

Enhancing Nutrition While Living With Diabetes

If you are pre-diabetic or have been diagnosed with diabetes, you know that what you eat is important. The unique way *your body* processes and uses food is equally important. A “kink” in any one of the 6 steps crucial to nutrition (ingestion, digestion, absorption, transportation, utilization, elimination) results in a variety of health problems.

Here’s an example: Susan came to me for help with acid reflux and GERD. She was taking medication for Type II Diabetes and complained of ankle swelling, tingling in her lower legs, poor sleep, and overall fatigue.

Our first step was a detailed review of what Susan ate (including her cravings) and when she ate. I conducted a physical examination of digestive points (stomach, liver, pancreas, gallbladder), and a 24-hour urinalysis was performed to determine how Susan’s body digested and utilized proteins, fats, and carbohydrates.

Susan’s assessment revealed her body’s inability to break down carbohydrates and fats. This “kink” in Step 2 (digestion) and Step 3 (absorption) taxed her kidneys and her lymphatic system, and likely produced the symptoms she experienced.

To address these issues, I suggested slight dietary modifications and demonstrated a lymphatic breathing exercise to use in the morning and the evening. In addition, I recommended a regimen of systemic and digestive enzymes—critical to effective digestion and nutrition, and missing from the diets from of many people.

Susan reaped multiple benefits by adopting and maintaining this simple nutritional plan. She was able to lower the dosage of her oral medication for diabetes. Her acid reflux and GERD are gone, leg pain and swelling have disappeared, and her food cravings are under control. Together, we improved the quality of her life!

Reneé S. Barasch, LDHS, is the owner of Nutritional Health Solutions. She provides information, support, and tools to help people enhance nutrition by improving the way their bodies process and use food. Reneé welcomes your call (847-207-2034) as well as your visit to her website www.digestivehealthsolutions.com.



Nutritional Health Solutions