

Dear Readers,

The following are products available at Organica! to assist with the management of your diabetes.

Our purpose is for St. Lucia to be an Island full of healthy individuals.

With best regards,

Candy, Helena and Nikki.

Newsletter September 2009

ALOE JUICE 2-4 tablespoon daily

- Stimulates insulin production without causing weight gain.
- Prevents high triglycerides.

GARLIC 2-3 fresh cloves in food daily (preferably raw) or garlic tabs as directed.

- Stimulates insulin production.
- Prevents insulin deactivation by the liver.

NOPAL leaf – use in cooking as desired.

- Blocks the absorption of sugars.
- Also helps to prevent atherosclerosis.

WILD ANGELICA 1000 -3000mgs daily

- Reduces weight gain caused by oral diabetic medications.

BITTER MELLON (KARELA/CERASEE) 1-2 whole fruit in cooking daily (use for 4 weeks, then discontinue for 4 weeks)

- Increases the availability of glucose to muscle.
- Keeps sugars from being absorbed through the intestines.

FIBER Reduces after meal surges of blood glucose.

FENUGREEK (medhika) seeds – use 1oz in cooking daily Or tea and capsules as directed.

- Slows absorption of sugars through the intestines.
- Sensitizes muscle to insulin.

GINKO tablets 40mgs 3 times daily or 60mgs 2 times daily.

- Reduces blood vessel damage and retinopathy risk.

GINSENG Panax ginseng tincture as directed.

- Stimulates insulin production in type 2 diabetes.
- Prolongs effect of insulin in type 1 diabetes.

GREEN TEA Extract 240mgs 3 times daily or tea 1 cup 2-5 times daily (do not use within 1 hour of taking other medications)

- Slows sugar release from starchy foods.
- Keeps blood from becoming sticky.
- Protects against Atherosclerosis and retinopathy and retinopathy.

Gurman Gymenic acid or GS4 400mgs daily

- Sometimes restore ability of pancreas to secrete insulin.
- Discourages cravings for sweets

Juniper Berries As directed on label

- Lowers blood Glucose levels

Pau d'arco Tincture-As directed on label

- Reduces spill over of glucose into the urine, lowering very high sugar levels

- Fights yeast infection

Vanadium 500mg Mimics Insulin

Co enzyme Q10 50-100 milligrams

- Increases the formation of enzymes which help turn glucose into energy

Cayenne (capsaicin cream) applied to affected area –not to broken skin

- Reduces pain associated with Diabetic Neuropathy

St John's wart 900 milligrams caps daily for 3-4 wks.

- Helps to prevent and treat Diabetic related depression

Recommendations :

- Avoid large fluctuations in sugar levels
- Eat leafy vegetables and whole grains
- Limit fresh and dried fruits
- Avoid refined flours, sugars (refined anything)
- Eat on a regular schedule, do not skip meals
- Limit amount of dietary protein (once the body's protein requirements are met, the liver slowly converts the excess protein into blood sugar.)
- Exercise daily (or at least 3-4 times weekly) Consult your doctor regarding best exercise program which suits your need.
- Check blood sugar level regularly
- Get annual eye exams, kidney function tests, podiatrist exam
- Inspect foot daily – promptly report any abnormalities to M.D (particularly suspicion of infection)
- Keep emergency glucose handy, e.g. glucose gel, glucose tabs, candy, sugared drinks (If B/G is 50 or below – wait 20mins, recheck B/G, and continue to take glucose until B/G is at least 70)

- Supplement diet with products which help stabilize B/G levels. E.g., spirulina, berries, dairy products (especially cheese and egg, fish, garlic, kelp, soybeans, vegetables (any products high in fiber)
- Limit psyllium (fiber digested by bacteria turn into sugar in the intestines)
- Seek treatment for any depression which is common with diabetes. Recovery from depression greatly increases the body's ability to use insulin.

Recommendations are to be followed to prevent complications associated with diabetes. Such as, complications commonly seen in the eyes, heart, arteries, kidneys, nerve-pain, infection, and obesity.

Know the warnings signs of; Hypoglycemia and hyperglycemia.

HYPERGLYCEMIA

Causes:

- Too much food intake
- Insufficient medication (insulin or tablets)
- Illness or stress

Note; onset is gradual and can progress to diabetic coma

SIGNS AND SYMPTOMS:

- Extreme thirst
- Frequent urination
- Dry skin
- Hunger
- Blurred vision
- Drowsiness
- Nausea

HYPOGLYCEMIA

Causes:

- Too little food
- Too much medication (insulin or tablets)
- Extra exercise

Note; Onset is sudden and can progress to diabetic shock)

SIGNS AND SYMPTOMS:

- Shaking
- Fast heartbeat
- Sweating
- Anxiousness
- Dizziness
- Hunger
- Impaired vision
- Weakness/Fatigue
- Headache
- Irritability