



## Dodging Diabetes

What used to be called Adult Onset diabetes is now called Type 2 diabetes because it is showing up in children with increasing frequency. Type 2 is the most common form of diabetes and is related to lifestyle. For most people it can be reversed with healthy habits.

Body chemistry changes with a sedentary lifestyle and a diet rich in fats and simple carbohydrates. One of these changes is the development of insulin resistance. This condition makes your insulin less effective – you have to produce more to get the same effect. Insulin is the hormone that allows nutrients to move out of the blood and into individual cells.

Insulin resistance causes higher levels of insulin to circulate in your blood. This is thought to have an inflammatory effect, making blood vessels more “sticky”. Everyone with diabetes is at increased risk for heart disease and stroke. Eventually the pancreas is not able to keep producing the high levels of insulin required, and blood sugar levels begin to rise.

The good news is that healthy habits can usually prevent Type 2 diabetes. The lifestyle changes recommended for prevention or treatment of diabetes are the same changes I recommend to anyone who wants a healthy lifestyle.

**Exercise!** Exercise may be the single most important thing you can do. Exercise improves insulin resistance, helps maintain weight and keeps the body healthy and working well.



**Choose Healthy Fats.** Saturated and trans fats increase inflammation and latest evidence indicates that too much omega-6 fats do as well. See my July 07 newsletter or e-book for more details. (*E-book available at: [www.healthyhabitscoach.com](http://www.healthyhabitscoach.com)*)

**Choose Complex Carbohydrates.** Sugar and unrefined carbohydrates (think white flours, rice, pasta) are digested very quickly, causing a spike in blood sugar. Complex carbohydrates (those in their whole form) are digested more slowly, and contain the nutrients needed to digest them. They are more filling, so you eat less. If you have diabetes, watch portion sizes of fruit: have several servings a day but spread it out and choose whole fruits instead of juice.

**Lose Weight.** Losing just 7-10 % makes a difference. Reduce calories by 250 a day for 1/2 pound weight loss per week (in theory: it is never quite that neat). With awareness you can significantly and sustainably change your habits, and I can help!

For more details join my free teleclass on August 14.

## Exercise: Getting into the Groove

We are made to move. It even affects brain chemistry: once we start moving we produce endorphins, opium-like substances that make us feel good. Movement warms up our muscles and increases our temperature a little – and these are the physical responses that our body recognizes as wellbeing.

I often hear from clients that they feel good once they are exercising, but they just can't get started. It is like a hurdle that has to be cleared. It usually turns out to be a matter of *just do it*. It is a push to get started, but once they do it becomes self-sustaining and enjoyable!

Start from where you are now and build slowly. Resist the idea that you should start from where you previously left off. No matter what your level of fitness has been in the past, reassess where you are now and what you would enjoy now. Get used to the idea that your exercise patterns will always be changing; adjust them as your life changes. It's all good.

## Stop Eating? There is Still Food on my Plate!

Eating everything on our plate is a conditioned habit. We were taught to clean our plates, but I suspect that what *really* makes the habit so powerful is simply the fact that the food is there. Most of us can think of times then we *know* we are not hungry, but food is there and we eat it anyway.

One of the biggest reasons that we keep eating is mindless habit - when we are not paying attention to what we eat, we eat more. That is true whether eating out of a box or bag, or finishing everything on our plate. When we don't pay attention, we are on autopilot and just keep going until it's gone. It isn't even very satisfying.

The delicious solution is to pay attention. When we truly notice our food and use all our senses – sight, smell, temperature, texture, and taste – food is much more enjoyable. It is also more filling. When we pay attention, we can tell when we are satisfied and are ready to stop eating.

### Teleclass Schedule

**Dodging Diabetes** Tuesday, Aug 14; 5-6 pm PDT **FREE**

Prevent or reverse type two diabetes with nutrition and exercise. Tweak your diet to make it anti-inflammatory.

**When It's Not About the Food: How to Stop Eating**

4 Wednesdays, starting October 3; 12 noon - 1 pm \$80

*Explore emotional hunger and what you can do about it.*

### Kathy Nichols: Life Coach & Registered Dietitian

Health and Wellness Coaching and Nutrition Consulting. Discover the food *and* non-food fuel that works best for you. Create a healthy lifestyle tailored just to you.

*Discover Wellness from the Inside Out!*

