

Reversing Diabetes Naturally

Penninghame House
Diabetes Initiative
www.penninghame.org

Forward by Dr Martin R Innes

"As a practising GP, I use medicines every single day, and have confidence in what I use. However we can easily lose sight of the fact that it can never be the only way to treat illness. We have become too reliant on taking pills for all our ills, aided and abetted by our modern medical system that is heavily reliant on pharmaceuticals.

Whilst establishing stability, medicines will never reverse this disease- they are not designed to do so. Stability is not good enough when we are in the midst of the epidemic of diabetes that I witness every week and the numbers are rising exponentially.

This programme, brought to you by the Penninghame Team offers a real solution to taking your health back into your own hands

The emphasis is on a new way forward rather than cutting back and denying yourself. I frequently meet people who have real need for change but say they feel fine and struggle to see the need to change, even after a diagnosis of diabetes. The proposals in the programme, however, are gentle and guided rather than proscriptive, but have the capacity to make a big impact. The suggestion is —suck it and see- you will be able to see results quickly and this will provide the motivation to carry on

The programme takes a variety of approaches including addressing how you feel about yourself, both physically and emotionally, the latter area, sadly, usually neglected.

Although the steps seem simple and straightforward they are very much backed up by hard science. Bill says, don't just take my word for it, give it a shot and prove it for yourself-results talk. Go on - give your health a chance."

Diabetes – The Healthy Solution

The Penninghame Diabetes Initiative is a programme designed to provide individuals who are suffering from diabetes, their families and those at high risk with a natural alternative to a lifetime of medication and illness.

Diabetes is a debilitating disease that has now reached epidemic proportions. Government figures show the rate of diabetes rising toward 3 million with another 5 million plus diagnoses as obese in the UK. Most of the cases of diabetes are Type 2, an illness that is not only preventable but in most cases can be reversed or dramatically improved. We know that is a bold statement but it is a true one.

The most effective way to improve or cure diabetes is to eliminate the causal factors and reverse the disease process. This means learning to transform the daily habits of diet, activity and mentality that contribute to the disease. We do not use any miracle remedies or mystical mantras only solid common sense and practical life skills.

The content of this eBook is based on our residential retreats, offered regularly at Penninghame House in Newton Stewart, Scotland. It is here where we provide our guests with information and training on how to create a healthy life.

Our two-week residential programme is centred on teaching a foolproof dietary programme of delicious natural foods, simple exercises and by promoting our personal capacity to take charge of our health. This is done through a daily schedule of hands-on cooking classes, individualised exercise programmes, informative talks that teach you to better understand your condition and support to help you make healthy life choices.

It would be unfair for us to keep the valuable information about improving or even reversing diabetes to ourselves. This is our gift to you, enjoy it and pass on the good news.

In Good Health,
Bill Tara for the Penninghame Diabetes Initiative
Director of Health Programmes
Penninghame House

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An Overview

Many diseases such as heart disease, stroke and some cancers are classified as "degenerative diseases". This term indicates a condition where cells in specific organs or organ systems begin to mutate and fail to continue the functions required for health. Diabetes is one of these diseases. That these diseases continue to flourish in modern society is a serious problem since the underlying causes are generally known.

Even though our ancestors knew these diseases, the degree of their incidence was never elevated to their present levels. According to the World Health Organization the rapid rise of degenerative diseases is a reflection in our daily habits. Even though a small genetic or environmental influence may affect a susceptibility to the development of a specific disease in a specific individual it is our lifestyle that needs attention.

Poor diet, lack of exercise, smoking, emotional state, stress or excessive drinking can all have a great influence on the development of disease. The official attitude regarding this simple and universally agreed truth is mysterious and complicated. It is known that some degenerative processes can be reversed and yet there seems to be little motivation to encourage recovery programmes if there exists medication that can hold the symptoms in check. This is especially true in the case of diabetes.

. Diabetes recovery is only possible when the habits that exacerbate the illness are removed, new health enhancing habits instilled and a specific plan for health maintenance is put in place.

We have such a programme for you and present it in the hopes that you will take up the challenge to change your life and create a new level of health and vitality for the years ahead.

Diabetes in History

Like many degenerative diseases, diabetes was well known to our ancient ancestors. It was referred to as early as 1550 BC in Egypt and named by the Greek physician Aretaeus as "diabetes" or "the flowing through" disease, a reference to the excessive urination and loss of weight that were characteristics.

The famous physician Galen observed that it had to do with kidney function. In early days doctors often used a primitive method of urine testing that could include tasting the urine. It was noted that people who were suffering from

diabetes had urine with sugar in it, and a second name was attached, mellitus, meaning 'honey' in Latin. The issue of diet was introduced as a possible cause, as well as a cure, for the disease by the French Physician Bouchardat.

In 1920 an American called Moses Barron linked the Langerhans cells within the pancreas as the basis of diabetes mellitus. This discovery was followed by the development of insulin use as a treatment based on the work of Canadian researcher Frederick Banting who received his Nobel Prize in 1923 for his work in the discovery of insulin for the treatment of the disease. Since that time the treatment of diabetes has focused on improving the symptoms of the disease through the use of medication and accepting that diabetes is "incurable".

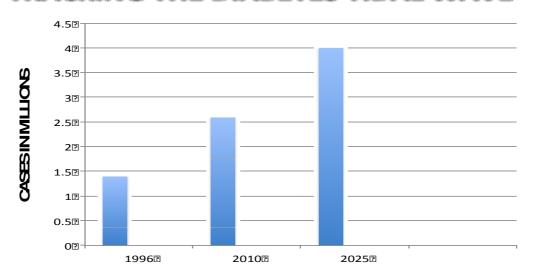
The Diabetes Epidemic

Like many health issues, diabetes has been known since ancient times. The difference now is that the disease is now spreading at such a rapid rate. The Centers for Disease Control in America has termed the rapid rise of cases an epidemic. The American Diabetes Association cite the 2003 assessment of the National Center for Chronic Disease Prevention and Health Promotion (Centers for Disease Control and Prevention) that 1 in 3 Americans born after 2000 will develop diabetes in their lifetime.

Most health experts agree that the UK is facing a huge increase in the number of people with diabetes. Since 1996 the number of people diagnosed with diabetes has increased from 1.4 million to 2.6 million. By 2025 it is estimated that over four million people will have diabetes. Most of these cases will be Type 2 diabetes, because of our ageing population and rapidly rising numbers of overweight and obese people. More people die each year as a result of diabetes than breast cancer and prostate cancer combined.

Whilst the medical profession and governments have invested large sums in Diabetes Type 2 research, treatment and prevention it is truly sad that the results of this investment is not reducing or even stemming the rise of this disease. This is especially true since we know the causes of Type 2 diabetes and that there is such a compelling case for a natural cure.

TRACKING THE DIABETES TIDAL WAVE



Understanding the Problem

The mechanism of diabetes is fairly well understood. The pancreas is a small gland situated just beneath the liver. It secretes several hormones, and digestive enzymes. The digestive purpose of the enzymes is to assist in the breakdown of carbohydrates, proteins and fats. The hormones are chemical messengers that instruct the body to increase glucose into the blood, decrease glucose or regulate the interaction of the two. When discussing diabetes the focus of attention is on the production of insulin, the hormone that instructs the body cells to receive glucose. This is obviously a critical function since the body runs on glucose. All physical and mental functions depend on proper glucose regulation.

Type Two diabetes is diagnosed when there is excessive glucose in the blood because insulin levels are inadequate and the cells are not absorbing adequate glucose, this condition is commonly referred to as high blood sugar. The complications of the disease are very serious and can lead to heart disease, stroke, amputations kidney failure and blindness.

While there are many conflicting theories regarding the development of the disease there is one unavoidable fact: type two diabetes is strongly associated with weight gain. This does not mean obesity; any unhealthy weight gain puts you at risk. The reason for this is that calories that are not used are stored as

fat. One of the places that this fat is stored is in the liver and around the pancreas. The stored fat inhibits the capacity to produce insulin in the pancreas and the livers ability to react to it. As fatty tissue is stored over time it becomes more rigid.

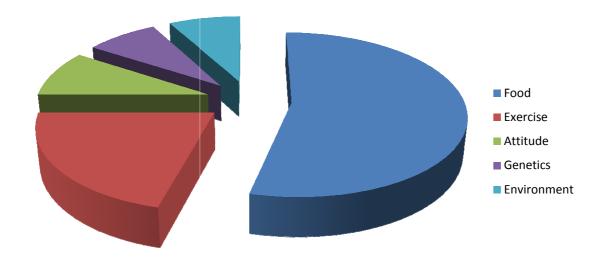
Researchers at the University of Newcastle showed that using a low calorie diet could reverse diabetes. It has also been shown that diabetics who had bariatric surgery and reduced their weight by 15kg showed signs of recovery. These studies as well as the experience of people in alternative health care where hundreds have experienced a complete reversal of Type Two diabetes should inspire us to reclaim our health. Unfortunately this is not the case.

According to Naveed Sattar, professor of metabolic medicine at the University of Glasgow, one of the UK's leading diabetes researchers successful management has become a curse, it is moving us away from serious attempts to cure the problem. "We're getting pretty good at keeping people alive longer," he says. "And we're seeing more and more obese younger people going onto tablets ever earlier. That means the population living with diabetes is rising."

What You Should You Know

The "management" of diabetes is a huge industry. The purpose of the industry is to help people live with the disease in the most comfortable manner possible. By accepting that there is no cure, the easy route is taken. This means that the complications of the disease, the reliance on drugs (many of which have serious side effects), the loss of quality of life are accepted as the only option. We believe you would rather aspire to something more exciting and are smarter than that. What you will find on the following pages is a simple and effective programme that only requires you to learn a few simple life skills. We do not suggest that you alter your medication without supervision but we do suggest that you follow the programme for a period of several weeks and then assess your condition. You will be pleasantly surprised

Diabetes Risk Factors



Reversing Diabetes

We are going to focus diet as the primary risk factor in this eBook but acknowledge that while diet may be the easiest way to effect positive changes in your condition, there are other factors. It is important to understand the risk factors since the natural approach to healing entails removing unnecessary stress from the body so that it can perform the functions that create health.

Genetics

Certain families and racial groups have an increased risk of diabetes. Asian, African and Native Americans have an increased susceptibility to developing the disease as well as those with a long history of the disease in the family.

The Rational Response (Genetics)

If you belong to a high-risk group and have developed Type Two diabetes please do the programme as described and do not feel you are doomed to live with the disease. An increased risk simply means you need to be more diligent.

Environmental Factors

Among environmental factors associated with diabetes is smoking. Smoking is harmful regardless of your present state of health but challenges to the circulatory system caused by smoking will only make the problem worse and undermine your attempts at recovery.

The Rational Response (Exercise)

If you are a smoker then we suggest you begin the programme and concentrate on the exercise component. You will find that any approach you take to cutting back and quitting will be aided by increased aerobic challenge and overall improvement in your diet.

Attitude

Attitude is often not included in as a causal element in diabetes but in truth all disease has an element that is emotional or mental. It is well known that stress can greatly affect the function of both the liver and the pancreas. This relationship plays a role in both the creation of the symptoms as well as in successful recovery. Emotional tension has a great effect on the endocrine system, which includes the pancreas. There are two ways that attitude and emotional stress can contribute to poor health and inhibit healing. The first has to do with worry or anxiety and the second has to do with negative self-image. These are often two sides of the same coin and contribute to a negative feedback loop involving our emotions and our biology.

The simple truth is that what the mind thinks the body will tend to believe. This is even truer if there are powerful emotional triggers involved. Just imagine what goes on in many peoples mind if they are diagnosed with a serious disease and are given no hope of recovery. If this information is accepted and provokes depression the body is sent the message that the condition is hopeless and the immune system may become less effective.

If there is unthinking reliance on medical opinion that there is only one way to treat a disease the power of faith is placed on the medical procedure and any other route to health is seen as impossible. This is not to say that medical treatment is not often required. The issue is if we are able to take responsibility for our own life and act on our own common sense when required. This is especially true when the risks are non-existent

The Rational Response (Attitude)

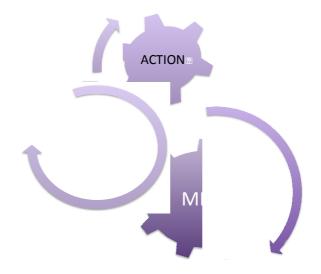
Changing habits is often a greater challenge to the emotions than any practical considerations. If you are motivated toward getting the mind and body working in tandem toward a healthy recovery you need to focus on success. This usually means incorporating new ideas into your life and supporting your own best instincts. Here are a few small things you can do that could have a great impact on your wellbeing.

• Spend ten to fifteen minutes each day creating a stress free mind. Sit in a comfortable chair with no television or radio on and concentrate on

your breathing, try not to think about anything except your breath moving in and out.

- When you feel calm, imagine that the area around your head is warm and glowing with light. When you have established this image move the warmth and light slowly down your body to your feet and then back up again. This is a simple game and it may take you several times to get it but don't get discouraged.
- Make a list of several things that would improve in your life if your overall health were improved (don't focus on your sickness). Would you be able to do more things with friends and family? Would you be able to play with your children or grandchildren? Focus on doing these things as a result of developing healthy habits. Do this daily, use your imagination and focus on the benefits. You can write these things down and post them on the fridge if you want.
- Pick a few simple measurements such as losing weight, being able to walk up the stairs quicker or sleeping better to judge your progress toward better health. There is more to life than blood tests. When you notice improvement be sure to compliment yourself – this is a step-bystep process.

WHAT THE MIND BELIEVES.....



Exercise

Next to diet, exercise has been seen to be an important factor in reversing diabetes. Many more enlightened doctors encourage their patients to exercise daily. As many patients get little or no exercise daily simply walking for half an

hour daily can improve general health. It has been shown that more vigorous exercise increases health in even more dramatic ways.

A 2007 study published in the Annals of Internal Medicine showed that by using a combination of aerobic and weight bearing exercise patients with type 2 diabetes were able to improve dramatically. The study, led by researchers at the University of Calgary and the University of Ottawa, involved 251 patients aged 39 to 70, with type 2 diabetes.

Exercise provides several functions including greater control of blood sugar, improved blood pressure, triglyceride and cholesterol levels and weight loss in people with diabetes, this improvement means a 15% to 20% decrease in heart attack and stroke risk and a 25% to 40% lower risk of diabetes-related eye or kidney disease.

The Rational Response (Exercise)

Exercise can be introduced in stages starting with daily walks, swimming or biking and progress to simple weight training using hand weights or bands. We advise starting off with a simple walking programme of 30 minutes a day. Every three days gently increase the distance of the walk in the 30 minutes. Walk briskly but do not become breathless unless supervised. Doing this has the following benefits:

- Helps burn off excess energy and control blood sugar
- Improves insulin sensitivity
- Helps control weight
- Improves circulation
- Promotes better sleep and improved mental outlook

If you suffer from neuropathy be sure to inspect your feet regularly and keep them clean and dry. Make sure that your shoes fit well and do not chafe.

In our residential programme we teach a variety of exercises to suit personal needs but walking puts you on the right path easily and with no special equipment or skills needed.

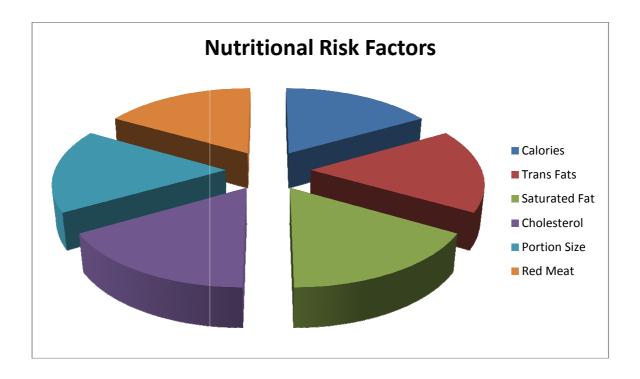
Diet

The connection between diabetes and diet is universally accepted. The effect of other risk factors is marginal compared with the food we eat. The sudden rise

in obesity and diabetes has occurred hand in hand with specific changes in the modern diet. These changes have to do with the quality of the foods we eat as well as the quantity of calories (food energy) we consume compared with the number of calories we use.

The modern lifestyle is sedentary; we do not exert physical effort or move our bodies in any way resembling our most recent ancestors. Combined with the increased concentration of fats, simple sugars and protein (high density foods) this relative low activity level has produced a damaging challenge to the body. Diabetes, like heart disease and many cancers, are diseases of excess. They occur because of over abundant consumption. The path to reversing the process is to understand what foods stimulate the repair mechanisms of the body and which foods produce a kind of nutritional stress.

First we will look at the foods that produce nutritional stress and then we will detail the kinds of foods that serve recovery of health and vitality.



Trans Fats

Liquid fats such as vegetable oils can be turned into solid fats by the process of hydrogenation. The resulting product is called a trans fat. These fats are similar to saturated fats because they can raise levels of cholesterol in the blood. Diets that contain a lot of trans fats are often thought to be healthier since they are

advertised as being healthier -nothing could be further from the truth. Diets that include a lot of trans fats increase the risk for developing diabetes. Food manufacturers use the vegetable oil promotion as a sales gimmick they can list the trans fat content as zero even when a product contains up to 0.5 g of trans fat, it is important to read food labels carefully. Look at the ingredients list to see if any of the ingredients are partially hydrogenated or hydrogenated. Many foods such as processed snack food, baked goods, fast food items and diet products contain trans fats in the form of shortening or margarine. Wherever possible they need to be replaced with good quality vegetable oils

Saturated Fat

Saturated fat is a risk factor for diabetes, heart disease and some cancers by raising cholesterol levels. Saturated fats are in many commonly used foods including some so called healthy foods such as coconut, palm kernel oil, coconut oil. Some of the foods with high amounts of saturated fats are chocolate, butter, chicken or turkey skin, cream sauces, full-fat dairy products, ground beef, hot dogs, bacon, sausage and lunch meats. It is best to avoid or significantly reduce eating foods that contain high amounts of saturated fat. Replace them with foods that contain unsaturated fat, such as canola oil, olive oil, almonds, avocado, seeds or nuts.

Cholesterol

The most common source of cholesterol is the foods we eat. It is included in full fat cheeses, whole milk, ground beef, whole milk, egg yolks and any fatty meat. Some cholesterol is manufactured in the liver and secreted directly into the blood. It is generally accepted that excessive cholesterol in the diet is a risk factor and reducing it is a wise choice.

Red Meat

A study published in the American Journal of Clinical Nutrition this year found that as little as 100 grams of unprocessed red meat a day increased the risk of Type 2 diabetes by 19%. The Harvard School of Public Health conducted the study. Replacing meat with whole grains provided a 23% reduced risk, the highest percentage compared with other food substitutions.

Since there are many healthy options that include reduced animal protein consumption using the kind of diet you will find below there is no danger with the reduction or elimination of meat from the diet. Simply changing to a fish option is one possibility but using a plant based diet will give the best results.

Portion Sizes

Over the past forty years the average portion size in America and Europe has increased dramatically. Many people overestimate how much food should be eaten in a meal. The American Academy of Family Physicians cites large portion sizes as a major dietary risk factor for diabetes. One slice of bread and one-third cup of cooked pasta or rice are considered one serving of grains. One of the problems is that when the diet is lacking in essential nutrients we have a tendency to over eat. This is especially true when our diet is filled with foods that have a high density of energy. The Dietary Energy Density (DED) of foods is an indication of how many calories are packed into different foods calculated by weight.

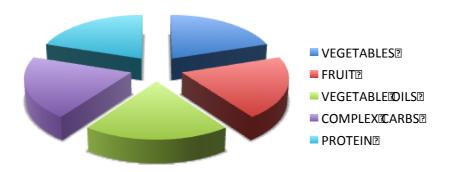
The interesting thing is that those foods that are more densely packed with calories are those that often cause the most problems in terms of diabetes. Foods such as refined sugars, fats and some proteins have a tendency to be overeaten and cause problems. A diet with abundant low density foods such as whole grains, vegetables, fruits, seeds and vegetable sources of protein are healthier options and can be eaten in greater amounts. This means that weight loss and improvements in blood sugar levels can be achieved without constant hunger.

Calories

When you hear about diet and diabetes the conversation usually turns to calories. The body needs calories to run on. It is the measurement of the energy content of the food. Taking in more calories than needed each day can increase the risk of diabetes. It is common that many people eat many more calories in a day than they burn. The body then stores the calories as fat that contributes to obesity and diabetes. The National Institutes of Health in America state that 80 to 90 percent of people with Type 2 diabetes are overweight.

Since calories are a primary nutritional requirement yet can be the source of many problems it is important that the role of healthy caloric intake is one of the main points in creating a healthy diet. Getting the right kind of energy source that helps the body maintain a stable and healthy blood sugar level, reduces stress on the pancreas and provides good nutrition is the goal of the **Diabetes Healing Diet.**

LOW DENSITY FOODS



The Diabetes Healing Diet

The diet described on the next few pages is the one we use in our Diabetes Recovery Programme at Penninghame House. We have seen it help hundreds of people recover their health and live with a degree of vitality they never thought possible. We want to stress that diet is not a cure-all but is one of the most important building blocks toward creating a healthy life. We invite you to experiment with the diet and make it your own.

When men and women attend our programme we are able to tailor the diet for individual needs but the plan below is a great place to start and you will surely will get results if you stick to it. Some of the foods may be new to you so we suggest that you not be frustrated if you have to experiment with your cooking. The food should taste good!!!

We suggest that you follow the programme for a minimum of three weeks and see how you feel.

Whole Cereal Grains

The controversy about carbohydrates is very misleading. Carbohydrates are an essential part or a healthy and sustainable diet. The distinction that needs to be made is between refined and complex carbohydrate. Refined products have been processed so that most of the vitamins and minerals have been removed and the calories concentrated and quickly absorbed. Refined products include white flour, refined sugars, and fructose. These products need to be eliminated from the healing diet and replaced with complex carbohydrates such as whole grains, whole grain products and sweet vegetables such as butternut squash and carrots. The advantage of whole grains is that they have a broad range of

nutrients and combine well with other vegetable quality foods to provide the best variety of human nutritional needs.

Daily Grain Portions – 3 to 5 cups of cooked grain per day. Three to four times a week, two cups of cooked pasta can be substituted for whole grain at one meal.

Grains to begin with – Whole grain brown rice, Barley, Oats, Buckwheat, Rye, Quinoa and varieties of Wheat are all members of the grain family. Whole grain pasta, polenta, and whole grain breads can be used for variety but the emphasis should be on the whole grains.

Grain Products to Reduce or Avoid - White flour products are difficult to digest and often lead to digestive stagnation and weight gain. They are also usually made with refined sugars, fats or trans fats.

Cooking Hint – Grains can be used as porridge, in stews or in soups as well as stir-fries with vegetables.



Vegetables

Fresh vegetables are an essential part of a healthy diet. They are rich in a wide range of vitamins, minerals and anti-oxidants. Since many vegetables loose nutritional content once picked it is important that they are used as fresh as possible. A good diet contains a variety of vegetables. Make sure your plate is colourful.

Daily Vegetable Portions – 4 to 6 cups of cooked vegetables per day. Be sure to have at least 2 cups of green vegetables in addition to any others.

Vegetables to Begin With - Try and use fresh vegetable to begin with. Use frozen or tinned vegetables only when you are in a hurry. Spring Greens, Broccoli. Bok Choy, Carrot Tops, and Chinese Cabbage. Kale, Spring Greens, Parsley, Spring Onions, Leeks, Carrots, Pumpkin, Radish, Onion, Turnip, Parsnip, Cauliflower, Acorn squash, Brussels sprouts, Butternut squash, Green or Red Cabbage, Celery, Chives, Cucumber or Endive.

Vegetables to Reduce or Avoid – You may notice that there are some commonly used vegetables that are not on the list above. There are certain vegetables that can exacerbate inflammatory processes in the body. These include Tomato, Potato, Aubergine, Red and Orange Peppers and spinach. For your trial period it is best to eliminate these foods. You can add them back in when your health improves.

Cooking Hint – Hearty vegetable stews and soups are a good way to prepare your vegetables. Concentrate on cooked vegetables for the first two to three weeks but have a small amount of raw salad (rocket, lettuce, cucumber, raw carrot, celery) every other day.

Proteins

If there is one breakthrough in modern nutrition that has shocked people more than any other it is our collective misunderstanding about protein. The focus on nutritionally dense animal protein has been a huge error, especially among a population that has minimised activity. Protein is a nutritional requirement but it does make a difference where it comes from. One fact is becoming very clear; most people in modern society are eating too much animal source protein. Beans supply most of the essential amino acids that grains lack and are a perfect addition to a diverse diet. If animal source protein is required, fish is the best next choice but for most people is not needed.

Daily Protein Portions – 1 to 2 cups of cooked beans per day or a small piece of white meat fish.

Beans to Begin With - Aduki Beans, Black-eyed peas, Chickpeas (Garbanzos), Kidney beans, Split peas, Pinto Beans, Navy Beans and Lentils. Bean products from the Far East such as Miso, Natural Soya Sauce and foods such as Tofu and Tempeh can be used regularly. If you crave animal source protein use white meat fish two to three times a week.

Proteins to Reduce of Avoid - Red Meat, Pork, Eggs and Dairy foods are not included in your Recovery diet. Staying away from them for three weeks will not create any nutritional problems as long as you are eating as described above. Raw soy products such as soy milk should be avoided.

Cooking Hint – Make sure that all beans are cooked very well, it is a good idea to soak them overnight before cooking. There are a good variety of tinned beans available that can be used when time is an issue. Beans are good in casseroles or soups.



Fruits

Fruits are an important element of the Recovery Diet in small quantities. It is best to choose fruits that are grown in the local environment as a first choice. They may be used raw or in cooked desserts. We suggest that for the best results that more Northern fruits such as Apples, Pears, Peaches, Apricots, Grapes and Plums are used.

Daily Fruit Portions – 1 cup of fruit daily, more if desired, preferably cooked during the first two weeks.

Fruits to Reduce or Avoid – Taking into account the nutritional density as well as the ability to provoke inflammation, we suggest that all citrus fruit, berries, bananas, and sugar dense fruit foods such as figs, dates and raisins be avoided for the first two to three weeks.



Oils

Nuts and Seeds - Nuts and Seeds are an excellent source of healthy oils and help to compliment grains and beans for the full range of amino acids needed to meet protein requirements and the metabolism of many vitamins. They

may be used as condiments with grains or vegetable dishes or lightly roasted as a snack.

Vegetable Oils - Vegetable oils such as sesame oil and olive oil are an excellent source of dietary fats and an essential part of cooking. Choose the best quality cold pressed oils and use them very moderately.

Daily Portions of Oil, Nuts and Seeds – ½ cup of sesame seed and either chia or hemp seeds as a condiment on grains and 1 cup of lightly roasted almonds, walnuts or hazelnuts.

Oils and Fats to Reduce or Avoid – Oily nuts such as macadamia nut and brazil nuts as well as all dairy foods such as milk, cheese and most commercial oils (use cold pressed sesame or virgin olive oil)

Teas and Beverages

Teas – For the first three weeks it is suggested that you use simple teas and beverages that do not create any acidity in the stomach. Bancha tea (Kukicha) is available at most health food stores it is a good choice. Grain coffee, made from roasted grains is a good choice as well as Green Tea, and Rooibos Tea. Water is always a good idea.

Condiments

For your first three weeks you should use only very moderate seasonings such as basil, parsley, bay leaf, oregano, ginger or thyme. Natural sea salt may be used in moderation as well as Natural Soy Sauce (as a cooking condiment only), Miso paste (in cooking or to flavour soups). Avoid pepper and all hot spices.

TEN MOST DANGEROUS MISTAKES THAT WE MAKE WITH OUR DIET

- 1. **Not reading labels.** Many modern foods are filled with chemical additives that have no nutritional value but are irritants to the digestive and nervous system. Read what you are eating. Look out for artificial sweeteners, fructose and hidden sugars you wouldn't expect (who would expect sugar in tomato paste?).
- 2. **The Carbohydrate Controversy** It is ironic that so many people fear "Carbs" when it is the most important thing in the diet. Loosing weight by cutting out carbohydrates is dangerous and unsustainable. The real issue is what kind of carbohydrates we consume. Whole grains are a stabilizing food that combine well with all other vegetable quality foods and are the foundation for a healthy diet.
- 3. **Sweet and Deadly** Sugar, Fructose and other refined sugars are toxic to the body and dangerous for people with diabetes who wish to recover their health.
- 4. **The Protein Paradox** Diets that are rich in vegetable proteins are the leading edge of modern nutrition. They have been shown to reduce the risk of heart disease, many cancers and diabetes. A quick review of the science shows the truth of this. The future of healthy nutrition lies in vegetable protein diets.
- **5.** The Dairy Dilemma Dairy foods are not only non-essential but in some cases dangerous. It is always a wise idea to reduce or eliminate dairy foods. See what you feel like after three or four weeks without them few go back.
- 6. **Creating a Personal Diet** Your diet must suit you. Everyone has individual needs. It is possible to make generalities regarding nutrition but in the final analysis the proof is in the pudding. If you try a dietary programme for three to four weeks and do not experience improved health you need to adjust your diet. Sometimes these adjustments have to do with the demands of physical activity or climate.
- 7. Vegetables and Fruits The recommended five portions is a vague suggestion. We are suggesting that you focus on the number of cups of cooked or raw food as a reference point. Make sure you get variety. People who eat a higher percentage of vegetables in their diet are healthier in every survey done.
- 8. **Learning to Cook** If a diet is not tasty you will usually not stick to it, cooking is the key. Cooking wholesome natural foods that taste delicious is one of the Penninghame House specialities. There is a

- number of good vegan and macrobiotic cookbooks available and you will find a good selection of recipes on our web page.
- 9. Eating Slowly and Chew Choosing good quality food and preparing it well is of no use if we don't digest our food. In our busy lives we tend to speed through our meals and not chew our food. As a consequence, we eat more than we need and don't get the full benefit of what we eat. Try this: Every time you put food in your mouth put down the fork, put your hands in your lap and chew well. Don't pick up your fork till you have swallowed your food. This may seem silly but it will slow you down and your digestive system will thank you for it.
- 10. Enjoy your food Changing food habits can be a big challenge. If you look at it as an experiment in healthy living and something that has great benefit you will find that the long-term benefits far outweigh any short-term inconvenience. Remember you are making these changes in order to enjoy life more and establish good health.

If you have questions regarding the **Diabetes Recovery Diet** tune into one of our **free webinars** and receive free coaching on how to apply your programme.

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