:

Terry Pezzi
Phone: (520) 247-1700
Toll-free USA: 1-866-693-8622
Email: amazondreams@amazonherb.net
Website: <http://www.amazondreams.amazonherb.net>

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As an additional note, whenever I recommend a product in this report or any of the books I write, I never have financial ties with the companies. Companies do not pay me to be listed or mentioned in any of the work that I do. In fact, I have a stringent ethical policy of accepting no funds whatsoever from nutritional supplement companies. You can be sure that everything I mention here is being mentioned based solely on its merit and not on any degree of financial compensation or money-making desire on my part. The only thing I make money from is a royalty on the books that I author.

Continuing on with my point on fiber, remember that you can also check the nutrition facts label on foods to find out how much fiber they contain. The nutrition facts label is a requirement on all foods sold in the United States, and it gives a listing of how many grams of fiber are in the food. In your case, as a diabetic, the more grams, the better. So choose foods that are high in fiber, which is all part of the habit of reading nutritional labels.

Now you may wonder, why is fiber so good for diabetics? The answer is because fiber interferes with the digestion of the carbohydrates found in foods. When you interfere with that digestion, you slow it down, which means that your blood sugar levels won't spike as quickly. This eases the load on your pancreas and helps reduce the need to produce insulin. Over time, this helps increase the overall insulin sensitivity in your cells, since a lot of type 2 diabetes begins with insulin insensitivity problems.

So by ingesting fiber with every meal, you can effectively reduce the glycemic index of carbohydrates and other foods containing any form of sugars. This is an important point to note, because it's more important to eat fiber when you're eating carbohydrates than at any other time. For example, if you were to eat a donut, which of course is not recommended because donuts contain both fats and refined carbohydrates, it might have a glycemic index of 85. But if you were to take a tablespoon of psyllium husk in a glass of water 10 minutes before eating the donut, then that donut might only have an effective glycemic index of 40.

So by ingesting lots of fiber when you're eating carbohydrates, you can effectively reduce the glycemic index of those carbohydrates, reduce the stress on your pancreas, reduce the spike in blood sugar, and protect your body by reversing the physiological chain of events that has led to adult onset diabetes in the first place.

Remember that type 2 diabetes is not really a disease. It's just a metabolic cause and effect that occurs when you pursue a lifestyle that lacks exercise and includes foods high in refined carbohydrates. There is no external pathogen that has invaded your body and no genetic mutation that has caused you to have diabetes. It is a natural result of making certain nutritional and exercise choices. And that's good news, because it means it can be reversed if you make better nutritional choices such as the ones I'm describing here, and if you alter your lifestyle to include more physical exercise.

How do I know this? For two reasons: One, I've spent more than 5,000 hours researching nutrition, the causes of disease and how to reverse those diseases with foods. And two, I've been down this road myself. I used to be borderline diabetic. I was hypoglycemic, I suffered from syndrome X and I was borderline obese. But I was able to reverse all of that by choosing healthy foods and by learning the very same nutritional information I'm sharing with you today. This disease can be reversed if it's in its early stages.

The bottom line for this tip is to get more fiber into your diet whenever possible, and to consider taking fiber supplements, because that's the best way to make sure you get plenty of fiber.

Additional Information

Here are two additional articles on diabetes that are particularly relevant here.

White flour contains diabetes-causing contaminant alloxan

By Dani Veracity

You may want to think twice before eating your next sandwich on white bread. Studies show that alloxan, the chemical that makes white flour look "clean" and "beautiful," destroys the beta cells of the pancreas. That's right; you may be devastating your pancreas and putting yourself at risk for diabetes, all for the sake of eating "beautiful" flour. Is it worth it?

Scientists have known of the alloxan-diabetes connection for years; in fact, researchers who are studying diabetes commonly use the chemical to induce the disorder in lab animals. In the research sense, giving alloxan to an animal is similar to injecting that animal with a deadly virus, as both alloxan and the virus are being used specifically to cause illness. Every day, consumers ingest foods made with alloxan-contaminated flour. Would they just as willingly consume foods tainted with a deadly virus? Unless they had a death wish, they probably would not. Unfortunately, most consumers are unaware of alloxan and its potentially fatal link to diabetes because these facts are not well publicized by the food industry.

How does alloxan cause diabetes? According to Dr. Hari Sharma's *Freedom from Disease*, the uric acid derivative initiates free radical damage to DNA in the beta cells of the pancreas, causing the cells to malfunction and die. When these beta cells fail to operate normally, they no longer produce enough insulin, or in other words, they cause one variety of adult-onset type 2 diabetes. Alloxan's harmful effects on the pancreas are so severe that the *Textbook of Natural Medicine* calls the chemical "a potent beta-cell toxin." However, even though the toxic effect of alloxan is common scientific knowledge in the research community, the FDA still allows companies to use it when processing foods we ingest.

The FDA and the white flour industry could counter-argue that, if alloxan were to cause diabetes, a higher proportion of Americans would be diabetic. After all, more consumers consume white flour on a regular basis than are actually diabetic. This point is valid, but it does not disprove the alloxan-diabetes connection. While alloxan is one cause of adult-onset type 2 diabetes, it is of course not the only cause. As the *Textbook of Natural Medicine* states, "current theory suggests an hereditary beta-cell predisposition to injury coupled with some defect in tissue regeneration capacity" may be a key cause. For alloxan to cause injury to an individual's beta cells, the individual must have the genetic susceptibility to injury. This is similar to the connection between high-cholesterol foods and heart disease. Eating high-cholesterol foods causes heart disease, especially in people who have family histories of heart disease. The link between alloxan and diabetes is as clear and solid as the link between cholesterol and heart disease.

If you've been eating white bread for years and you have a family history of diabetes, all hope is not lost for you. Studies show that you can reverse the effects of alloxan by supplementing your diet with vitamin E. According to Dr. Gary Null's *Clinicians Handbook of Natural Healing*, vitamin E effectively protected lab rats from the harmful effects of administered alloxan. Now, you're not a lab rat, but you're a mammal and vitamin E is definitely worth adding to your daily regimen of nutritional supplements, especially if you have a history of eating foods made with white flour and are at high risk for diabetes.

Even if you are already diabetic, some simple changes to your diet can help treat your diabetes. First of all, stop eating foods made with white flour. Even though you already have diabetes, vitamin E supplements can still help you, as can many common foods. Garlic, for example, does wonders for diabetes. As Dr. Benjamin Lau states in his book *Garlic for Health*, "When fed garlic, the rabbits' elevated blood sugar dropped almost as much as it did when they were given the antidiabetic drug tolbutamide. Researchers postulated that garlic may improve the insulin effect."

If you can't handle the taste of natural garlic, you can take it in widely available supplements. Aloe vera is a traditional diabetic remedy in the Arabian Peninsula, and its therapeutic characteristics are now gaining worldwide acceptance in the treatment of diabetes. According to both human and animal research studies, aloe vera lowers blood glucose levels by an unknown mechanism. According to the *Clinicians Handbook of Natural Healing*, this natural hypoglycemic effect extended over a period of 24 hours. Adding onions to your diet (along with the garlic) can also significantly reduce your blood sugar level. Additionally, as Dr. Michael T. Murray writes in *The Healing Power of Herbs*, studies show that ginseng controls glucose in both diabetic humans and diabetic laboratory animals.

It all comes down to asking if putting yourself at risk for diabetic coma, blindness, limb amputation and death is worth eating white bread. If you're willing to risk your quality of life and your life itself, then go ahead and eat all the foods made with white flour you want. However, if you want to stop poisoning yourself with alloxan, a known toxic chemical, then make a few simple dietary changes. Eat groceries made with whole-grain wheat flour, not processed white flour.

The experts speak on alloxan

Animal experiments have shown that animals which have their Beta cells destroyed by alloxan are able to regenerate Beta cells after a few months when taking GS, a herb grown in India. The Beta cell is the cell that produces insulin. Diabetics needing insulin treatment (Type 1) have been able to decrease their insulin after GS therapy. **A Physicians Guide To Natural Health Products That Work By James Howenstine MD, page 112**

In the mid-1980s, however (when herbal remedies again were popular), pata de vaca's continued use as a natural insulin substitute was reiterated in two Brazilian studies. Both studies reported in vivo hypoglycemic actions in various animal and human models. Chilean research in 1999 reported the actions of pata de vaca in diabetic rats. Their study determined that pata de vaca was found to "elicit remarkable hypoglycemic effects," and brought about a "decrease of glycemia in alloxan diabetic rats by 39%." In 2002, two in vivo studies on the blood sugar-lowering effects of pata de vaca were conducted by two separate research groups in Brazil. The first study reported "a significant blood glucose-lowering effect in normal and diabetic rats."... **The Healing Power of Rainforest Herbs by Leslie Taylor, page 382**

When beta cells in the pancreas fail to secrete enough insulin, the body loses its ability to metabolize carbohydrates and to reduce glucose levels in the bloodstream. Researchers believe that some people have weak free radical defenses in these beta cells, and that free radical damage to DNA in beta cells, resulting in dysfunction or cell death, helps cause maturity-onset diabetes. It is known, for example, that many chemicals—including alloxan, paraquat, and certain chemotherapeutic agents—can stimulate excessive production of oxy radicals in the nuclei of beta cells. **Freedom From Disease by Hari Sharma MD, page 94**

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...nearly two decades later, researchers at RNT Medical College in India induced diabetes in rabbits with intravenous injections of alloxan. When fed garlic, the rabbits' elevated blood sugar dropped almost as much as it did when they were given the antidiabetic drug tolbutamide. Researchers postulated that garlic may improve the insulin effect by either increasing the pancreatic secretion of insulin or by releasing bound insulin.

Garlic for Health by Benjamin Lau MD PhD, page 22

Commercial yeasted breads, even the whole-grain varieties, often have other problems. They typically contain flour bleach, which forms alloxan, a compound known to cause diabetes in animals by destroying the beta cells of the pancreas (Clinical Nutrition Newsletter, Dec. 1982). ...

Healing With Whole Foods by Paul Pitchford, page 452

Insulin dependent diabetes mellitus is generally recognized to be due to an insulin deficiency. Although the exact cause is unknown, current theory suggests an hereditary beta-cell predisposition to injury coupled with some defect in tissue regeneration capacity. Causes of injury are most likely hydroxyl and other free radicals, viral infection, and autoimmune reactions. Alloxan, the uric acid derivative used to induce experimental diabetes in animals, is a potent beta-cell toxin, causing destruction via hydroxyl radical formation.

Textbook of Natural Medicine Volumes 1-2 by Joseph E Pizzorno and Michael T Murray, page 1197

In this study, mice received intraperitoneally melatonin in doses ranging from 100 to 450 mg/kg. Results showed that such treatment proved plasma glucose increase due to alloxan-induced pancreatic toxicity.

The Clinicians Handbook Of Natural Healing by Gary Null PhD, page 88

Bleached white flour. Not only have the bran and germ been stripped away, but bleached flour also contains a substance from the flour bleach (alloxan) which causes diabetes in animals. Unbleached white flour should also be avoided since it is stripped of essential nutrients.

The Enzyme Cure by Lita Lee with Lisa Turner & Burton Goldberg, page 123

When fed garlic, the rabbits' elevated blood sugar dropped almost as much as it did when they were given the antidiabetic drug tolbutamide. Researchers postulated that garlic may improve the insulin effect by either increasing the pancreatic secretion of insulin or by releasing bound insulin.

Garlic for Health by Benjamin Lau MD PhD, page 22

Aloe vera also exhibits a hypoglycemic effect in both normal and alloxan-induced diabetic mice. A small human study shows benefit in diabetics. Five patients with non-insulin dependent diabetes ingested half a teaspoonful of aloe 4 times daily for 14 weeks. Fasting blood sugar in every patient fell from a mean of 273 to 151 mg/dl with no change in body weight. The authors concluded that aloe lowers blood glucose levels by an unknown mechanism....

Textbook of Natural Medicine Volumes 1-2 by Joseph E Pizzorno and Michael T Murray, page 587

Results of this study showed that rats given vitamin E before being administered either streptozotocin or alloxan provided protection against the diabetogenic effects of each. It was also observed that rats with a depleted antioxidant state due to a vitamin E and selenium-deficient diet showed increased diabetogenic susceptibility to normally nondiabetogenic doses of streptozotocin.

The Clinicians Handbook Of Natural Healing by Gary Null PhD, page 312

Noting that the dried sap of the aloe plant to be a traditional diabetic remedy in the Arabian peninsula, this study examined its ability to reduce blood glucose levels in 5 non-insulin-dependent diabetics and in Swiss albino mice made diabetic with alloxan. Results showed that the intake of 1/2 teaspoon of aloe daily for 4-14 weeks significantly reduced the fasting serum glucose level in all patients. Fasting plasma glucose was significantly reduced in diabetic mice by glibenclamide and aloe after 3 days.
The Clinicians Handbook Of Natural Healing by Gary Null PhD, page 369

This study examined the effects of exudate of Aloe barbadensis leaves (oral administration of 500 mg/kg) and its bitter principle (ip administration of 5 mg/kg) on plasma glucose levels of alloxan-diabetic mice. Results showed that the hypoglycemic effect of a single oral dose of aloe on serum glucose level was insignificant in while that of the bitter principle was highly significant and extended over a period of 24 hours.
The Clinicians Handbook Of Natural Healing by Gary Null PhD, page 369

Ginseng exerts numerous pharmacological effects in humans and laboratory animals, including ... improved glucose control in humans and diabetic (alloxan-induced) rats;
The Healing Power of Herbs by Michael T Murray ND, page 269

American Diabetes Association peddling nutritional nonsense while accepting money from manufacturer of candy and sodas

By Jessica Fraser

The American Diabetes Association (ADA) recently announced a three-year, multi-million dollar alliance with Cadbury Schweppes Americas Beverages (CSAB) to help combat obesity and diabetes in America by stressing the importance of making smart nutritional choices.

According to an ADA press release sent to national media outlets, CSAB will support local and national ADA programs, such as "America's Walk for Diabetes" and "Weight Loss Matters." The release does not state, however, that the CSAB will be permitted to use the ADA logo on its diet soft drink products in exchange for this multi-million dollar contribution.

While the ADA and CSAB have published releases putting a positive spin on their alliance, many public interest groups have some problems with the partnership. Although CSAB is only allowed to print ADA's logo on its diet sodas, it is still the third-largest soft drink manufacturer in the world and a major producer of sugary candy. Both categories of products contribute to the United States' problem with obesity and diabetes.

Gary Ruskin, executive director of Oregon-based Commercial Alert, a website that monitors commercial culture, called the ADA's partnership with CSAB "corrupt" and demanded that the contribution be returned to CSAB immediately. "If Cadbury Schweppes really wanted to reduce the incidence of obesity and diabetes, it would stop advertising its high-sugar products, and remove them from our nation's schools," said Ruskin. "This is just another attempt by a major junk food corporation to obfuscate its responsibility in the epidemic of obesity and diabetes in the United States."

Another public interest group, the Corporate Crime Reporter (CCR), recently published an interview with Richard Kahn, the ADA's chief medical and scientific officer. CCR asked Kahn, "Why exactly is the ADA taking money from big corporate donors, including junk food pushers?" Kahn revealed that the association's so-called "multi-million dollar" alliance was actually only slightly more than one million dollars. In exchange for that sum of money, Cadbury-Schweppes can put the ADA's label on all of its diet

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soda products. According to Kahn, however, CSAB cannot use the association's logo on any product not nutritionally approved by the ADA, nor on any product specifically marketed toward diabetics.

Despite the terms of the alliance, in a press release posted on www.beverageworld.com, CSAB Senior Vice President of Marketing Jim Trebilcock implied that products with the ADA logo will be marketed toward diabetics. "I acknowledge that it is a little bit of a tricky dance here, given that we also sell sugared beverages," says Trebilcock, "but it's about communicating the choice. And it's also really about doing the right thing. And the right thing is we do offer products that are great for diabetic patients or people who are overweight and we want to get that message out, but done in a way that contributes to an overall solution."

When CCR asked Khan why ADA takes money from food companies at all, he replied, "If we want to prevent diabetes, reduce the prevalence of obesity, help find the cure for diabetes, we have to get funds from someplace." Khan further added that the ADA was not promoting any of CSAB's products, including those carrying ADA's logo. It seems possible, however, that the public might be misled to believe that ADA does in fact promote products carrying its logo, such as common Schweppes' diet beverages Diet Dr. Pepper, Diet Snapple and Diet Rite.

Perhaps the most disturbing aspect of this alliance is the evident change in the ADA's stance on obvious diabetes-promoting substances such as sugar. The strong connection between sugar and diabetes has been commonly accepted among the medical public. However, when CCR stated that sugar is connected to diabetes, Khan quickly denied the link, saying, "What is the evidence that sugar itself has anything to do with diabetes? There is no evidence. There is not a shred of evidence that sugar, per se, has anything to do with getting diabetes."

The ADA's website even features supposedly safe ways for diabetics to consume sugar on its "Sweeteners and Desserts" page. "If you have diabetes, that doesn't mean you can't eat sweets. People with diabetes can eat desserts, use sweeteners, and still keep their blood glucose (sugar) levels in their target range," the site reads. "In the past, people with diabetes were warned to avoid sugar. Experts believed eating sugar would rapidly increase blood glucose, resulting in levels that were too high. Some people even thought eating sugar caused diabetes, an idea that we know now isn't true. Research has shown that sugar has the same effect on blood glucose levels as other carbohydrates."

Khan's statements denying that sugar can cause diabetes came in the same week that the Journal of Pediatrics published a study blaming much of childhood obesity and type 2 diabetes on over-consumption of sugary sodas. The study found that sugared sodas contribute about 20 teaspoons of sugar per day to the diets of American teenagers.

Although he did not state that sugar is connected to diabetes, Khan did admit that weight is connected to diabetes. Khan said that calories (not sugar) are connected to the disease, and that weight is simply a measure of calories in and calories out. According to Khan, whether those calories come from sugar, fat or protein is unimportant. If more calories go in than come out, obesity will occur, which can lead to the onset of type 2 diabetes.

Throughout the interview, whenever CCR made a connection between sugar, or sugary soda, and diabetes, Khan quickly mentioned a different, equally bad or even worse food for diabetics than sugar or soda, referring to foods such as bacon cheeseburgers or doughnuts. Khan also repeatedly pressed the idea that the ADA only approved of diet and sugar-free foods and drinks, such as CSAB's diet sodas, which contain aspartame, a substance highly debated for its safety. When CCR asked for the

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ADA's official position on the safety of aspartame, Khan replied, "I don't think that there is any artificial sweetener on the market that has been shown to be unsafe."

Russell L. Blaylock, MD, author of "Health and Nutrition Secrets" disagrees. Dr. Blaylock writes, "Diabetics who drink large amounts of aspartame-sweetened drinks are more likely to go blind. Aspartame is composed of the excitotoxin aspartic acid, methanol (also a known eye toxin) and the amino acid phenylalanine. Given this evidence, then, why do the American Diabetes Association and thousands of doctors encourage their diabetic patients to use aspartame? At least where the American Diabetes Association is concerned, it may have something to do with the fact that the organization has received large monetary contributions from Monsanto, the manufacturer of NutraSweet®!"

This forms an interesting cycle. The ADA gets money from Monsanto and, suddenly, no research can be found on the negative effects of aspartame. Although the ADA website assures readers that sugar is actually safe for diabetics to consume and that there is no research to the contrary, it specifically urges diabetics to replace sugar with artificial sweeteners. "The low-calorie sweeteners in the United States all underwent extensive testing before they were approved," the ADA site reads. "Results showed that low-calorie sweeteners are safe for everyone, including children and pregnant women." Similarly, the ADA has now accepted money from CSAB, and no research can afterwards be found on the negative effects of sugar. While this change in attitude appears suspicious, Khan did admit that type 2 diabetes has become an "epidemic" and that childhood type 2 diabetes is a "serious problem."

According to "Life without Bread" authors Christian B. Allan and Wolfgang Lutz, "Diabetes is currently the only noninfectious disease designated by the World Health Organization as an epidemic. The International Diabetes Federation and the American Diabetes Association estimate that more than 15 million people in the United States and at least 100 million people worldwide have type 2 diabetes."

Diabetes is an epidemic of frightening proportions. What can be done? According to Khan, little to nothing. The ADA publicly supports Senator Ted Kennedy's (D -- Mass.) proposed legislation restricting children's access to junk food during school via vending machines, but Khan said that the ADA would not outright support an additional tax on sodas as Tennessee, Arkansas and West Virginia have already done. According to Khan, the problem of obesity cannot be solved by singling out soda for taxation over other junk foods, such as cheeseburgers and doughnuts.

Although the ADA does not actually support taxing soda, the association does support "considering" taxation. After all, who's to say which foods deserve to be taxed? Khan explained, "Before anyone starts taxing anything, we ought to look at the entire food supply and ask: Can we distinguish good foods from bad foods?" Many scientists seem to believe we can, and they seemed to have unanimously condemned soda to the "bad foods" category.

Perhaps other questions need asking, such as: Why accept money from companies that raise the question of ethics within the ADA? Why should the public trust an organization to designate good nutritional choices when that very same organization makes an alliance with and accepts money from a junk food company? Regarding the financial aspect of this issue, Khan said that only seven percent of the ADA's total budget comes from large corporations. Is seven percent of a \$215 million budget worth calling many years of research and public trust into question? Better yet, is the slightly more than a million dollar contribution from CSAB worth it?

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The ADA claims that its objective in the partnership with CSAB is to put Cadbury Schweppes' money to use in programs educating the public about diabetes and proper foods; yet, 30 to 40 percent of the ADA's budget already goes to prevention and education programs, according to Khan. Is it worth risking the denigration of ADA's ethical standing for less than two million dollars from CSAB? According to Larry Ellingson, the ADA's Chair of the Board, it is. He says, "CSAB is taking an important step by demonstrating that a company can lend its infrastructure, marketing tools and consumer connections to assist an organization like ADA in extending the reach of its messages. We hope this will serve as a model for other industries."

A model? Ruskin sure hopes that's not the case. In fact, he's disgusted with the ADA's actions enough to elicit a comparison to the phony defenders of the tobacco industry. "Saying that sugar has nothing to do with diabetes is like saying that tobacco has nothing to do with emphysema," said Ruskin. "The American Diabetes Association has been so corrupted that they have sunk to the mentality of 'tobacco scientists' who denied the link between tobacco and lung cancer."

About the Author



The Health Ranger (Mike Adams) is a holistic nutritionist with over 5,000 hours of study on nutrition, wellness, food toxicology and the true causes of disease and health. He is the author of *The 7 Laws of Nutrition*, *Grocery Warning*, *Health Seduction*, and many other books available at <http://www.TruthPublishing.com>.

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Adams uses no prescription drugs whatsoever and relies exclusively on natural health, whole foods, superfoods, nutritional supplements and exercise to achieve optimum health. To prove the value of nutrition and physical exercise in enhancing health, Adams publishes detailed statistics on his own blood chemistry (with full lab results) at <http://www.NewsTarget.com/AdamsHealthStats.html>.

Other books by the Health Ranger

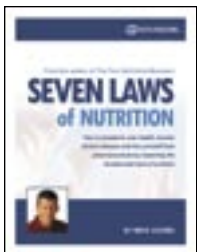


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