

**THE NATUROPATHIC
PERSPECTIVE**
BY SHELBY WORTS, BSc, ND

Diabetes

Did you know that more than **2 million** Canadians currently have diabetes... and this number is expected to be at least **3 million** by the end of the decade?

Diabetes is the inability to properly metabolize sugars. While the development of type II diabetes (or non-insulin-dependent) is multifactorial, diet and lifestyle are key players. You may think your diet is low in sugars because you do not drink pop or eat cookies... but begin to read labels on your bottled and packaged foods. Sugar is ubiquitous in our foods today, from salad dressings to sausages.

Physiology in a nutshell: you eat sugar or other simple carbohydrates... your pancreas secretes insulin to assist the sugar getting into your cells where it is converted to energy. Chronic ingestion of these foods leads to chronic exposure of your cells to insulin... the cells become less responsive and, consequently, the sugars in your blood increase. Long-term complications can include blindness, heart disease, kidney failure, and circulation problems of the extremities.

Having a first-degree relative with diabetes may increase your risk of developing it yourself but **it is not guaranteed**. Being mindful of your dietary intake, increased nutritional requirements and physical activity will have a profound influence on prevention.

‘Based on a U.S. study, diabetes and its complications cost the Canadian healthcare system an estimated \$13.2 billion every year. By 2010, it's estimated these costs will rise to \$15.6 billion a year and by 2020, \$19.2 billion a year.

‘In a large study, people at risk of type 2 diabetes were able to cut their risk 58% by **exercising moderately for 30 minutes a day** and by losing 5-7% of their body weight. In people over 60, the risk was cut by almost 71%.’

Resource: www.diabetes.ca

Want to learn more? Join Shelby for an interactive evening of Diabetes Prevention ‘Upstairs at Loblaw’s’, November 9th @ 7pm. Discussion will include prevention and complementary treatment options.

Emma’s Update

Emma admitted something this month: just like those who begin to floss only prior to their dental check-up, Emma gets really focused on her diet and exercise regiment for two weeks before her update... and then lets herself slide a bit. Her slides aren’t very dramatic anymore though because she is feeling much more in control of her food choices, is paying attention to her body and is learning how to balance her energy, blood sugar and cravings for an overall feeling of calm.

Emma has gained 2.5lbs of lean body mass and has lost 7.5lbs of fat mass.