

Reversing Diabetes
What foods are forbidden and what are allowed

By:

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Can we really REVERSE our Type 2 diabetes?

Part 1

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

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

The question we need to ask is why do we get diabetes? I am talking about Type 2 diabetes, the most common type. Yes your parents having it *is* a factor but NOT the reason you got it. This is quite clear in a family where one of the children gets it but not the others. It has been shown that the genes that give us diabetes can be turned on or off.

So the question is: what turns our genes on? Well, the answer is surprisingly very simple: **Lifestyle!**

So now we need to ask ourselves: What in our lifestyle is harming us? Two main factors greatly influence your health. One is STRESS in any form, such as anxiety, fear etc and the other is FOOD.

Yes what we eat plays a big part in the illnesses we get. To see the power of the food you eat, you MUST watch Mike Anderson's DVD "Eating 3rd Edition" available from [Amazon .co.uk](http://www.amazon.co.uk). According to Joel Fuhrman, M.D., author of Eat To Live this is "a mind-blowing video experience that will forever change the way you think about food." You can also get the link from <http://ukhomeopathy.co.uk/Online-Health-Shop.php>

So now we know the main factors that cause Type 2, what can we do to control and maybe even reverse it? Well the first step is change what we eat. Avoid, what I call, the POWs Foods. These are Processed Foods, Oily Foods, Whites (eg white bread, white rice) and of course Sugars.

Next time we will discuss the POWs in more detail.

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Part 2

Last time, we touched on what types of foods we need to avoid. Mention was made of the POWs group of foods. So this time, we will as promised, discuss these in detail.

P	Processed Foods	Like: Any meat products such as burgers, fish fingers, chicken nuggets, scampi. In other words, avoid any type of meat. No dairy and that means no milk, cheese, butter, margarine, yoghurt, cakes etc. Also no eggs.
O	Oily Foods	Like Fish and Chips, Crisps, any food fried
W	Whites	White bread, white rice, anything made from white flour
S	Sugars	White/ brown or artificial sweeteners. Honey (limit amount)

So the big question is WHAT can I eat? Well, almost everything else really! Your diet should mainly be a VEGAN based diet with a few exceptions. There are certain vegan based foods that if a diabetic eats can put their blood glucose levels up. One good example of this is Banana. If you find that giving up meat products (that includes seafood and chicken) is difficult for you, then I suggest you have a 75-80% vegan diet and the balance your “normal” diet. So have your meats twice a week and the rest of the week have the fruits and vegetables.

Below is a list of forbidden foods.

Forbidden Foods:

- Soy products (contains fat and harmful proteins that affect the hormones, limit intake),
- White products such as white rice, white bread, white flour
- Coffee and Tea – anything that contains caffeine -are forbidden
- Oily foods, fried foods, even if cooked in vegetable oil. Do not cook in Virgin olive oil as at high temperatures, the oil becomes carcinogenic.
- Sugars – sugar (white or brown) , any products containing sugars – eg biscuits, cakes, cereals, processed juices and fizzy drinks, honey (*in moderation it is ok*)
- Fast foods – junk foods
- No milk, cheese or dairy products in general and that includes butter and margarine
- No sweet fruits, eg Water Melon, Sweet Oranges, Ripe Bananas, Mangoes, Pineapple, Grapes, Apricots, Figs, Raisins, Papaya, Kiwi, Sapote, Cherimoya, Rambutan, Durian, dates (*however minimal use allowed for all the above sweet fruits*).
- Sweet Corn, Pumpkin, Parsnips (Parsnip has a GI of 97)

- Reduce meats, chicken, fish and eggs (*if you can avoid them completely, even better. Remember all animal products contain cholesterol while plant based products contain NO cholesterol*).
- Peanuts, Cashews and Cottonseed (limit intake, nuts have a high fat content)
- Processed juices (in bottles, cartons etc)
- Products having MSG – Monosodium Glutamate

Next time we will discuss what foods we CAN eat.

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Part 3 – FINAL PART

Last time we discussed what foods are forbidden to diabetics. Today we will discuss what are allowed.

Foods you can eat or use:

- Sesame seed oil, walnuts, flax and hemp are high in omega -3 and also very high in antioxidants- can be used in salad dressings
- Unsalted Raw Nuts and Seeds – Walnuts, Almonds etc, (but not peanuts, cashew nuts).
- Walnuts are exceptionally high in monounsaturated fats and the omega 3 fatty acid, alpha-linolenic acid. The ALA reduced cholesterol and fats in the blood and also C-reactive protein (CRP), an inflammatory marker associated with heart disease. Additionally walnuts combine these heart healthy fats with a hefty dose of the antioxidants including at least 16 antioxidant phenols, Vitamin E and ellagic and gallic acid. In 1993, The New England Journal of Medicine reported that eating 8-16 walnuts per day decreased total and LDL cholesterol by 5-10% and reduced the incidence of stroke and clogging of arteries up to 70%.
- Almonds: researchers found that eating 100grams of almonds a day reduced the LDL and total cholesterol level but the glycemic control was unaffected. Almonds have Vitamin E, magnesium and fiber – all important in protecting against diabetes.
- Jacket potato using sweet potatoes (baked or boiled) preferably for main meal (dinner) with raw or vegetables not cooked over 46 °C (115 °F).. Avoid brown whole meal bread with this meal (starch from the potato is enough for the meal). White potatoes have a higher Glycemic Index than Sweet Potatoes. GI 69 versus 44 respectively.
- Kelp: The best of the sea vegetables (commonly known as sea weed). The one that contains the most nutrients. Kelp contains more than 60 minerals and elements, 21 amino acids, simple and complex carbohydrates and several essential plant growth hormones.
- Whole meal Brown Bread – make sure it contains no sugar in the ingredients, as some bread makers do put sugar.

- Brown or Red Rice
- Fruits : Non sweet fruits : Tomatoes, Avocados, Cucumber, Red Pepper, Lemons, Lime, Peach, Grapefruit, Apple, Pear (one only at a time), Cherries (up to 10 only), Blueberries, Raspberries, fresh and unsweetened Cranberries, Pomegranate, Goji Berries
- All vegetables such as Kale, Romaine lettuce etc (except cooked carrots and cooked beets)
- All sea vegetables
- Fats and Oils: Flax oil, Hemp oil, Sesame oil, Walnut, Almond, Sunflower, Avocado, Coconut (not more than 1 tablespoon per day). Extra Virgin Olive oil can be applied to the salad but not used for cooking, as at high temperatures, it becomes carcinogenic.
- Coconut
- Super foods: Klamath Lake blue-green Algae (E-3Live is the most active), Spirulina, Chlorella, Green super food powder mixes
- Salt: Himalayan and Celtic sea salt
- Grains: Quinoa, Buckwheat, Millet, Amaranth, Spelt, Brown Rice (long grain better), Bulgur, Coucous
- Fermented and cultured foods: Apple Cider Vinegar, Miso (non- soy), Sauerkraut, Probiotic non-dairy drinks. (*A dietary supplement containing live bacteria or yeast that supplements normal gastrointestinal flora, given especially after depletion of flora caused by infection or ingestion of an antibiotic drug.*)
- Raw chocolate bar made from cacao – the plant whose seeds (cocoa) makes the chocolate
- Live chocolate cakes, Carrot cakes, Live cheese cakes
- Flax crackers, Nut and Seed Crackers and Breads
- Buckwheat, live granola
- Salads
- Soup
- Green smoothies
- Dehydrated foods
- Filtered water
- Fruit juices- preferably low glycemic, green vegetable juice.
- Teas: Herbal non caffeinated teas and fresh vegetable juices
- Sweeteners: Stevia, Agave nectar syrup, Licorice root, Carob, Chia seed, Mesquite, Cardamom.
- Oils: cold pressed oils: Coconut, Flax, Hemp, Sesame, Almond, Sunflower, Avocado,
- Legumes: Boiled: Chick peas, Black eye beans, Kidney beans, Lentils
- Boiled barley
- Pasta –Spirali with Durum wheat, Noodles, Spaghetti
- Boiled Yams, Boiled Cassava, Sweet Potatoes
- Dried Apricots
- Barley
- Boiled sweet corn on the cob boiled for 20 mins

- Raw Mango
- Dairy FREE spread, such as “PURE” or “VITALITE” brands – for your bread, cooking etc
- Natural sweetener such as Agave Nectar Syrup or Stevia or similar

You now have enough information to get better control of your diabetes. If you wish to discuss further about your diabetes, feel free to contact me either via email, phone or skype (username: UKHOMOEOPATH). I offer online consultation for anyone who is either far away or unable to travel.

I wish you all good health.