

UK Homeopathy

10 Foods good for diabetics

About 2.8 million people in the UK are known to have diabetes but the charity Diabetes UK believes another 800,000 people may not know they already have the disease.

Most of us have trouble figuring out what is good to eat. There is talk about various foods that raise the blood sugar levels. Some even stick to a low carb diet to help them with the blood glucose levels.

I have listed below a few things one can eat without having to worry about rising blood glucose levels

1. Salads – limit the salt in the dressing though
2. Sweet Potatoes – better than normal potatoes as it has a lower glycemic index
3. All types of fresh beans
4. Kale – can be put in your salad
5. Spinach – again can also be put in your salad or boiled.
6. Raw carrots – cooked carrots tend to have a higher glycemic index so may affect some diabetics
7. Brown whole meal bread – buy the supermarket brands as the others have sugar added to them (always check the ingredients)
8. Raw Almonds and Walnuts
9. Apples
10. Oranges

Diabetes is considered a progressive disease. What that means is that once you get it, it will only get worse for most of us. We will first start off trying to control it with diet, then when that fails, we are put on a few oral medications (eg Metformin), then when that fails, increased oral medications and finally Insulin. The lucky ones are able to maintain their control and stay with the few oral medications.

In the process of taking these medications, we may get the following:

- Obesity
- Cardiovascular Disease
- Retinopathy
- High cholesterol
- Cataract
- Kidney problems
- Neuropathy

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<http://ukhomeopathy.co.uk>

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We all know someone who has diabetes and at least one of the above mentioned complications.

The good news for type 2 diabetes is that it can now be REVERSED. Yes Type 2 diabetics can now have better control of their diabetes with less or no medications.

Some of you have already done so and know what I am talking about (please pass this to others you think could benefit from it).

For the others, it is very simple. It works like this:

The diabetes reversal program lasts for 6 months and within this time, you will see better blood glucose control.

Your HBA1c (the 3 month test done by your doctors) will also drop over this period, indicating better overall control and for diabetics on a lot of medications, they will have to start reducing their medications to avoid going into a hypoglycemic state.

As I always tell my patients, your body is the best hospital in the world and you know your body better than anyone else.

Your health is the most valuable investment you have, so don't you think you owe it to yourself to have good health?

I offer a free 15mins consultation, if you wish to talk to me about your condition and see if this program can work for you.

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