

TYPE 2 DIABETES

Also known as diabetes mellitus

Diabetes - Basics

- High blood glucose (sugar)

Clinical presentation

- Excessive thirst, hunger, urination
- Fatigue, weight loss, blurred vision
- Lower extremity numbness or tingling
- Yeast infection (balanitis in men)

Risk factors

- Being overweight
- Inactivity: Activity < 3x/wk.
- Large waist: M ≥ 40", F ≥ 35"
- Diet high in processed grains and sugars
- Family history of T2D
- Age ≥ 45y.
- Gestational diabetes: glucose intolerance during pregnancy

Long-term effects

- Stroke, heart attack, blindness, high blood pressure, kidney failure, lower limb amputation



How to reverse pre-diabetes and diabetes

- Reduce total sugar intake, & net carbs (total carbs - fiber)
- Limit/eliminate highly processed foods
- Avoid eating at least 3 hours before bed
- Get sufficient sleep (6-8 hours per night)
- Get regular exercise, avoid sedentary life
- Optimize your vitamin D level (40-60 ng/ml)
- Optimize your gut health

Superfoods for diabetes

- Fatty fish low in mercury (e.g. salmon, mackerel, sardines)
- Avocado contains 20 vitamins and minerals
- Nuts and seeds are high in minerals, such as magnesium
- High fiber and digestive-resistant carb foods
- Potassium-rich foods: Spinach, banana, sweet potato
- Ginger, cinnamon and berries, esp. cranberries, blueberries, raspberries and strawberries ↓ fasting blood glucose and HbA1C.