



Choices Healthy Views

Doctors Choice

by Dr. Devin A. Mikles MD, MD(H), FACP

Meeting the Diabetic Challenge

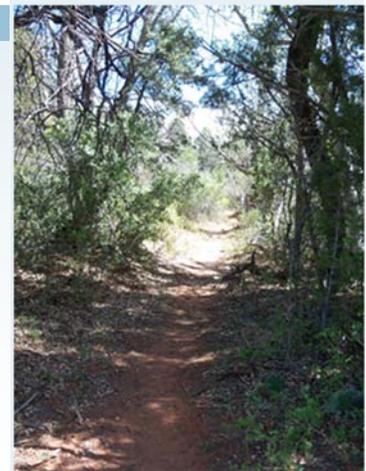
Making lifestyle changes that will lead to enduring and sustainable weight loss and blood sugar control is one of the biggest challenges most diabetics must face. Owing to the time pressures of contemporary life, this process often amounts to little more than following some generic diet guidelines. But if you get to know your own unique personality traits and motivating factors, and receive specific nutritional recommendations from your health care provider tailored to you as an individual, you will be able to go much further in empowering yourself to meet your weight and blood glucose goals.

When it comes to weight loss, one size definitely does not fit all! Each diabetic has unique needs, challenges, strengths, body composition, understanding of their own health, and motivation *level*. To be effective, your provider needs to tailor your approach.

Stress Drives Over-Eating: More than half of all Americans admit to increasing their food intake whenever they feel stressed. The preferred stress-busters are, of course, high-carb, high-fat “comfort foods.” Given the current economic conditions, it’s no surprise that fast food companies report sales are up! Talks to your provider about alternatives in stress reduction. At Choices there are...well...many choices!

Focus on the Right Food: A diet rich in a variety of whole, organic foods is best. Avoiding refined and processed foods, high fructose corn syrup and other simple sugars is important. However, one of the keys to good compliance is to avoid absolute restrictions on favorite foods. Unless someone has specific food allergies, most if not all foods can be eaten occasionally in smaller amounts, when balanced properly with other whole, organic foods. People are highly individual in their needs, depending on their metabolism, lifestyle, beliefs, culture, and level of understanding of nutrition. If you learn how to eat and cook healthfully, they can design your own meal plans. By focusing on real food you can also lose weight at 50% of the cost of most commercial, non-medically supervised programs.

The Carbohydrate Dilemma: Carbs, especially refined carbs, are the big villains in many diet programs. Individuals vary greatly in their need for carbs. For example, a relatively muscular, active young man with diabetes has a very different set of nutritional needs than a 45-year-old, peri-menopausal, sedentary woman with diabetes. The goal at Choices is to customize the diabetic program based on lean muscle mass, age, and activity level, and to harmonize the diet with exercise routines. At Choices, our health practitioners gather information on a patient’s gender, height, weight, age, lean muscle mass and activity level all of which are used to generate tailored diet plans consistent with each patient’s specific body composition and metabolism. *(continued on page 5)*



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Recent studies on Supplements used for Diabetes: Probiotics, fiber, vitamin C and vitamin D

by Peggi Cross, PhD

Probiotics

Multiprobiotics were shown to significantly decrease low-grade inflammatory response in patients with diabetes. [Lik Sprava. 2013 Mar;\(2\):56-62. PubMed PMID:24605611.](#)

This randomized double-blind placebo-controlled clinical trial was performed on 54 diabetic patients using a multispecies probiotic consisting of consisted of 7 viable and freeze-dried strains: Lactobacillus acidophilus, L. casei, L. rhamnosus, L. bulgaricus, Bifidobacterium breve, B. longum, Streptococcus thermophilus, and 100 mg fructo-oligosaccharide showed that the probiotic prevented the rise in fasting plasma glucose and a significantly increased the antioxidant glutathione levels.

[Ann Nutr Metab. 2013;63\(1-2\):1-9. Epub 2013 Jul 5. PubMed PMID: 23899653.](#)

Fiber

A review of 11 studies indicated that high-fiber diets, including diets with foods rich in fiber (up to 42.5 g/day; four studies) or supplements containing soluble fiber (up to 15.0 g/day; nine studies), reduced absolute values of glycated hemoglobin by 0.55% and fasting plasma glucose by 9.97 mg/dL in diabetic patients. [Nutr Rev.2013 Dec;71\(12\):790-801. Epub 2013 Nov 1. Review. PubMed PMID: 24180564.](#)

Vitamin D helps regulate insulin secretion.

Vitamin C

1000 mg vitamin C daily significantly decreased anxiety levels in diabetic patients.

[Pak J Biol Sci. 2013 Nov 15;16\(22\):1597-600. PubMed PMID: 24511708.](#)

Diabetic patients with chronic periodontal disease were found to have significantly lower levels of vitamin C when compared to patients without diabetes that had no periodontal disease or chronic gingivitis. Plasma vitamin c was below the normal range and supplementation with 450 mg vitamin C daily significantly reduced the sulcus bleeding index for the diabetic patients. [J Diet Suppl. 2013 Jun;10\(2\):93-104..PubMed PMID: 23725523.](#)

Vitamin D

A randomized, double-blind placebo controlled study on women with gestational diabetes mellitus showed that supplementation with 50,000 IU vitamin D₃ 2 times daily for 21 days led to a significant decrease in concentrations of fasting plasma glucose (P < 0.001) and serum insulin (P = 0.01) and homeostasis model of assessment-insulin resistance (P < 0.001) and a significant increase in the Quantitative Insulin Sensitivity Check Index (P = 0.003) compared with placebo. A significant reduction in concentrations of total (P = 0.01) and low-density lipoprotein (LDL) (P = 0.003) cholesterol was also seen after vitamin D supplementation. [Am J Clin Nutr. 2013 Dec;98\(6\):1425-32. doi: 10.3945/ajcn.113.072785. Epub 2013 Oct 16. PubMed PMID: 24132976.](#)

Natural Medicine Store Favorites

by Brian Whitney

Diabetes mellitus (DM) is one of the major metabolic disorders associated with great deal of morbidity and economic cost. Apart from hyperglycemia, DM is also characterized by oxidative stress, inflammation, and insulin resistance. Ascorbic acid (vitamin C), plays an important role in protecting free radical-induced damage. Vitamin C as an antioxidant reduces insulin resistance by improved endothelial function and lowering oxidative stress.



A powerful antioxidant, Vitamin C is a water-soluble vitamin necessary to form collagen in bones, cartilage, muscle and blood vessels. It also aids in the absorption of iron. This product is USP-quality (99.5% or higher purity) Vitamin C. For patients who want to supplement their diet with additional Vitamin C without increasing stomach



Recent studies have demonstrated correlations between low vitamin D levels and the development of type 2 diabetes while others provide similar findings but on the opposite spectrum where higher levels of vitamin D are associated with decreased incidence of type 2 diabetes. Additionally, previous research identified vitamin D receptors in the Beta cells of the pancreas and linked vitamin D to insulin secretion regulation. Beta cells in your pancreas make a hormone called insulin. Insulin helps you to break down the sugar and starches you get from your food. Every time we eat a meal, beta cells release insulin to break down all the sugar and starches from our food into a chemical called glucose. Glucose is then our body's main source of energy.

Choices Natural Medicine Store keeps several dosage options available, from 1000 iu capsules or liquid drops up to 50,000 iu, once per week capsules for those patients that require high dosage for severe deficiency.

First Line Therapy for Diabetes

by Bonnie Elkhair, NP

If your healthcare provider has mentioned high blood glucose or elevated A1c on your lab tests, your attention to making healthy lifestyle choices becomes urgent. No one wants diabetes, especially uncontrolled diabetes, certainly not you! Over 90% of type 2 diabetes cases could be prevented by adopting healthy habits. Certainly, family history of diabetes increases one's risk of developing diabetes. However, lifestyle choices, high carbohydrate diet, sedentary routine, metabolic syndrome, and obesity, can also increase one's risk of developing diabetes. When a person already has diabetes, controlling blood glucose and A1c levels is essential. Healthy lifestyle remains the primary adjunct to taking medications, even insulin, to maintain that control. Unhealthy lifestyle choices can create challenges in controlling blood sugars. Make persistently bad decisions, and uncontrolled diabetes eventually harms vital organs.



(Continued on page 5)

*** These statements have not been evaluated by the Food and Drug Administration (FDA). These products are not meant to diagnose, treat or cure any disease or medical condition. Please consult your doctor before starting any exercise or nutritional supplement program or before using these or any product during pregnancy or if you have a serious medical condition.**

Alternative Care Treatments

Complementary Health Practices Available at Choices

- Acupuncture
- Botanical Medicine
- Chiropractic
- Cold Laser Therapy
- Homeopathy
- Intravenous Infusions
- Mind/Body Medicine
- Neural Therapy (NT)
- Neuromuscular Therapy
- Nutritional Therapy/ Counseling
- Relaxation, Visualization
- Stress Management
- Traditional Chinese Herbal Medicine
- Ultraviolet Blood Irradiations and Ozone Therapy

HOW ACUPUNCTURE and HERBS CAN BE USED TO PREVENT AND REVERSE TYPE2 DIABETES

Beverly Coleman, MPH, L.Ac

One of the major differences between [Western] bio-medicine and [Eastern] Asian-medicine is that Asian medicine is based on identifying and then “fixing” imbalances in organ systems of patients. How this is done is the subject of the Licensed Acupuncturists’ 4 years post graduate Eastern Medical studies and training.

Acupuncturists are taught the intricate science/art of diagnosing how the body is performing by “reading” the pulses of 12 body systems: left kidney/bladder; liver/gall bladder; heart/small intestines; lung/large intestine; stomach/spleen-pancreas; metabolism/right kidney. A well-trained, experienced Acupuncturist can diagnose how each of these systems is performing in your body by taking 6 pulses on each wrist – without any technology! What does all this have to do with what bio-medicine calls “Type 2 Diabetes?” Read on and you will be amazed!

A few examples of situations and behaviors that can lead to imbalances in the body’s organ systems are experiencing prolonged stress; a diet of excess sweets, starches, animal fats and deficient in vitamin/mineral rich vegetables, fresh fruits, seeds/nuts and whole grains; excessive use of alcohol, drugs (recreational and/or pharmaceutical); foods or personal care items with toxic additives; lack of exercise; taking incorrect herbs, the aging process itself, etc.

When the above organ systems are out-of-balance, they fail to communicate efficiently with each other. In the case of Type2 Diabetes, the Kidney begins to lose its efficiency and can no longer support the healthy functioning of the liver, heart, spleen, stomach or pancreas. Thus, what bio-medicine calls “Metabolic Syndrome” occurs and Western and Eastern medicine are now in agreement that Type2 Diabetes is NOT just one disease but a general breaking down of several body systems simultaneously due primarily to the situations and behaviors listed above.

If the aforementioned behaviors cause Type2 Diabetes, then Eastern medicine considers CORRECTING HEALTH RELATED BEHAVIOR (changes in lifestyle) the primary method of preventing, reversing or healing Type 2 Diabetes. This treatment can be supplemented by acupuncture treatments and herbs that help rebuild and rebalance the body’s systems. This approach is especially effective in stopping the progression and severity of Type2 Diabetes when it is detected in the early stages and minimal damage to the body’s systems has occurred.

If you would like to make an appointment for Acupuncture or an Herbal Consultation, please call Choices at 928.203.4844 or Beverly at 928.204.9233.



Choices Healthy Recipe

Contributed by Bonnie Elkhair, NP

FISH TACOS for Four

Enjoy this light, tasty, low glycemic, gluten free meal with your family and friends this summer.

INGREDIENTS:

WHITE FISH, about two pounds, or 4 pieces (cod, tilapia, mahi mahi, or grouper)

Canola Oil, ¼ cup

Chili Powder, two teaspoons

Cumin, one teaspoon ground

Salt, to taste

GREEN CABBAGE, one fourth of large head, sliced very thinly

Mexican La Crema (Mexican Style Sour Cream), two tablespoons

LIME, one whole

MANGO, two large, chopped into bite size chunks

CILANTRO, CHOPPED finely, two tablespoons



Combine canola oil, chili powder, cumin, and salt in a glass bowl to make marinade. Cut each piece of fish into four equal sized pieces, total 16 pieces of fish. Coat the fish pieces thoroughly in the marinade, cover, and refrigerate until ready to grill (marinade up to 30 minutes).

Mix and toss the thinly sliced green cabbage with 2 tablespoons La Crema Mexican sour cream. Squeeze juice from half the lime onto the cabbage mixture, stirring well. Cover and refrigerate until ready to serve.

Mix the chopped mango with the chopped cilantro in a glass bowl. Squeeze juice from the other half of the lime onto the mango salsa mixture, stirring well. Cover and refrigerate until ready to serve.

Preheat grill or grill pan to medium high heat.

Grill fish for 2-3 minutes on each side, or until cooked through, and flaking easily.

Warm tortillas in microwave for ten seconds, or better yet, toast tortillas on grill for about one minute.

To serve, center two pieces of grilled fish on each warmed tortilla, top with a small mound of cabbage, then top with some of the Mango salsa, fold in half, and enjoy!

First Line Therapy for Diabetes *(continued from page 3)*

Anyone can achieve and maintain a healthy lifestyle. However, defining an action plan can be challenging, especially when facing a chronic disease such as diabetes. Misinformation does exist, and even advice from professionals can seem to change periodically, depending on current research. Your best adviser is your healthcare provider.

First Line Therapy, a therapeutic lifestyle education program available at Choices, is a popular and successful option helping patients improve control of blood sugar, and live healthier overall. The program guides patients to optimize their body compositions, through balanced eating, regular exercise, stress management, efficient sleep, and incorporation of a foundational nutritional program, including targeted nutrients, to achieve vitality and longevity. Ask us about an appointment to begin First Line Therapy!

Meeting the Diabetic Challenge *(continued from page 1)*

Pleasure, Weight Loss and Diabetic Control Are Not Mutually Exclusive: You can and should enjoy your nutritional program. It need not be fraught with struggle and deprivation. By understanding a little of the science behind nutrition, you can create meals with endless variety and flexibility. By learning about what you need to eat and why, the nutritional program can become a positive uplifting experience, one that nourishes your spirits as well as your body.