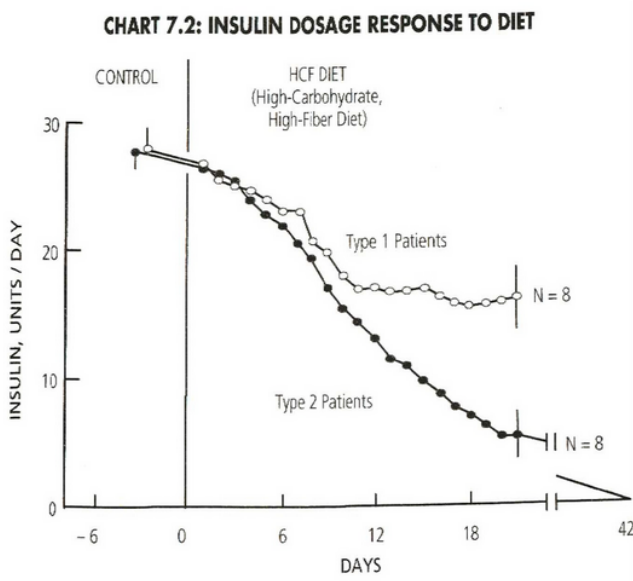
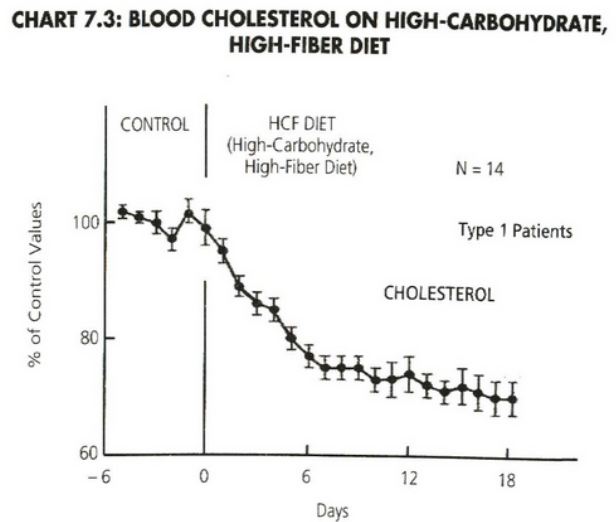


Diabetes and The Plant Based Nutrition Support

There are two types of diabetes, Type 1, sometimes called juvenile onset diabetes as this affects young children and Type II used to be termed adult onset diabetes. In the past decade the age classification has been dropped as children represent almost half of Type II diabetics now. Type 1 diabetes is an autoimmune disease unusually incurs massive damage to the pancreas with an inability to produce adequate insulin. Type II diabetes rarely shows such severe pancreas damage and is responsive to dietary changes. Repeated trials of low fat, high unrefined carbohydrate diet has shown marked improvements in both Type 1 and Type II diabetic patients. The insulin dosage reduced by 40% to nil in some cases and the cholesterol levels showed a dramatic fall. The graph below demonstrates these relationships:



From "The China Study" by T. Colin Campbell & Thomas M. Campbell p153



From "The China Study" by T. Colin Campbell & Thomas M. Campbell p154.

Videos to watch:

Dr. Neal Barnard <https://youtu.be/ktQzM2IA-qU> (18 minutes)

Dr. Michael Greger <https://youtu.be/HRrE3FW7wZk> (6 minutes)

Patient	Insulin		Patient	Age	Duration of diabetes	HCF diet duration
	Control	HCF				
	unit/day			yr	days	
1	15	0	1	68	6	15
2	15	0	2	56	7	15
3	15	0	3	42	14	13
4	15	2	4	60	16	14
5	15	0	5	55	4	19
6	17	0	6	53	1	18
7	17	0	7	49	1	14
8	18	0	8	57	9	21
9	20	0	9	75	20	13
10	20	0	10	56	1	17
Group (10)	17	0.2	11	32	3	16
11	22	5	12	55	1	16
12	28	15	13	49	10	15
13	29	15	14	45	19	16 (24) ^a
14	32	18(8)	15	69	1	18
15	32	0	16	62	8	16 (33) ^a
16	32	14(0)	17	62	8	16 (33) ^a
17	34	20	18	53	1	16
Group (7)	30	12	19	49	1	16
18	30	12	20	38	15	16
19	30	12				
20	30	12				
Group (3)	48	42				

So we're talking diabetics who've had diabetes as long as 20 years,

American J.ofClinical Nutrition 32. 2312-2321, 1979

High Carbohydrate, high fibre diets for insulin-treated men with diabetes mellitus. James W. Anderson, M.D. & Kyleen Ward. R.D. from Michael Greger's Lecture above.

Animal protein increases insulin secretion with carbohydrates

The graphs below show how insulin secretion is accentuated when animal protein is added to carbohydrates.

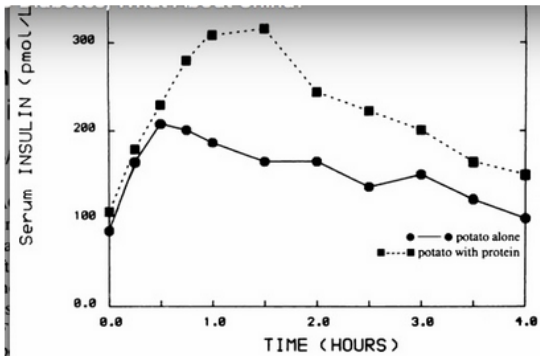
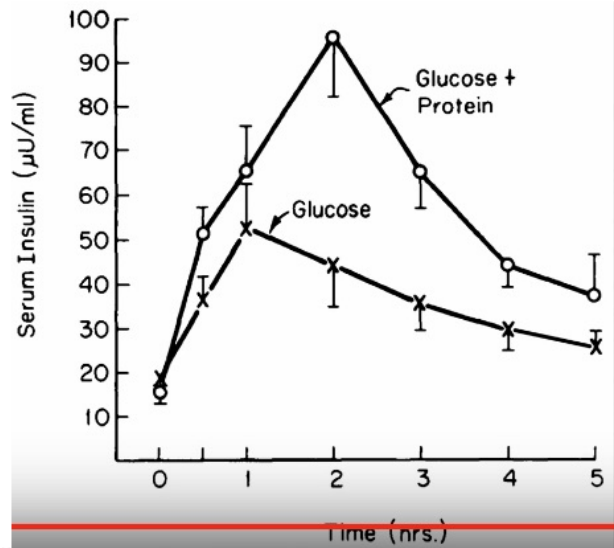


FIG 2. Serum insulin responses after test meals (̄). Symbols as in Figure 1.

..... between the glycaemic responses to the two carbohydrates.

Mashed potato alone: 25 g carbohydrate as dried mashed potato (Smash, Cadbury's Foods Ltd, Birmingham, UK) reconstituted with 170 mL hot water.

Mashed potato with protein: the above with the addition of 25 g protein as tuna fish (Tuna Fish in brine, John West Ltd, Liverpool, UK).



Watch Video by Dr. Michael Greger on this topic: <https://youtu.be/4aFxzAZdv7Y> (6 minutes)

Milk Consumption & Type 1 Diabetes

Video by Dr. Michael Greger: <https://youtu.be/1Mf7KtDquyM> (6 minutes)
The Lancet Vol. 336 Sept. 1990 et alia

All the above can be accessed on my website www.thefoodconnection.org.uk

Plant Based Nutrition is based on "The China Study" For a brief summary of this, the largest epidemiological study in nutrition ever undertaken, read:
"The China Study" by Drs. T Colin Campbell & Thomas M Campbell. ISBN 978-1-932100-66-2

The majority of diabetics also suffer from chronic hidden hyperventilation (CHHV) or habitual over-breathing. This has a considerable detrimental effect on the entire body's functioning, in particular adversely affecting oxygenation of the body, sleep, energy and more. Most people can normalize their breathing with the right training and support. Visit www.thebreathconnection.com for more information.

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