



## Wellbeing solution for Diabetes

Let's start with the good news ... **Type II Diabetes is preventable and reversible for most people.**

If you have been diagnosed with Type II diabetes, you will likely be taking prescription medicines. It is important to take these to help manage your blood sugars, however if you want to REVERSE your diabetes then you must change your lifestyle.

The bad news is that if diabetes is left untreated or is poorly controlled, there are many complications. Heart attack, stroke, foot and leg problems, blindness, kidney failure and poor quality of life.

### **How would I know if I was at risk?**

If you are in this category you may get tired easily, feel thirsty, go to the toilet often, suffer from infections frequently, have difficulty concentrating, get stomach upsets, be irritable or anxious. These symptoms are a sign of rapid swings in blood sugar and while unpleasant, the most important factor is that you are at an increased risk of type II diabetes.

Your blood sugars can be tested in the pharmacy at any time or with your doctor for a better indication of your risk.



Today 50\* New Zealanders were diagnosed with diabetes, would you know if you were a candidate?

Find out how to prevent diabetes affecting you.

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## So what can I do about it?

We should not underestimate the difference we can make to our health with lifestyle changes.

*Did you know that lifestyle changes have been shown to reduce the incidence of diabetes by 58%, compared to 31% with Metformin (a prescription medicine for diabetes control)?*

Being active can make your insulin work better and lower blood glucose levels, cholesterol and blood pressure. Start with small amounts of activity, a short walk, and slowly work up to 30 mins/day. Do a mixture of resistance and aerobic activities.

Obesity is a risk factor for diabetes so losing excess weight can reduce your risk. The heart foundation has a simple BMI calculator on their website to calculate your ideal weight for your height.

Eat smaller, more frequent meals that are high in fibre and low GI foods. Low GI foods include wholegrain bread, chickpeas, kidney beans, lentils, milk, yoghurt, apples, pears, grapes, kiwifruit, pasta, noodles, oats and bran.

Nuts are great for snacks as they are rich in good oils, magnesium and fibre. Maintain a healthy digestion (see the Wellbeing solution for a healthy digestion brochure). Drink green tea. Avoid fast foods, soft drinks and sorbitol. Replace saturated and trans fats with good oils.

## So what are good oils?

Saturated and trans fats increase your cholesterol and risk of certain diseases, while good oils (monounsaturated, polyunsaturated fats and omega-3s) protect your heart and are essential to your health.

Good oils can be found in avocados; flaxseed; nuts; soy; olive, sunflower, canola, peanut oils; sunflower, sesame and pumpkin seeds and salmon, tuna, mackerel, herring, trout, sardines.

In diabetes, the cells in the body become resistant to the effects of insulin and fail to respond to its attempts to regulate sugar levels. **Omega-3 oils** have been shown to prevent the development of this resistance. The recommended daily dose of EPA and DHA is 1000mg.

## What other supplements do you recommend for type II diabetes?

A good, high potency **multi-vitamin and mineral** is essential.

**Vitamin C** at doses of 500 to 1500 mg/day helps sugar out of the bloodstream and into the cells where it gets used up as energy. It also helps keep blood vessels and kidneys healthy to reduce the development of complications like nephropathy, neuropathy, retinopathy. Low vitamin C levels causes poor wound healing, elevated cholesterol levels and a lowered immune system.

NB. The dose would need to be reduced in patients with end-stage renal disease.

**Vitamin E** at doses of 400 to 800 IU/day may improve the action of insulin. Vitamin E works as an antioxidant to reduce the oxidation of cholesterol, improve blood vessel function, blood flow to the heart and kidney function. When choosing a supplement, it is important to use mixed tocopherols.

*Did you know that low vitamin E levels are associated with 390% increased risk of Type II diabetes?*

Magnesium deficiency is also found in more than half of diabetics. If you are experiencing restlessness, anxiety, irritation, poor sleep, muscle cramps or twitches, headaches and tiredness, supplementing with Magnesium may be useful.

## What now?

If you have already been diagnosed with diabetes, you may be feeling a bit overwhelmed at the moment. Restrictions on what you may and may not eat might make you feel deprived and unfairly burdened. The possibility of disease complications may make you feel anxious and scared. It is only natural to ask "Why me?" Taking control of your diabetes, instead of letting it control you, can help with these feelings.

*Nutritional supplements designed specifically for diabetics may give you the critical control you need to direct your health for years to come ... many healthy years to come.*

## Diabetes reduction plan for \$1.90 per day!

Go Healthy Fish Oil odourless capsules 1500mg 210s (2 a day dose)

Go Healthy Multi Everyday capsules 120s

Go Healthy Vitamin C 1200mg SF tablets 200s

Thompsons Vitamin E 500IU 50s

Go Healthy Magnesium 1-a-day 60s

Save a massive 22%

PLUS as an extra bonus with every Diabetes reduction solution, receive a complimentary copy of "The Real Truth" by leading nutritional pharmacist Martin Harris (RRP \$29.90) while stocks last.

\* Ministry of Health figures, averaged over a year.