

REVERSE IT!

SWEET DREAMS

TIPS TO GET THE BEST NIGHT'S SLEEP

Nadia Khamissa

FROM 76kg to 55kg

MINDFUL EATING

THINK BEFORE YOU EAT!

**7-Day Low-Carb
Meal Plan**

FREE

GUM DISEASE & DIABETES

The Diabetic's Guide to Dental Care

FAMILY MATTERS

Have you told your family about your disease?

NORRIE WILLIAMSON

Tells us why walking and exercise is beneficial for insulin sensitivity





WE GO ABOVE AND BEYOND TO PROVIDE
CARE THAT TRULY NOURISHES YOU ON
YOUR JOURNEY TO
REVERSING T2 DIABETES

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FROM THE EDITOR

Good day, and welcome beautiful people!

As we embark on the third edition of Reverse It!, I find myself reflecting on the journey we've taken together thus far. My mission to empower and educate individuals living with Type 2 diabetes has been both rewarding and enlightening. I am immensely proud of every one of you who has taken steps towards reclaiming control of your health, despite the challenges you may face.

Navigating Type 2 diabetes is a journey that requires a profound commitment to lifestyle changes and personal responsibility. It's about understanding the consequences of our choices and actively working towards better health outcomes. I know firsthand the stigma and judgment that can accompany a Type 2 diabetes diagnosis, as well as the frustrating disparities in healthcare access and support. It is my fervent belief that everyone deserves equal access to resources and support, regardless of the type of diabetes they may have.

With each edition of our magazine, I tirelessly curate content to provide you with the tools, knowledge, and inspiration to navigate your diabetes journey with confidence and resilience.

That's why I am thrilled to announce a new addition to our publication: Norrie Williamson, a distinguished authority in the realm of exercise physiology, particularly in the realm of running.

Norrie Williamson brings a wealth of expertise and insight to our magazine, and I am honored to welcome him as a regular columnist. Through his column, he will guide us on a transformative journey from sedentary lifestyles to becoming vibrant, active members of our communities. His expertise will serve as a beacon of hope for those seeking to enhance their physical well-being and reclaim their vitality.

Together, we will challenge stereotypes, defy expectations, and rewrite the narrative surrounding Type 2 diabetes. Let us support one another, celebrate our victories, and strive toward a future where diabetes is not a limitation but a catalyst for positive change.

Thank you for being part of this incredible journey.



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Back to your future

By: NORRIE WILLIAMSON

HOW & WHY WALKING
AND EXERCISE IS A
POWERFUL TOOL FOR
REVERSING TYPE
DIABETES

The fact that exercise can and does help diabetics manage better blood sugar readings, has been well documented, but getting started into an exercise program is never easy, regardless of your status. The older we are the harder it becomes to make the lifestyle changes, but for diabetics, it really has far greater potential than most other options.

Adopting an exercise regime is much more than improving your physical condition, as it can impact on:

- cardio-vascular fitness,
- blood sugar reduction,
- the release of endorphins that improve mood and positivity,
- provide periods of 'mindfulness',
- increase bone density due to the impact and weight bearing,
- assist with joint movement and function,
- improve muscle strength,
- reduce weight, and much more.

One of the hardest challenges is to get started into exercise, particularly when we may have been sedentary for so many years.

This monthly column is geared to assist a gradual progression into an exercise and lifestyle regime to turn back the clock.

This is not about training for a marathon or comrades, this will focus on a level of sustainable healthy endurance exercise. There is no intention to enforce any racing.

That said, it's well established that races or events are a great motivation that drives a sustained exercise program, and this should not be discounted as a means of motivation be it a 5km, 10km marathon, or even Comrades, but that is not the intention of the column. Races are not essential, particularly in the beginning, and the benefit and commitment of exercising in a group should not be underestimated.

The primary objective should be to evolve a personal, yet holistic approach to regular exercise that creates a healthier lifestyle that mitigates as many diabetic issues as possible.

While running will be the consistent point of focus the principles will easily be adopted into cycling, swimming, stair climbers in gyms, or even ElliptiGO bikes, all of which offer benefits not simply to diabetics, but to everyone and become even more important as we age.



Holistic:

(NOTE: the explanations here are purposely simplified to basic principles and recognizable concepts)

While exercise will certainly provide many gains, health does not come from one aspect but rather from the total integration of how we frame our life.

If we are not aware of what we eat and drink, what our hours of recovery are, and if we don't monitor our sleep, then we are missing out on how we can turn our diabetic condition around.

Nutrition:

The simple act of eating, even if it's for survival as opposed to those who eat for pleasure, is one of the greatest challenges for those suffering from diabetes.

The archenemy is high blood glucose, but the reality is that sugar, in all its formats, is carefully hidden in so many places, many of which appear illogical or which we tend to dismiss.

There are two sides to nutrition. The first is the need to take in sufficient macro and micronutrients to allow the body to recover and function correctly. This requires a relatively sensitive, and personal balance in our choice and quality of foods that can either promote or reduce the person's health.



This is already sufficiently complex for the average person, but for the diabetic, it takes on a new level of complexity and intricacy that baffles any who don't have to live the sugar balance nightmare daily.

This relationship between blood sugar level, and insulin, is arguably the most critical balance in the day-to-day life of a person with diabetes. It is essential to minimize the swings between high insulin and high blood sugar each day. This can be achieved not simply by the choice of foods but made easier by utilizing the stabilizing impact of exercise.

Attempts to maintain blood glucose consistency are further undermined by mass media and marketing myths such as the pretense that carbohydrate is required to run fast, and the provision of the 'Temptation Tunnel' of snacks and sweets intentionally created immediately before the tills at all major food shop pay points.

Defining truth from fiction is one of the biggest challenges of modern-day life, and none worse than trying to differentiate nutritional statements of commercialism, convenience, and certitude.

In this monthly column, we will discuss the difference between fast energy and consistent energy, by aliking human energy production to that of a hybrid car that utilizes both battery power and petrol. Battery power, like fat metabolism is virtually endless, while petrol power, as the runner is often projected, relates to a limited petrol tank of 'carbohydrates', that limits the total exercise time, and requires re-fueling to go longer than 2 hours of distance running.

Functional Strength and agility

This column additionally intends to also keep you 'moving'. Functional strength, using the hinges of the ankles, knees, hips, core, and rotation of shoulders etc are key attributes that must be maintained particularly as we age.

It has been said that our age is determined by our muscular strength and there is considerable truth in this. Without core, and in particular leg strength we become vulnerable to everyday life or stairs, walking, and generally perambulating our 'normal' life as a human. The simple actions of sitting, standing, getting in and out of bed or climbing stairs require levels of muscular and core strength that either ease or complicate our existence. The harder these actions are the older we become, and we do ourselves no favors when we are carrying excess weight! Many studies link longevity to muscular strength, flexibility, and agility.
guidance!

Generating good proprioception, agility and balance are essential to longevity and it is important to note that many older people succumb, not to old age pre-se, but rather due to septicemia during the bed-ridden recovery from a hip replacement following a fall. Balance and leg strength are essential and can only be achieved through regular exercise.

***The more we can maintain
these the better:
Keep moving is quality
guidance!***

Believe is Being:

Most aspects of life can be explained away by science, engineering, medical and even logical explanation. Even although few of us take the time to look, analyze, consider from of the everyday 'mysteries', we relax in the knowledge that there is a fall back logic that supports what we are willing to accept.

However, there are often performances and achievements that come from 'the blue' and surprise others. These are typically driven psychologically: *A deep desire to prove an ability, the need to show others, the (personal or group) perception of that success / achievement has value, and many many more reasons.*

The reason you find inspired to achieve a goal is not important, and most frequently will be extremely personal. The two most important things are:

- that **YOU** believe its important and that the sun may not rise in the morning if you don't achieve it.
- that, although it may be a stretch, you have a realistic chance of achieving it.

These two deep rooted beliefs are the keys that allow you to open the door to achieving beyond what your physiological barrier indicate.

It is the holistic programming and repetitive nature of this psychological process that will not only see each, and every one of us achieve what we, (and probably others), thought was impossible, but can entirely change our perceive limitations and views of life as a person restricted (note not entrapped) by diabetes.



The small staircase takes less effort than the big ladder

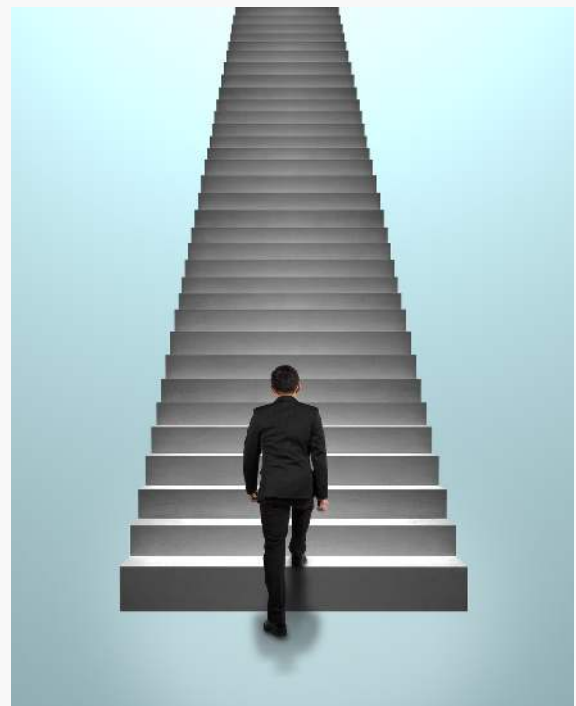
Imagine you are climbing to the roof of a three-storey building. On the outside, there is a ladder but the rungs are far apart and you have to stretch to manage to get your foot onto the next rung. The ladder of course is only around 12m long.

Alternatively, you can go inside and there is a staircase with 80 steps and it's over 20 metres long. Which one would you take in a race to the roof?

Logic suggests the ladder is direct and shortest so quickest. But the quickest is most likely the staircase as it involves repeating a very easy and achievable task 80 times as fast as you can. The risk of failure in any of the tasks is minimal, and each stair climbed is a success towards the goal.

On the ladder, any cramp, any fatigue, could bring failure, and because the task is more difficult it takes longer to achieve.

This is the key to how we will approach your journey into healthy exercise. The column will discuss not simply the physical requirement, but the support mechanisms, new or interesting discussions that relate to finding exercise for diabetics, and how you can set your personal goal for the short, medium, and long term.



EST. 2016

GRACIOUS BAKERS

Faced with a series of health complications in 2016, Director, Liz Rautenbach went on a quest to source quality alternatives for her personal daily requirements. After finding an immense lack of products on the market at that time, Liz, who has a background in product development and research, started her own range of Nutritional health products, along with her Partner Fran Rautenbach and called their company, "Gracious Bakers."

Their story began in 2016, in the heart of the Cape winelands, with a vision to improve the lives of people with special nutritional needs. Ever since the company "Gracious Bakers," was founded, proximity to the consumer has lead their commitment to producing high quality Nutritional and functional health products. Responsibility, innovation and proximity are some of their core values that give them their stability and reliability. They are a family run company, with a National footprint in most trusted retailers, as well as a stockist in the UAE and Canada. Their products are available on their online store, as well as Checkers, Dis-chem, Spar, Takealot.com, Faithful to Nature and other independent stores across South Africa.



FEELING WELL
STARTS BY
FUELING WELL...



"FEELING WELL STARTS
BY FUELING WELL"



Through their carefully developed range, their aim was to highlight the passion and dedication that goes into everything that they do. Their employees have become family members, and are the protagonists of their story. They have a large team of people who show up daily with commitment and drive. "It is our people that drive us towards excellence." Above all they would like to celebrate their people, their stories, their commitment, and their skills, without which their efforts would be in vain. They believe that Health is the only solution to the ever-growing list of food intolerances and diseases. They want to make health accessible to all, and believe at their core, that "Feeling Well starts by Fueling Well."

Coming Soon

ALLERGEN FREE BAKING
-AT YOUR FINGERTIPS-



*It's a way of life that
holds the promise of a
better, healthier planet*

Watch this space for
their new & exciting
range, coming soon and
not to be missed....

Find us at:

 Faithful to Nature



wellness
warehouse



SPAR



Dis-Chem



Checkers

takealot.com

wellness
warehouse

COMING IN NOVEMBER!

Transform Your
Health at Our
Wellness Retreat!



ANTBEAR LODGE

Imagine a weekend that could transform and empower you in ways you never thought possible, helping you take control of your health.

Picture a retreat that cuts through the clutter of conflicting advice and opens the door to offering alternative natural healing methods, allowing you to truly enjoy and live your best life.

Join us for a transformative weekend in the breathtaking KwaZulu Natal Drakensberg, where you'll discover health and wellness secrets that your doctors may have never shared.

Learn about the root causes of insulin resistance and Type 2 diabetes, and uncover why this may be affecting your weight loss journey.

Understand the profound impact of food and movement as medicine, and how these simple changes can set you on a path to optimal health.

YOUR BODY; YOUR RESPONSIBILITY! Love yourself enough to take care of yourself.

Don't miss this empowering weekend from November 8th to 10th.

ABOUT THE WEEKEND

During this transformative weekend, you'll uncover health and wellness secrets that your doctors may never have shared.

We will illuminate the root causes of insulin resistance and Type 2 diabetes, revealing why these issues might be hindering your weight loss efforts and reversing your diabetes.

You'll learn why food is not just sustenance, but medicine, and how movement is a powerful healing tool. These insights will provide you with the knowledge to make informed decisions about your health, leading to sustainable changes and a better quality of life.

This retreat goes beyond surface-level wellness. It's about loving yourself enough to take responsibility for your body and your health.

You'll be empowered with practical tools and techniques to navigate through the clutter of health advice and explore alternative natural healing methods.

You will learn about simple and easy methods to plan and prepare your meals.

By the end of the weekend, you'll be equipped with a deeper understanding of how to nurture your body and mind, paving the way for a healthier, happier you.

Our retreat is more than just an event; it's a catalyst for change. Don't miss this opportunity to transform your health in the company of like-minded individuals, all while enjoying the serene and majestic landscape of the KZN Drakensberg.





DATES:

Check in Friday 8 November 2024 | 14h00-16h00

Check out Sunday 10 November 2024 | 14h00

Booking Option 1 (Single or Sharing)

Garden View Suite: **R5000 per person sharing (or R6000 single rate)**

Booking Option 2 (Single or Sharing)

Mountain View Suite: **R6000 per person sharing (or R7000 single rate).**

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Book and pay in full by the end of June: **Less 30%**

Book and pay in full by the end of July: **Less 20%**

Book and pay in full by the end of August: **Less 10%**



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Baby Marrow



Baby marrow, also known as zucchini or courgette, is a versatile and nutritious vegetable that belongs to the squash family. This tender vegetable is highly valued for its mild flavor and tender texture, making it a popular ingredient in various culinary dishes. Baby marrow offers a range of essential nutrients, including vitamins, minerals, and antioxidants. With its low calorie content and modest fibre content, baby marrow is particularly beneficial for maintaining a balanced diet and promoting overall health.

Baby marrow is a good source of vitamins C and K, as well as potassium and manganese. For individuals managing diabetes, baby marrow offers a low glycemic index, which means it causes a gradual and steady increase in blood sugar levels. Incorporating baby marrow into meals, such as soups, salads, pasta dishes, and vegetable side dishes, provides valuable nutrients and culinary diversity.

Nutritional information per 100g serving:

Calories: Approximately 17 kcal
Carbohydrates: Around 3.1 grams
Protein: Approximately 1.2 grams
Fat (Healthy): Roughly 0.3 grams, primarily unsaturated fats
Fibre: About 1 gram





SWEET **DREAMS**

WHAT HAPPENS WHEN WE SLEEP

Quality sleep is essential for diabetics. During sleep, the body performs crucial functions related to hormone regulation, metabolism, and cellular repair. Lack of sleep or poor sleep quality can lead to imbalances in hormones like insulin and cortisol, which play key roles in blood sugar regulation.

When you don't get enough sleep or experience disrupted sleep, your body's ability to regulate blood sugar levels may be impaired. This can lead to higher blood sugar levels upon waking in the morning, a phenomenon known as "dawn phenomenon". Consistently high blood sugar levels can contribute to a range of health problems for diabetics. Therefore, prioritizing good sleep hygiene is crucial for maintaining optimal blood sugar control and overall health.



“Sleep is the silent healer that fuels our journey towards balanced blood sugars, restoring vitality with each peaceful night's rest.

”

If you consistently struggle with sleep despite trying various strategies, consider seeking help from a healthcare professional or sleep specialist.

TOP TIPS FOR A GOOD NIGHT'S SLEEP

1

Establish a Consistent Sleep Schedule: Go to bed and wake up at the same time every day, even on weekends. This helps regulate your body's internal clock.

2

Create a Relaxing Bedtime Routine: Develop calming rituals before bed, such as reading, taking a warm bath, or practicing relaxation exercises like deep breathing or meditation.

3

Optimize Your Sleep Environment: Make sure your bedroom is cool, quiet, and dark. Invest in a comfortable mattress and pillows that support good sleep posture.

4

Limit Exposure to Screens Before Bed: Avoid screens like smartphones, computers, and TVs at least an hour before bedtime, as the blue light they emit can disrupt your body's natural sleep-wake cycle.

5

Watch Your Diet and Hydration: Avoid heavy and high-carb meals during the day (especially for dinner), caffeine, and alcohol close to bedtime, as they can interfere with your ability to fall asleep and stay asleep. Stay hydrated throughout the day but reduce liquid intake close to bedtime to avoid disruptions from bathroom trips.

6

Dinner time: Eat as early as possible, and only go to bed at least 2-3 hours after you've had dinner. Your meal will take about 2 hours to metabolize, and blood sugar should have returned to normal two hours after food. So, going to bed on a full stomach is not going to bode well for a good night's sleep.





Get Regular Exercise: Engage in regular physical activity, but try to avoid vigorous exercise close to bedtime, as it can stimulate your body and make it harder to fall asleep.

Manage Stress and Anxiety: Practice stress-reduction techniques such as mindfulness, yoga, and deep breathing exercises before bed, to help quieten your mind.

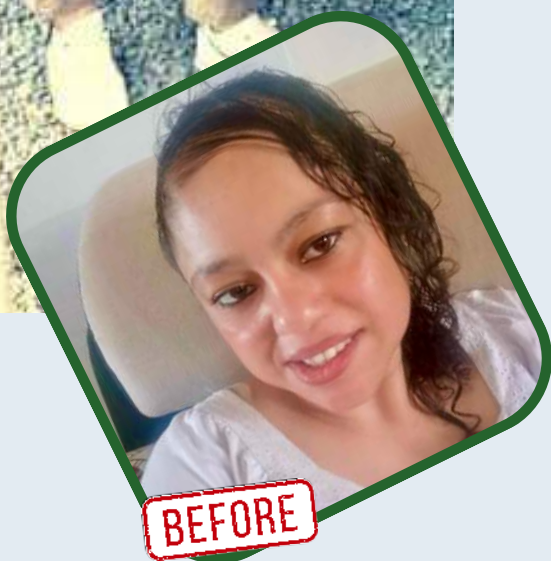
Limit Naps: While short naps can be beneficial, especially for individuals who are sleep-deprived, avoid long naps or napping late in the day, as they can interfere with nighttime sleep.

Avoid Stimulating Activities Before Bed: Engage in relaxing activities before bed rather than stimulating ones, such as paying bills, working, or engaging in intense discussions.

Take a Magnesium Glycinate Supplement: Magnesium may help you sleep better by regulating your gamma-aminobutyric acid (GABA) levels. GABA is an amino acid that plays a crucial role in sleep. When you are about to go to bed, the amino acid helps to signal your brain to begin to wind down. It gradually slows your brain's activity, thus aiding in sleep. Magnesium helps your body to maintain healthy GABA levels.

Get sunlight: Sun exposure is crucial for a good night's sleep. Melatonin is a unique hormone produced by the pineal gland, located in the middle of the brain, and functions with the rhythms of the sun. Melatonin helps your body control day-night sleep patterns and your internal body clock (circadian rhythms). More melatonin is made when the sun goes down, and less when the sun comes up. So walk outside, barefoot to connect with the earth's energy to recharge your body and get ready for a good night's sleep.

Meet Nadia, SHE DID IT!



“It's a way of life that holds the promise of a better, healthier me!”

Meet Nadia Khamissa, a resilient resident of Blantyre, Malawi, whose journey with diabetes has been nothing short of transformative. In 1999, Nadia received a diagnosis of Type 1 diabetes, with her HbA1c levels alarmingly high at 16%. However, a recent revelation unveiled that her condition was, in fact, Type 2 diabetes.

Nadia's trajectory shifted when she became a member of Linda's Diabetes Warriors Group in 2022, prompted by a relative whose young son battled diabetes in South Africa. Immersing herself in the community, Nadia absorbed invaluable knowledge and insights, acquainting herself with essential lab tests to understand her body's dynamics better.

Driven by a newfound awareness, Nadia adopted a lifestyle rooted in healthy choices. Embracing the "Green List," she prioritized nutritious eating, alongside implementing self-stress management techniques, exercise, and eliminating excuses from her vocabulary. Vigilant monitoring of her readings became a source of excitement as she witnessed not only improvements in her numbers but also a remarkable enhancement in her overall well-being.

From 76 kilograms at the beginning of last year to a current weight of 55 kilograms, Nadia's remarkable 22-kilogram weight loss stands as a testament to her dedication and resilience. With newfound confidence and vitality, she radiates positivity, embodying the belief that making the right choices can yield profound transformations.

Nadia attributes much of her success to the guidance and support she received, particularly from Linda, a pivotal figure within the Diabetes Warrior Group. Through coaching and camaraderie, Nadia's life has undergone a profound shift, underscoring the importance of weathering life's storms with resilience and determination.

Her message to fellow diabetic warriors resonates with hope and possibility: "It is possible; we can reverse it." With discipline and unwavering consistency, Nadia's journey serves as a beacon of inspiration, illuminating the path toward reclaiming health and vitality in the face of adversity.

RECIPES



These crepes (or pancakes, as we know them in South Africa) are a perfect low-carb alternative to pancakes made with flour and sugar! These are made with diabetes-friendly ingredients and are perfect for those of us who are following a low-carb lifestyle. You can have the pancakes with various savory and sweet options from the Banting Green and Orange Lists.

PANCAKES

INGREDIENTS:

- 4 large eggs
- 120g cream cheese, softened
- 2 tbsp coconut flour
- 1 tbsp melted butter
- 1/2 tsp vanilla extract
- 1/4 tsp salt

INSTRUCTIONS:

1. In a blender or food processor, combine the eggs, cream cheese, coconut flour, melted butter, vanilla extract, and salt. Blend until the batter is smooth and well combined.
2. Heat a non-stick skillet or crepe pan over medium heat. Grease the pan lightly with butter or cooking spray.
3. Pour about 1/4 cup of the batter into the heated pan and immediately swirl the pan to spread the batter evenly. The crepe should be thin.
4. Cook the crepe for about 2-3 minutes, until the edges start to brown slightly and the crepe is set. Carefully flip the crepe using a spatula and cook for an additional 1-2 minutes on the other side.
5. Remove the cooked crepe from the pan and place it on a plate. Repeat the process with the remaining batter until all the crepes are cooked.
6. Serve the crepes warm with your desired fillings.

ONLY 2g CARBS PER PANCAKE!



BEEF & BROCOLLI STIRY FRY

INGREDIENTS

100g Strips of beef
1 tablespoon apple cider vinegar
2 tablespoons olive oil
2 tablespoons soya sauce (sugar-free)
3 cloves garlic
1 tablespoon crushed ginger
1 chili (optional)
2 cups of broccoli florets
1 tablespoon erythritol
1 cup beef stock
Salt & Pepper to taste
1 Tablespoon sesame seeds



INSTRUCTIONS

1. Mix the apple cider vinegar and olive oil with the garlic, ginger, erythritol, and soy sauce. (Do a taste test, and add either more soya sauce or erythritol as needed). Mix this well together.
2. Add the strips of beef, and combine. Cover and set aside in the fridge for one hour or longer.
3. Heat a wok, or non-stick large frying pan on high heat on the stove.
4. Toss in the beef strips (without the sauce), and fry for about 5 minutes, tossing about. Reduce the heat down to low medium.
5. Add the broccoli and mix together.
6. Add the rest of the sauce from the marinade, and half the cup of beef stock.
7. Allow to cook for about 18-10 minutes, until the broccoli is cooked through.
8. Add the rest of the beef stock (only if needed).
9. Season to taste (you won't need that much salt, because of the soya sauce, but do a taste test anyway.)
10. Sprinkle sesame seeds for garnish.
11. You can serve it with cauliflower mash or cauliflower rice. But it's just as nice on its own.

CHICKEN GIZZARD STEW

This is a great hearty meal, and affordable for most people struggling with a limited budget



.INGREDIENTS:

300g Chicken Gizzards
1½ Onion
2 Celery Stalks
2 Carrots diced or grated
2 Tomatoes
1 tablespoon crushed garlic
1 teaspoon barbeque spice
Half punnet mushrooms (optional)
2 Tablespoons tomato paste
1 cup of warm water

INSTRUCTIONS

1. Fry together the chopped onion, celery, carrots and garlic until tender and silky
2. Add the chicken gizzards and mix in salt and barbeque spice.
3. Fry for about 10 minutes, stirring occasionally.
4. Add the chopped tomatoes and mushrooms and tomato paste.
5. Stir and cook for about 5 minutes.
6. Add the water and put the lid on the pot.
7. Turn down the heat and cook for about 45 minutes until the gizzards are soft.

Serve with steamed broccoli OR cauliflower mash OR steamed green beans. Carbs will vary once you serve with another vegetable like green beans or cauliflower mash

CURRIED EGGS

INGREDIENTS

4-6 eggs
2 tablespoons unsalted butter
1/2 onion peeled and chopped
1 Red pepper sliced
1 clove garlic peeled and crushed
2 tablespoons curry powder
1 chopped chili
2 tablespoons tomato paste
3/4cup water
1 tablespoon lemon juice
2 teaspoons sweetener
Salt & freshly ground black pepper, to taste
1 tablespoon zest of a lemon
2 tablespoons fresh parsley chopped

INSTRUCTIONS

1. Hard boil the eggs for about 5 minutes, peel and set aside
2. In a saucepan on the stove, heat the butter and add the diced onions, peppers and garlic, and simmer on low heat until soft.
3. Add the curry powder and chili and simmer for about 10 minutes.
4. Add the tomato paste, water, lemon juice and sweetener and mix well.
5. Cut the boiled eggs in halves and add to the curry mixture.
6. Gently stir, avoiding breaking up the eggs.
7. Add the lemon zest and chopped parsley and serve with cauliflower rice



Pumpkin



Pumpkin is not only a staple in most recipes but also a highly nutritious food packed with essential vitamins and minerals. Rich in vitamins A, C, and E, as well as potassium and fibre, pumpkin offers numerous health benefits. In a 100g serving, pumpkin contains approximately 26 calories, making it a low-calorie option for those monitoring their intake. It's also relatively low in carbohydrates.

For individuals managing diabetes, pumpkin can be a beneficial addition to their diet. Its low glycemic index means it has a low impact on blood sugar levels, helping to prevent spikes and crashes. Additionally, the fibre content in pumpkin promotes satiety and aids in digestion, which can assist in controlling appetite and managing weight, both important factors in diabetes management.

Nutritional information per 100g serving:

Calories: Around 26
Carbohydrates: About 6.5 grams
Protein: About 1 gram
Fat (Healthy): < 0.1 gram
Fibre: Approximately 0.5 grams



MINDFUL EATING

SUSTAINABLE LIVING

A Game-Changer for Type 2 Diabetics

THINK
Before You
EAT



The act of eating has often become a mindless routine; a hurried affair squeezed between meetings, errands, and endless to-do lists.

However, what if we were to slow down, tune in, and truly savor each bite? Welcome to the world of **mindful eating**—a transformative practice that holds immense potential, especially for individuals grappling with type 2 diabetes.

As a T2 Diabetic, you will know that diet plays a pivotal role. While conventional wisdom often revolves around strict meal plans and calorie counting, the concept of mindful eating introduces a refreshing perspective—one that prioritizes awareness, intentionality, and a profound connection with food.

Mindful eating is not merely about what we eat but also about how we eat. It's about cultivating a deep awareness of our body's signals, our cravings, and the sensations that arise with each morsel. For individuals with type 2 diabetes, this approach holds particular significance, offering a holistic avenue toward better blood sugar management and overall well-being.



“ *Before you take a bite, pause to listen to your body's needs and honour them with mindful choices. Every meal is an opportunity to nourish your health and empower your journey.* ”

At its core, mindful eating encourages us to pause and reflect before we indulge. It prompts us to ask crucial questions: Will this food spike my insulin? How will it affect my blood glucose levels? Is it aligned with my dietary preferences and goals? By embracing these inquiries, individuals with type 2 diabetes can make informed choices that support their health journey.

Moreover, mindful eating invites us to explore the emotional dimensions of food—the joy it brings, the comfort it offers, and the stories it carries. For many, food is intertwined with memories, traditions, and cultural heritage. By approaching eating with mindfulness, individuals with type 2 diabetes can foster a positive relationship with food—one that is nourishing, empowering, and free from guilt or restriction.



One of the key principles of mindful eating is tuning into our body's hunger and satiety cues. Often, individuals with type 2 diabetes may struggle with distinguishing true hunger from other triggers, such as boredom or stress. By practicing mindful eating, they can reconnect with their body's innate wisdom, learning to eat when hungry and stop when satisfied—a crucial skill in maintaining stable blood sugar levels.

Furthermore, mindful eating encourages a shift towards whole, nutrient-dense foods—a cornerstone of diabetes management. By focusing on fresh produce, lean proteins, and healthy fats, individuals with type 2 diabetes can nourish their bodies while minimizing blood sugar fluctuations. Additionally, mindfulness helps cultivate a greater appreciation for the flavors, textures, and aromas of wholesome foods, making healthy eating a more enjoyable and sustainable endeavor.

6 TIPS FOR MINDFUL EATING

Ask YOURSELF:



04

“Is this going to spike my insulin?”



01

“Am I hungry right now?”



05

“Will this knock me out of ketosis?”



02

“Is this food on the Green or Orange List?”



06

“How will I feel in two hours from now?”

03

“Is this going to spike my blood sugar?”



Being overweight makes it harder for your body to properly use insulin.

A.

TRUE

OR

B.

FALSE

THE CORRECT ANSWER IS



Increased body fat contributes to decreased insulin sensitivity, a condition known as insulin resistance. Adopting a healthier lifestyle by shedding surplus weight and engaging in regular physical activity can mitigate or even reverse insulin resistance. and for every kg you lose, you can reduce your HbA1c by 0.1% !



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BREAD & ROLLS



PIZZA



SAUSAGE ROLLS & PIES



WAFFLES

NO Sugar | NO White Flour | NO Wheat | NO Preservatives



1 Week

LOW-CARB MEAL PLAN (30G CARBS PER DAY)

MONDAY

- Scrambled eggs with spinach (1 cup) cooked in olive oil with a side of avocado slices
- 100g Grilled chicken breast with lemon herb seasoning and zucchini noodles sautéed in garlic and olive oil
- Baked salmon fillet or hake with dill and lemon served with steamed broccoli (1 cup) with butter

WEDNESDAY

- Spinach and feta omelet (2 or 3 eggs) cooked in olive oil
- Tuna salad made with canned tuna, mayo, celery, and onion, served on a bed of lettuce
- Beef stir-fry with broccoli florets, bell peppers, and onions cooked in sesame oil

FRIDAY

- Egg muffins made with eggs, cheese, and diced ham
- Chicken livers in a spicy tomato sauce served with portabello mushrooms
- Tuna bake with cauliflower mash and a side salad

SUNDAY

- 2 fried eggs, with bacon and grilled tomato
- Roast chicken with roasted turnips & mixed vegetables
- 4 Meatballs fried in olive oil, with Spinach and fresh cream, and a side of roasted pumpkin

TUESDAY

- Smoothie made with spinach, avocado, unsweetened almond milk & 2 tsp sweetener
- Grilled chicken strips and avocado salad with mixed greens, cherry tomatoes, and a lemon vinaigrette dressing
- 2 x Pork chops roasted with rosemary and garlic served with steamed cauliflower with cheese sauce (made with heavy cream and cheese) and fried cabbage.

THURSDAY

- Half cup of roasted mushrooms, with bacon and 2 thick slices of tomatoes
- Egg salad lettuce wraps with mayo, mustard, and diced celery
- Chicken gizzard stew with peas and carrots serve with cauliflower rice.

SATURDAY

- Portobello mushroom stuffed with tuna and topped with melted cheese (add a boiled egg if you feel hungry)
- Grilled halloumi and avocado salad with mixed greens, cucumber, and a vinaigrette dressing
- Baked hake fillet with a lemon butter sauce served with roasted cauliflower and Brussels sprouts



BLOOD GLUCOSE DAILY TRACKER

Fasting Blood Glucose							
BREAKFAST MEAL							
Blood Glucose 2hrs POST BREAKFAST							
Blood Glucose 30 mins BEFORE LUNCH							
LUNCH MEAL							
Blood Glucose 2hrs POST LUNCH							
Blood Glucose 30 mins BEFORE DINNER							
DINNER MEAL							
Blood Glucose 2hrs POST LUNCH							
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY



Empowering our Youth: Combating Type 2 Diabetes on National Youth Day





“It’s our responsibility as parents & adults to sculpt a future where health isn’t just a priority, but a lifestyle embraced with vigor and vitality.”

As we approach National Youth Day, this is an opportune moment to reflect on our younger generation's health challenges. Among these challenges, the rise of Type 2 diabetes stands out as a significant concern. However, with awareness, education, and collective action, we can empower our youth to take charge of their health and reduce the prevalence of this disease.

Empowering Youth Through Education:

Knowledge is power, and regarding Type 2 diabetes, education is our greatest tool for prevention. It's crucial to equip our youth to understand how lifestyle choices impact their health. By promoting health literacy and providing accessible information about diabetes prevention, we empower young people to make informed decisions for their well-being.

Promoting Healthy Habits

Healthy habits formed in youth often carry into adulthood. This National Youth Day, let's emphasize the importance of regular physical activity and balanced nutrition. Encouraging our youth to engage in activities they enjoy, whether it's sports, dancing, or hiking, can make exercise a fun and sustainable part of their lifestyle. Similarly, promoting nutritious eating habits, such as incorporating more fruits, vegetables, and whole grains into their diet, can help prevent Type 2 diabetes and foster overall well-being.

Fostering Youth Leadership and Advocacy

Youth leadership is a powerful force for change. By nurturing young leaders and providing platforms for advocacy, we can amplify the message of Type 2 diabetes prevention. Whether through school clubs, community initiatives, or social media campaigns, youth voices have the potential to inspire action, raise awareness, and drive policy changes that promote health and well-being.



Encouraging Small Changes for Big Impact:

Preventing Type 2 diabetes doesn't always require drastic measures. Sometimes, small changes can lead to significant results. On this National Youth Day, let's encourage our youth to take simple yet meaningful steps towards a healthier lifestyle. Whether it's opting for water instead of sugary drinks, choosing to walk or bike instead of driving, or swapping out processed foods for nutritious alternatives, every positive choice brings us closer to a healthier future.



Conclusion:

As we celebrate National Youth Day on June 16, let's recommit ourselves to empowering the next generation to lead healthier lives and combat the growing prevalence of Type 2 diabetes. By prioritizing education, promoting healthy habits, fostering youth leadership in health, and encouraging small changes, we can make a tangible difference in the fight against this preventable disease. Together, let's build a brighter, healthier future for our youth and generations to come.

#LeadByExample

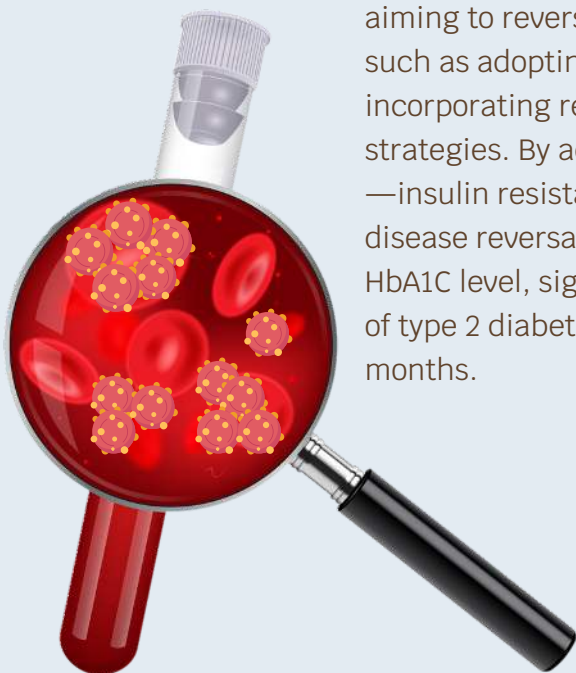
The Hemoglobin A1C

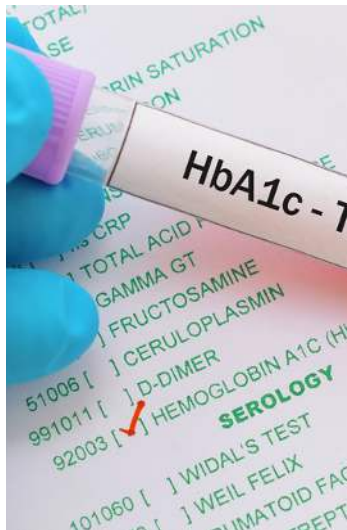
The Hemoglobin A1C (HbA1C) test, also referred to simply as the A1C test, stands as a fundamental tool in diagnosing prediabetes and diabetes, and is paramount in managing these conditions in collaboration with healthcare professionals. This fasting blood test, conducted in a clinical setting, provides a comprehensive insight into an individual's average blood sugar levels over the preceding three-month period.

The HbA1C measurement reflects the percentage of red blood cells carrying glucose, the vital cells responsible for oxygen transport throughout the body. Constituting over 80% of all cells, red blood cells are abundant, with adult humans typically harboring approximately 25 trillion of these cells. These cells have a lifespan of around two to three months before being replaced.

Under normal circumstances, around 4% to 6% of red blood cells carry glucose. For instance, with an HbA1C result of 7%, approximately 1.75 trillion red blood cells would exhibit glucose adherence. Striving for an HbA1C outcome within the range of 4.0–5.5% is considered optimal, signifying effective blood sugar control.

Achieving and maintaining an acceptable HbA1C level is particularly crucial for individuals with type 2 diabetes aiming to reverse the condition. Lifestyle modifications, such as adopting a low-carbohydrate diet and incorporating regular exercise, serve as cornerstone strategies. By addressing the root cause of type 2 diabetes—insulin resistance—these lifestyle changes facilitate disease reversal. Depending on an individual's initial HbA1C level, significant improvements and even reversal of type 2 diabetes can be observed in as little as three months.





HBA1C

For individuals managing type 2 diabetes, the HbA1c test serves as a crucial tool in assessing long-term blood sugar control. This test measures the average blood sugar levels over the past two to three months by examining the percentage of hemoglobin A1c in the blood.

Ideally, individuals with type 2 diabetes should aim for an HbA1c result between 4.5% and 5.5%.

This indicates well-managed blood sugar levels and reduces the risk of complications associated with diabetes.

Regular monitoring of HbA1c levels enables individuals with type 2 diabetes to track their progress in managing the condition and make necessary adjustments to their treatment plans.



FASTING GLUCOSE

I always suggest incorporating a morning fasting blood sugar test into your daily routine to gain valuable insights into your body's overnight behavior and plan your day accordingly.

This should be done immediately on waking, before food, drink, exercise and a shower.

A target fasting blood sugar range to aim for in the morning falls between 4.0 mmol and 5.5 mmol. Should your reading exceed 5.5 mmol, I suggest abstaining from food and drink, except water, until it returns to the desired level.

Monitoring your fasting blood sugar upon waking also provides insights into the Dawn Phenomenon, wherein the liver releases hormones into the bloodstream to prepare the body for the day ahead. Hormones like growth hormone, cortisol, glucagon, and epinephrine (adrenaline) can contribute to blood sugar spikes during this period.



FASTING INSULIN

Your fasting insulin level is a key indicator of your blood glucose health. Insulin plays a crucial role in moving sugar from your bloodstream into your cells for energy or storage. Persistently high blood glucose levels can lead to insulin resistance and various chronic conditions such as diabetes and heart disease.

Healthy insulin levels should within the range of 2 - 10 mIU/L.

If you don't know what your fasting insulin results are, then it's important to ask your doctor to order one the next time you have your HbA1c test done.

PORTION CONTROL

When it comes to managing Type 2 Diabetes through diet, the idea of eating all day to balance blood sugar levels might not be the best approach. Instead of following the traditional advice of three meals and two snacks, it's important to understand how certain eating patterns can affect blood sugar.

For example, if you have a meal high in carbs and then snack a couple of hours later, your blood sugar could spike even higher. This happens because people with Type 2 Diabetes are also insulin resistant and often have trouble using insulin effectively, leading to elevated blood sugar levels.

To address this, it's recommended to eat when you're genuinely hungry and to try intermittent fasting at least once a week. Additionally, keeping portion sizes in check can be helpful. Aim for a plate that's mostly filled with vegetables or greens (about 70%), with smaller portions of protein (around 20%) and healthy fats (approximately 10%).

In summary, for Type 2 Diabetics, it's important to rethink the idea of constant snacking and focus instead on mindful eating habits like intermittent fasting and portion control. These approaches can help improve blood sugar management and overall health.





THE GREEN LIST



Always eat from this list. Choose One Protein, 2/3 veg, and 1 Fat for a meal
While eating from the Green List, restrict your carbs to 25g-30g Max per day

ANIMAL PROTEIN

Beef
Chicken
Turkey
Duck
Game / Venison
Goat
Lamb
Pork
Bacon
Eggs
All parts of the animal
Liver
Offal (gizzards, hearts, kidneys)
Tripe

Seafood
Fish
Prawns
Crayfish
Mussels
Pilchards
Tuna
Sardines
Salmon
Hake

Mopani Worms
Locusts

Any other traditional
African meats.

DELI Cold Cuts (not processed)
Natural and cured meats and sausages
Salami
Pepperoni
Sausages (check for starch ingredients)

DRINKS

Tea & Coffee
Still & Sparkling Water
Sugar Free Cordials (Please read the labels for hidden sugars)
Footy's Sugar Free

FATS & OILS

Avocado
Bacon Fat
Beef Tallow
Butter
Ghee
Lard
Coconut Oil
Avocado Oil
Macadamia Oil
Olive Oil

DAIRY

Full Fat Milk
Cheeses
cheddar & gouda
Brie
Camembert
Gorgonzola
Parmesan
Mozzarella
Roquefort
Ricotta
Full Fat Plain Yoghurt
Full Fat fresh cream
Full fat cottage
Cheese
Full fat cream cheese

FRUIT

Coconut
Lemon / Limes
Strawberries
Blueberries
Raspberries
Blackberries
Gooseberries
Prickly Pear

SWEETENERS

Erythritol
Monk Fruit
Stevia
Xylitol

All Spices, Flavourings, and Condiments and sauces are ok PROVIDING they do not contain sugar, seed oils, and wheat/starch
ALWAYS READ THE LABELS

VEGGIES

All Leafy Greens
• Spinach
• kale
• lettuce
Artichokes
Asparagus
Aubergine / Egg Plant
Avocado
Bamboo Shoots
Bok Choy
Broccoli
Brussel Sprouts
Cabbage
Carrots
Cauliflower
Celery
Chives
Chu Chu Pear (chayote)
Courgettes
Fennel
Frozen Peas
Green Beans
Gherkins
Leeks
Mushrooms
Olives
Onions
Peppers
Pumpkin
Radish
Sauerkraut
Snow Peas
Tomatoes
Turnip
Zucchini

SEEDS & NUTS

Almonds
(Almond flour)
Brazil Nuts
Chia Seeds
Coconut flour
Flax Seeds (Flax powder)
Hazelnuts
Hemp Seeds
Macadamia Nuts
Sunflower Seeds
Sesame Seeds
Walnuts
Peanuts (raw)
Natural Peanut Butter (sugar free)



THE ORANGE LIST



Eat from this list **ONLY** once your HbA1c falls below 6%, and then only have these foods now and then and NOT every day.

THESE FOODS ARE HIGHER IN CARBOHYDRATES

While eating from the Orange List, restrict your carbs to 50g Max per day

FRUIT

Apples
Apricots
Bananas (as green as possible)
Cherries
Clementines
Custard Apples
Figs
Granadilla
Grapes (limit to 12 grapes per serving)
Gauva
Jack Fruit
Kiwi Fruit
Lichi
Mango
Oranges
Nectarines
Naartjie
Peaches
Pears
Papaya
PawPaw
Pomegranate
Quinces
Water Melon

LEGUMES & PULSES

All legumes (raw, soaked and cooked)
All vegetable sprouts.
Black beans
Broad Beans
Buckwheat
Butter Beans
Cannelloni beans
Chickpeas
Kidney Beans
Lentils
Peanuts
Quinoa
Split Peas
Steel cut Oats (no instant oats)

Watch your portions since these are higher in carbs (suggested 2 spoons in a portion)

SWEETENERS

Raw Honey

VEGGIES

Beetroot & Golden Beets
Baby Potatoes (served cold)
Celeriac
Corn on the Cob
Hubbard Squash
Mixed Frozen Vegetables (diced)
Parsnips
Peas
Pumpkin
Squash
Sweet Potatoes



THE RED LIST



You must **NEVER** eat the foods on this list. They are high in carbs and inflammatory

BAKED GOODS

All baked foods
Biscuits
Cakes
Chips /Crisps
Crackers
Crumbed or food in batter
Desserts with sugar
Pies
Pizza bases (traditional)
Provita
Rice Cakes
Wraps

FLOURS & WHEAT

2 Minute Noodles
All types of grain rice
All types of wheat
Barley
Bread Flour
Buckwheat
Cereals
Conventional Bread

- White, Brown
- Wholewheat
- Low GI
- Rye Bread

Cornflour
Couscous
Instant Oats
Muesli
Packet & Canned soup
Pap
Pasta
Popcorn
Rye flour
Self raising flour
Thickening agents
Wheat flour
Wheatbix

DRINKS

Commercial Fruit Juices
Commercial Vegetables Juices
Commercial Vegetable Juices
Sodas / Fizzy Drinks
Sugar Free or Lite Drinks
Ice Tea
Commercial smoothies & milkshakes
Cordials

FATS & OILS

All grain and seed oils
Sunflower oil
Cooking oil
Canola oil
Grapeseed Oil
Safflower Oil
Cotton Seed Oil
Mixed oil blends
All commercial sauces unless
sugar sugar-free and wheat-
free.
Margarine.

DAIRY RELATED

Cheese spreads
Coffee Creamers
Condensed Milk
Fat Free or Low-Fat Products
Soy Milk
Rice Milk
Oat Milk
Sweetened ice cream

OTHER

All Fast Food
All foods with added sugar like dextrose & glucose etc.
All microwave meals
(other than low carb / keto alternatives)
All canned meals
All Soya
Sugar (White or Brown)
Corn Syrup
Honey (other than RAW honey)
Vienna Sausages
Russian Sausages
Luncheon Meat
Polony

ARTIFICIAL SWEETENERS

Maltitol
Dextrose
Sucrose
Splenda
Saccharin
Maltodextrin
Canderel
Honey
Syrup
Malt
Agave anything

FRUITS & VEGGIES

All dried fruit
Dates
Raisins
Amadumbi
Boabab
Potatoes (other than sweet
potato and baby potato)
Cassava
Plantains
Sugar Cane



LOW CARB ALTERNATIVES



These products are suitable for diabetics but should be consumed in moderation. Moderation means portion control and not every day! Limit yourself to 2 slices of bread, and every other day. Chocolates & desserts must only be consumed as treats, and not often

BREAD

We Love Low Carb (2.6g per slice)
Planet Low Carb (1.15g per slice)
Pure Nature, Hello Earth (2.2g per slice)
Fresh Earth Banting Bread (2.6g per slice)
Go-Lo Loaf (2.06g per slice)
Truly Good Low-Carb Wraps
Truly Good Low Carb Pizza Bases

DESSERTS

Woolworths CARB CLEVER Ice Cream
Simply Delish Sugar Free Jelly
The Ice Creamery - No Sugar Ice Cream

SWEETS & CHOCOLATES

Caring Candi Sugar Free Sweets and Chocolates
Canderel Chocolates
Smart Bite Chocolates (Clicks)
Forest Fairies Sugar Free

SAUCES

Martinnaise Sauces & Mayonnaise
Carb Smart Sauces & Mayonnaise
Carb Smart Spices
Carb Smart Drinks

GRANOLA / GRAIN FREE CEREALS

Woolworths CARB CLEVER products
Clicks Smart Bite Granola
Pick n Pay LifeBake Granola

PASTA & RICE

Truly Good Pasta
Truly Good Cauliflower Rice
VitaAid Slim & Trim Konjac Rice
VitaAid Slim & Trim Konjac Pasta
Gracious Bakers Pasta
Gigi's Keto Rice & Pasta

BISCUITS & CRACKERS

Gracious Bakers Seed Cracker
Gracious Bakers Biscuits & Rusks
LifeBake Seed Crackers (PnP)
Youthful Living Keto Chips

DIABETES AND DENTAL CARE: WHAT YOU SHOULD KNOW..

Article by: COLGATE PARMOLIVE
www.colgate.com

Taking care of your teeth and mouth is especially important if you have diabetes, because the condition results in a greater risk of oral infection and often slows the healing process. Seeing a dentist is a slightly different experience for diabetics, and it's important to learn as much as you can about handling your diabetes and dental treatment so you can work with your dentist to avoid complications and maintain your oral health.

Diabetes and Oral Health Issues

Gum problems and diabetes have an interesting connection. The [South African Dental Association \(SADA\)](#) confirms that many studies show a link between gum disease and several serious health conditions, including [diabetes](#). Having gum problems raises your risk of diabetes complications, since gum problems make it more difficult for a diabetic to keep his or her blood sugar levels under control.

The higher your blood sugar levels, the more likely you are to have plaque build-up on your teeth. When your blood sugar levels are high, the amount of sugar in your saliva is also high, which creates an ideal environment for plaque to grow. Excess plaque not only increases your risk of infection and gum problems, it also raises your risk of cavities. Being proactive about treating your condition and caring for your mouth can help you avoid additional dental work beyond regular cleanings in the future.

Tooth- and gum-related problems aren't the only oral health issues that you might face if you don't treat your diabetes or see a dentist regularly. According to the American Diabetes Association, diabetics are more likely to suffer from dry mouth or to develop a fungal infection in their mouths. Dry mouth can occur when your diabetes is uncontrolled or as a side effect of the medication you're taking to control the condition. Having dry mouth increases your chances of developing an infection or cavities.



Gum problem prevention efforts are essential when you have diabetes. It's important to note that medications to reverse gum problems increase your chances of developing thrush, a type of yeast infection in the mouth. If your blood sugar levels are high, you are even more likely to develop thrush, as the yeast thrives when there are high levels of sugar in the saliva and mouth, according to the National Institutes of Health.



Caring for Your Teeth



Along with getting your diabetes under control, caring for your teeth at home is an important part of your dental treatment.

- Brush your teeth at least twice a day for about **two or three minutes** each time.
- Use a toothbrush with a built-in **tongue cleaner**. A lot of the germs found in your mouth are actually on your tongue, so cleaning it along with your teeth is a must.
- Remember to also **floss daily**: using a 45-centimetre piece of floss and wrapping it in a C-shape around each tooth to remove plaque biofilm from your teeth is important.

Talking to Your Dentist

Handling your diabetes and dental treatment means being open with your dentist about your condition. You might want to ask your doctor and your dentist to communicate so they can keep each other up-to-date about your diabetes. Do your best to get your blood sugar levels under control, particularly before your dental appointment, especially if you are undergoing surgery or another invasive procedure. If your glucose levels remain high, talk to your dentist about rescheduling your appointment.



Communication is a big part of a successful dental plan for individuals with diabetes. When you go in for a dental exam, be sure to ask your dentist any questions you have about how diabetes will affect your mouth and your treatment. Working together will help you have the healthiest mouth possible.

TEETH ARE
Always
IN STYLE





BIG QUESTIONS?

Welcome to the Warriors Q&A, a special section where we delve into some of the most common questions from my Diabetes Warriors WhatsApp Group. No question is too small or too “silly”.. There is always an answer for everything, and we all need to learn!



What's the difference between T1 and T2 Diabetes?



Type 1 diabetes is an autoimmune condition where the immune system mistakenly attacks and destroys the insulin-producing beta cells in the pancreas. It often develops in childhood or adolescence. People with Type 1 diabetes are insulin-dependent, meaning they need to take insulin injections or use an insulin pump to manage their blood sugar levels. T1 is not reversible

Type 2 Diabetes is a lifestyle disease caused by insulin resistance.. It occurs when the body's cells do not respond effectively to insulin, and later on, there's a reduction in insulin production.

It typically develops in adults due to poor lifestyle choices like your diet (highly processed and refined carbs and sugars, inflammatory oils), and a sedentary lifestyle. Still, it can also occur in children and adolescents.

While some people with T2 diabetes may need insulin, many are prescribed oral medications. Yet, lifestyle modifications (such as diet and exercise), have been proven to reverse the condition.

T2 diabetes accounts for the majority of diabetes cases, around 90-95%



How often should I test my blood sugar?



I suggest that we always test our **fasting blood sugar**, first thing in the morning; before food, drink, exercise, and a shower. This number allows us to see how our blood sugar responds overnight (from the last meal you ate), and also, especially in the early hours of the morning through the Dawn Phenomenon.

It allows us to plan what we can eat for the rest of the day. It is always a good idea to also check **pre and post-meals**. Testing before a meal can help you choose a higher or lower-carb meal, depending on your reading, and testing two hours after a meal helps you to see if the meal you ate spikes or does not spike your blood sugar. Two hours after a meal, your blood sugar should have gone back down to an acceptable level between 4.5 and 5.5 mmol.



CHAYOTE SQUASH

Chu Chu



Chayote squash, also known as mirliton, vegetable pear or the Chow Chow (in South Africa), is a nutrient-rich vegetable prized for its mild flavor and versatility in cooking. This unique squash offers an array of essential nutrients, including vitamins, minerals, and antioxidants. With its low calorie content and moderate fibre content, chayote squash is particularly beneficial for digestive health and weight management. In a 100-gram serving, chayote squash typically contains approximately 19 calories, making it a light and nutritious addition to various culinary dishes.

Moreover, chayote squash is a good source of vitamins C and B6, as well as potassium and folate. Its versatility in culinary applications makes it suitable for various dishes, including salads, stir-fries, soups, and casseroles.

Nutritional information per 100g serving:

Calories: Approximately 19 kcal
Carbohydrates: Around 4.5 grams
Protein: Approximately 0.8 grams
Fat (Healthy): Roughly 0.1 grams, primarily unsaturated fats
Fibre: About 1.7 grams



FAMILY MATTERS

*'HAVE YOU TOLD YOUR FAMILY ABOUT YOUR TYPE 2 DIABETES?
IF NOT, WHY NOT?*



As a Type 2 Diabetes nutrition advisor, I've encountered a common scenario among my clients: they find themselves preparing two distinct types of meals at home—one healthy and low-carb for themselves, and another, often less nutritious, for the rest of the family. When questioned about this practice, their reasoning often revolves around the fact that their family members, particularly children, don't have diabetes.

However, what many fail to realize is that the very dietary habits they're maintaining for their family, not only contributed to their diabetes, but could also pose risks to their family members' health in the long term!

***It's time to break this
cycle and foster a holistic
approach to health within
families.***

It's time that families unite to support each other in making healthy lifestyle choices, particularly in managing Type 2 diabetes. Together, we can celebrate, share, and cherish moments that promote well-being. Whether it's preparing nutritious meals, enjoying active outdoor activities, or offering encouragement and understanding, there is something truly special about this collective effort to maintain health and happiness.

Understanding the Impact of Type 2 Diabetes on Families

Type 2 diabetes isn't just an individual's struggle; it affects the entire family unit. While one member may bear the diagnosis, the repercussions extend to family dynamics, lifestyle choices, and overall well-being. Ignoring this interconnectedness perpetuates a cycle of unhealthy habits and increases the risk of diabetes for future generations.

Families grappling with a loved one's Type 2 diabetes often find themselves navigating complex emotional terrain. There may be feelings of guilt, frustration, or fear, as well as a heightened sense of responsibility for everyone's health. Moreover, the practical aspects of managing the condition, such as meal planning, monitoring blood sugar levels, and adhering to medication schedules, can become shared responsibilities that impact daily routines.

In addition to the emotional and practical challenges, there are also financial implications associated with Type 2 diabetes. Medical expenses, including doctor visits, medications, and potential complications, can strain family budgets and resources. Furthermore, the need for specialized foods or equipment adds another layer of financial stress.

Despite these challenges, families have the power to positively influence each other's health outcomes. By fostering open communication, offering unwavering support, and collectively embracing healthier habits, families can transform their shared journey with Type 2 diabetes into an opportunity for growth, resilience, and strengthened bonds.



Educating the Family: Prevention Through Knowledge

Empowering families with knowledge about Type 2 diabetes is paramount. By understanding the disease, its risk factors, and the role of lifestyle choices in its development, families can work together to prevent its onset or manage it effectively if already diagnosed. Education should include:

1



Nutritional Awareness: Teach the family about the importance of balanced nutrition, including the benefits of whole foods, lean proteins, and complex carbohydrates. Emphasize the impact of sugar-laden and processed foods on overall health, not just for diabetes management but for everyone's well-being.

2

Physical Activity: Highlight the significance of regular exercise in diabetes prevention and management. Encourage activities that the entire family can enjoy together, such as walks, bike rides, or team sports. Make physical activity a fun and integral part of family time.



3



Healthy Cooking: Instead of preparing separate meals, involve the whole family in cooking nutritious, diabetes-friendly dishes. Experiment with flavorful recipes that everyone can enjoy, ensuring they are both delicious and beneficial for diabetes management.

4

Open Communication: Foster an environment where family members feel comfortable discussing health concerns and supporting each other's journey towards better health. Encourage empathy and understanding, emphasizing that everyone's health matters.



Practical Solutions for Family Involvement

Family Meal Planning: Involve the entire family in meal planning sessions where everyone can contribute ideas for balanced meals. Share the Green, Orange, and Red Lists with the family, and explain how it works. This encourages cooperation and ensures that everyone's dietary preferences are considered.

Shared Responsibilities: Distribute household tasks equitably, including grocery shopping, meal preparation, and physical activities. This not only lightens the load for individuals managing diabetes but also fosters a sense of shared responsibility for everyone's health.

Lead by Example: Parents and caregivers play a crucial role as role models for their children. By prioritizing their own health and demonstrating healthy habits, they set a positive example for the entire family to follow.

Celebrate Achievements Together: Acknowledge and celebrate milestones achieved by family members in their health journeys. Whether it's reaching a fitness goal, trying a new healthy recipe, or managing blood sugar levels effectively, recognizing these achievements reinforces the importance of collective support and encouragement.





The Wellness Specialists

Willow Wellness has been carefully designed to supply a unique range of traditional food supplements supported by an educational hands-on portfolio of ailments to enable natural health practitioners and independent health-conscious persons to have access to a convenient one-stop shopping experience for their supplement needs, queries and applications.



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R138
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R190
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The 5 Food Groups and their effect on your blood sugar.

A Guide for Type2 Diabetics



Free !

This Food Group Guide for Type 2 Diabetics, is designed to simplify the complex science behind the food we eat and its impact on our blood sugar levels.

↓ DOWNLOAD

www.reverseit.co.za

A Diabetic's Guide to NUTRIENT DENSE LOW-CARB VEGETABLES



R120