

Dear Age Sage,

I have had diabetes for the past 20 years. I don't have to give myself shots, but I do take pills every day. My daughter who is 55 just found out that she has Type 2 Diabetes, like me. I feel so terrible because I know a big part of her getting it is because I have it. It seems that every time I pick up a newspaper or magazine, there is an article about Diabetes. Are more people getting it today, than 20 years ago when I got it? What should she do so that she can avoid having to give herself insulin shots someday, not to mention avoid the dreadful complications?

Signed,

A Concerned Mother

Dear Concerned Mom:

First of all, none of us can control our gene pools and how traits are passed along, so let's not feel guilty about nature and its mysterious ways.

As for Diabetes, you are right; it has had a recent emergence as a major disease which has led many experts to classify it as a disease of modern living. This is to say that today's lifestyle consisting of lack of exercise; obesity and poor nutrition are major contributors to the high prevalence of this disease.

As you may know, in Type 2 Diabetes, either the body does not produce enough insulin or the cells ignore the insulin. Insulin is necessary for the body to be able to use sugar. Sugar is the basic fuel for the cells in the body, and insulin takes the sugar from the blood into the cells. When glucose builds up in the blood instead of going into cells, it can cause two problems:

- Right away, your cells may be starved for energy.
- Over time, high blood glucose levels may hurt your eyes, kidneys, nerves or heart.

I know it is scary for you and your daughter to find out she has diabetes, but you and she should not panic. Type 2 Diabetes is serious, but people with diabetes can live long, healthy, happy lives.

It is important that she talk to her doctor about her treatment plan. That may include testing her blood sugar, losing weight, exercising regularly, eating a balanced diet and maybe taking medication.

I will share some information, focusing on food. There have been many recent studies conducted by Tufts University, the Human Nutrition Research Center,

Joslin Clinic, American Diabetes Association, and Harvard University. These studies demonstrated some breakthroughs in the ways that food can help control diabetes. Here they are:

1. Apples - eat one a day.
2. Chocolate - occasionally eat a small amount of dark chocolate
3. Cinnamon - ½ tsp. of cinnamon daily - try boiling cinnamon sticks in the water you use to make your tea.
4. Citrus Fruit - eat oranges and grapefruits. It is better to eat the fruit (more fiber and nutrients) than to take Vitamin C pills.
5. Cold-Water Fish - Alaskan salmon, sardines, mackerel a few times a week.
6. Dairy Foods - get plenty of low fat dairy food
7. Fiber-Rich Foods - Try to get a total of 13 daily servings of a mixture of fruits, vegetables, beans, brown rice and whole grain pastas, cereals and breads.
8. Legumes - Legumes of all sorts - including chickpeas, cannelloni beans, kidney beans and lentils - taste great in soups and salads.
9. Green Tea - drink 1 cup day
10. Nuts - 2 tablespoons a day - Actually measure 2 tablespoons of whole nuts; count how many it is, and limit yourself to that number. Or keep a jar of chopped nuts in your fridge. Sprinkle 2 tablespoons a day on your cereal, yogurt, veggies, salad or whatever else.

**TIP:**

If you would like the complete booklet of this report write to:

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Until next month,

The Age Sage

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