
Diabetes

Take control, enjoy life to the full!

Ottawa Holistic Wellness

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OTTAWA HOLISTIC WELLNESS

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INTRODUCTION

Type 2 Diabetes is a growing epidemic affecting millions of Canadians.

Approximately 9 out of 10 individuals diagnosed with Diabetes
have Type 2 Diabetes.

Diabetes lowers life expectancy and, if not managed correctly, can lead to:
Heart disease, stroke, blindness, amputation of limbs,
nerve damage and erectile dysfunction.

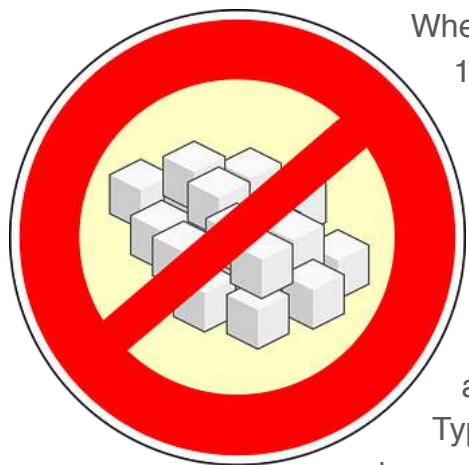
We offer some solutions to help manage Type 2 Diabetes.

Take control of your life and live to the full!



CHAPTER 1

DIABETES: BASIC DIET CHOICES



When people talk about diabetes they are either referring to Type 1 Diabetes which is characterized as an auto-immune disease. In this case the body is attacking the pancreas and one becomes dependent on insulin.

This cannot be treated with diet and lifestyle changes as the pancreas is simply not producing the necessary insulin.

Opinions vary on auto-immunity but for the purpose of this article, when the term diabetes is used, it will be specific to Type 2 diabetes. This can develop after the pancreas has become fatigued by chronic extreme blood sugar spikes caused by

eating an imbalanced diet.

When one consumes a food that will cause a spike in blood sugar (sweets, grains, fruit, alcohol, root vegetables) it causes the pancreas to react by releasing insulin. The insulin is what allows the glucose to enter cells.

Without insulin glucose stays in the bloodstream, hence the term 'blood sugar'.

Having high blood sugar is a sign that the pancreas is becoming fatigued and over time it becomes so fatigued that it doesn't release enough insulin. This is paired with insulin resistance and one becomes diabetic and dependent upon injected insulin instead.

Dependency on injections of insulin does not have to be a lifetime commitment with type 2 diabetes though, it can be managed very effectively with diet and lifestyle changes.

The first thing I tell anybody with a Type 2 Diabetes diagnosis is to familiarize yourself with the Glycemic Index (GI).

The Glycemic Index is the rate at which a food metabolizes and releases glucose into the bloodstream, foods that rate higher on the Glycemic Index are the foods that should be avoided or paired with other nutrients, like fat, fibre or protein to help slow the blood sugar spike.

Protein is a diabetic's best friend!

Having a high protein breakfast helps balance blood sugar for the rest of the day (as well as giving your metabolism a boost which is beneficial not only to diabetics but to all of us).

Having protein at every meal and snack is ideal.

Grains, even “healthy” whole grains, spike blood sugar and should always be paired with blood sugar supporting nutrients. However, for the toughest cases with the consistent high fasting blood sugar tests (that is a reading of 6.9 mmol/L in the morning after an overnight fast) the best recommendation is often complete removal of grains.

Although this sounds difficult it is surprisingly effective and most people are surprised how quickly they adapt.

Talk to your Registered Holistic Nutritionist or Naturopathic Doctor for more help with implementing a diet to suit your individual needs.



About the Author

Emily Stott is a Registered Holistic Nutritionist who is passionate about natural health, food and mindful living. She works closely with clients to create a unique plan based on their biochemical individuality; helping people with a variety of conditions and throughout the many stages of life.

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CHAPTER 2

HOW HELPING YOUR GUT MAY HELP DIABETES

If you have been diagnosed with pre-diabetes or type 2 diabetes, your physician has hopefully told you to concentrate on healthy eating practices and exercise to help prevent the development, or progression, of the disease.

Odds are you have also heard that considering the health of your gut bacteria or microbiota may help decrease the risk of contracting, or the progression of, type 2 diabetes.

Maybe you have also learned that it could even reverse the condition.

So, what's the truth?

Your gut microbiota is the collection of bacteria in your gastrointestinal (GI) tract that plays a role in your immunity, your ability to obtain energy from food, and more. Your microbiota plays an important role in your health and diabetes.



*“If you look at diabetes and obesity, over 600 million people in the world are obese, and over 400 million have diabetes. There are multiple factors implicated in both diseases, including genetics, culture, environment, and lifestyle,” says **Ruchi Mathur, MD.***

“Gut microbes may play one piece of a very large and complicated puzzle, but they’re not the be-all and end-all,” she says.

What Do We Know About The Gut Microbiota?

*“We know disturbances in the gut microbiota affect almost all conditions we observe in medicine. We know people living with diabetes may have a different gut microbiota than others,” says **Eugene Yen, MD.***

“However, we don’t yet know if you can manipulate or fix your microbiota to alter or reverse the development of the disease,” he adds.

However, there is some early evidence that altering the microbiota may help diabetes. In a study published in October 2012 in the journal *Gastroenterology*, people who were obese or had metabolic syndrome and received faecal microbiota transplants from lean and skinny subjects saw their insulin resistance improve.

A faecal microbiota transplant (FMT) is a treatment that transfers stool from one person into the GI tract of another.

Medical trials using FMT are ongoing, and they may pave the way for future diabetes treatments. However, for now, FMT's for metabolic disease or diabetes are not standard medical practice.

"We don't know what we need to change in someone to help improve their diabetes," says Yen.

What Do We Understand and Don't Understand?

"The ideal gut environment is one that's packed with diverse and redundant microbes," says Dr. Mathur.

"Redundancy" is the capacity for different species of bacteria to take on the same functions. Thus if one gets eradicated, the other species can then take over.

"Diabetes is associated with less diversity and less redundancy in the gut microbiota," says Mathur, who co-authored a review published in October 2015 in the journal *Nutrition in Clinical Practice* that looked at the role gut bacteria play in weight gain and insulin resistance.

"We also do not clearly understand the relationship between diabetes and gut microbiota. It could be that a disrupted gut microbiota causes diseases to develop, or that diabetes alters the microbiome, or they may share a different common factor," says **Jill Weisenberger, RDN, CDE**.

"This is too new to have definitive answers. As a practitioner, I say that gut bacteria might influence insulin resistance. It may also impact obesity, which influences insulin resistance, which can lead to type 2 diabetes," she adds.

Understanding that they are connected, but not how to fix it, is frustrating, to say the least. But it does not leave you powerless.

What Can You Do To Help Type 2 Diabetes?

"Oral probiotic supplements haven't turned out to be the sure-fire cure yet, but research is underway to see which strains might be beneficial in certain disease states," says Mathur.

"There is not a single probiotic out there that has been shown to change the microbiota durably," adds Yen.

Likewise, with food sources of probiotics, there is not sufficient proof to suggest which bacterial strains and in what amount may help improve any particular disease.

However, despite this lack of evidence, including these foods regularly in your diet may lead to better health.

Not sure which foods contain probiotics to choose?

Yoghurt, kefir, kombucha, raw sauerkraut and kimchi are all excellent sources of probiotics.

“Something that also may make a difference is avoiding taking unnecessary courses of antibiotics, which alter the bacterial balance in your gut”, says Mathur.

Adopting a plant-based diet may also improve the health of your gut bacteria. This diet does not mean you give up animal protein but think about eating a diverse number of plants in a wide range of colours as possible.

“Though we can’t say definitively that the gut microbiota influences diabetes management, we can say that plant-rich diets appear to provide a healthier diversity of bacteria,” says Weisenberger.

Because gut bacteria obtain their nutrients from carbohydrates, it is essential to fill your diet with veggies, whole grains, and legumes that “feed” these bacteria. These foods have also been called prebiotics.

Onions, garlic, dandelion greens, leeks, asparagus, raw apple cider vinegar, and jicama are especially rich sources of prebiotics.

If you are unsure what to do, try consulting a **Holistic Nutritionist**, **Functional Medicine Practitioner**, or **Naturopathic Doctor**.

Disclaimer:

This article is not intended to provide medical advice, diagnosis or treatment.



About the Author

Dominick Hussey, Functional Medicine and Osteopathic Manual Practitioner, combines osteopathy, functional medicine with nutrition and lifestyle counselling in his practice, and strongly believes that healing is a process in which the patient must take an active role.

He has become disillusioned with modern approaches which simply provide a band-aid approach to mask and temporarily relieve symptoms. His passion is in determining the real, underlying cause for those symptoms and in so doing to bring about true, deep, lasting healing.

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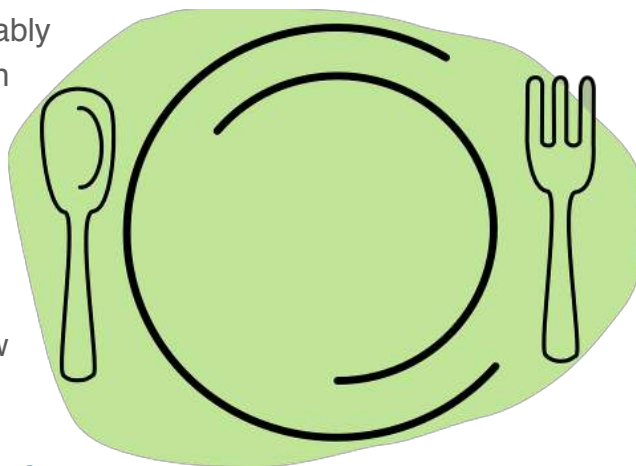
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CHAPTER 3

HOW TO CHOOSE THE RIGHT DIET FOR TYPE 2 DIABETES

If you have Type 2 Diabetes, you have probably received conflicting guidance on which diet can help you. While there is not one diet that will work for everyone, there are some changes you can make today that will help.

In this article, I will explain what diets are effective in managing type 2 Diabetes, and how to decide which diet is best for you.



What diets are effective in managing diabetes?

The fact is that many different diet approaches can be useful in treating type 2 diabetes. Studies show that **low fat**, **low carbohydrate ketogenic**, and **Mediterranean-style** diets are all useful for type 2 diabetes.

The most obvious point about all of these diets is that they are all far, far better than the Standard Canadian Diet, which is what the majority of people in this country follow.

For example, if you remove highly refined flour, sugar, industrial seed oils and other foods out of people's diet, and you substitute that with whole food, nutrient-dense choices, that is going to exert an enormous difference regardless of the diet.

How To Choose The Right Diet For You

There is a lot of contention and debate, on the internet, about what diet is the best diet for type 2 diabetes. When you study the data, what you find is that many approaches can be valid. The question of which one is the best fit for you to follow as an individual comes down to your concerns, requirements, and aims.

Choosing the right diet also comes down to other factors...

A vegan diet is potentially risky over the long term, for many people, because of the potential for nutrient deficiencies without supplementation. Many studies show, for example, that up to 70 to 80 per cent of vegans were lacking in B12, even when they were supplementing.

***Does a person feel better on a diet because they have another condition?
Alternatively, does the person have a situation that might contraindicate a particular diet? For example, do they have Hashimoto's Disease and or adrenal fatigue?
Are they pregnant or are they trying to get pregnant or nursing?***

The key to success, over the long term for anybody no matter, what condition they are trying to address, is to individualize and customize what they are doing for their circumstances and needs.

You can not figure out the best diet for you by just looking at what other people are doing, or listening to experts who are passionate about a particular approach.

We see a lot of this on the internet, where people state that everybody should do a specific diet whether that is vegan, Paleo, low-carb or keto.

My advice to you is to stay away from anyone who makes that suggestion because I think those people are not honest about what the research says.

Consider working with a **Naturopathic doctor**, **nutritionist**, a dietician, or a **Functional Medicine practitioner** who is well versed with many different approaches. They should also know how to do a full evaluation based on your health history and testing to create an individualized prescription for you.

For example, if you do have type 2 diabetes and you are overweight then according to the research lower-carb, and ketogenic diets may be useful.

Changing your diet is easier to do with guidance, but many people have been able to figure this out just by listening to podcasts and reading books. Although that is not optimal, I think it is legitimate and sometimes the only way forward for some people depending on their resources.

The critical point that I want to get across here is just whether you are working with a practitioner or you are doing it on your own, really be rigorous about it.

Do not accept what you read in a book, or even the healthcare practitioner that you know and trust or respect says will work. Ultimately your body is the final judge and will be the decision-making authority in terms of whether it works or it doesn't work.

I have seen so many people that have been harmed by standardized diet advice and prescriptions. These people often end up in my clinic a couple of years after they started a program that was not right for them. However, they kept doing it because they were told to do it or it was based on what they had read.

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About the Author

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CHAPTER 4

LOSE WEIGHT FOR TYPE 2 DIABETES: MAKING THE CHANGES POSSIBLE

When asking

"How do I lose weight for type 2 diabetes?",

a better question might be to ask

"How do I make the necessary changes to fix the underlying cause(s) for my weight gain?"

It is definitely a fact that being overweight or obese does greatly increase your risk of being diabetic or pre-diabetic. 9 out of 10 people who have diabetes are overweight or obese.



But does the weight cause type 2 diabetes?

What can cause type 2 diabetes?

Humans are truly complex beings... There is never a one size fits all cause or solution for our health.

Genetics

For sure, genetics are extremely important. However, even if your parents both had diabetes, there is no certainty that you will develop this disease. There has to be one or more triggering factors. This is the science of **Epigenetics**, the expression of the genes.

Lifestyle

The other element that must be considered is lifestyle, including the following:

Activity Levels

We all know that we need to move to be healthy. Just introducing 30mins of walking every day is a great start. Steady, gentle to moderate exercise is best, and several times a day. Short bursts of intense activity can actually increase blood sugar as the body believes it is under threat and resources are mobilized.

Food Choices

It is really easy to get caught up in poor food choices. We know we need to eat a diet high in fibre, in vegetables, good fats, to moderate carbohydrates (especially sugars) and to ensure adequate protein, whether animal or vegetarian options. However, our fast paced, busy lifestyles get in the way.

Stress Management

When we are stressed our bodies will secrete the hormones glucagon, adrenalin and cortisol. These hormones cause blood sugar levels to go up. Stress causes the body to believe it is under threat, and that we need the extra energy available to fight or to run away. In our modern life the stress is less concrete or physical in nature.. it is not the sabre tooth tiger, it is our boss, our work deadline, money worries or a fight with our spouse..

So, its simple... isn't it?

You just need to make changes in diet, lifestyle, stress management and lose weight!
If only it were that easy...

Making Changes To Lose Weight For Type 2 Diabetes

Case Study:

Let me introduce you to Michelle,

When she came to me for an **Allergy test** she was obese, was on medications for diabetes and was suffering from anxiety.

As she had been unable to shift the weight she was scheduled for gastric band surgery.

She knew she needed to make changes but found the whole process to be overwhelming leading to repeatedly trying and failing.

My approach was to set about discovering why Michelle had failed to make the changes and to lose the weight.

Why did her body / mind feel the need for the extra weight?

It turned out that she had been as shy child, bullied at school.

Then in her early teens her father walked out and never contacted the family again.

In her late 20s Michelle became the primary care giver to her mother for 4 years when she became terminally ill and died.

It was after her mother died that the weight simply piled on and her overall health declined.

I recommended she seek professional mental / emotional help for the traumas in her life before tackling the weight directly.

She chose to see a counsellor for talk therapy, combined with some **Energy healing / Reiki.**

The Counselling helped her work through her experiences, put things in perspective and to create coping strategies. It also helped her release the sense of guilt that she had not done enough, and that she was partly to blame for her mother's death.

The Energy Healing, apart from being deeply relaxing, helped the body to release its fear and trauma, allowing her to feel safe at a subconscious level and no longer in need of the weight.

The final piece was **Clinical Hypnosis** to provide a **Virtual Gastric Band.**

Result?

Michelle felt able to tackle her diet and lifestyle and the weight began to reduce.

She is happier than she has been in a long time and way more confident in herself, her abilities and her appearance.

Conclusion:

If you are struggling to make the changes you know will help, ask yourself "**Why?**"

I find with clients that the predominant reasons have to do with mental / emotional health.

Valuing yourself

So many of my clients have a belief that you are not worth it, a sense of guilt or shame. A need to please and to put others first. They feel guilty if they do something or take time to look after themselves..

If we do not look after ourselves who will?

And taking care of ourselves first only makes us better able to take care of others.

Trauma

Where there is a history of trauma, whether sexual, physical or emotional abuse, the body will often pile on the weight. The subconscious wants to be unattractive, to be big and strong, to wrap itself in layers of protection.

Being honest with yourself and seeking the reasons why you make poor choices and struggle to improve your diet and lifestyle is the first and biggest step.

It is the start of your journey to move past what holds you back and to reclaim your health!



About the Author

Sue Taylor is co-founder and Clinic Director at Ottawa HolisticWellness. She works as a Natural Allergist and Energy Healer. Her passion is to work with clients to find the root cause of their health concerns, then offering ways in which to resolve these causes. She will support you through any necessary changes and help you to regain your life!

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