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LOW FAT VEGETARIAN DIET COULD TREAT DIABETES

A preliminary study found a change in diet may eliminate the need for diabetic drugs. This was the first study to isolate the effect of diet on diabetes – prior studies tested the effects of diet with exercise and didn't single out the effects of diet alone.

The study, conducted by doctors from Georgetown University and the Physicians Committee For Responsible Medicine (PCRM), found that a low-fat vegetarian diet reduced or eliminated the need for medicine in two-thirds of the patients with diabetes. Although the study was small (11 patients), there were dramatic results over conventional diets.

Participants experienced a dramatic reduction of sugar in their blood and lost a substantial amount of weight, an average of 16 pounds in 12 weeks. The diet has no caloric limit and consisted of grains, vegetables, beans and fruit.

According to Neal D. Barnard, M.D., of PCRM, a nonprofit health and research organization, "People with diabetes are at great risk for heart attacks, kidney disease and even blindness. This new approach fights these risks better than any previous diet."

The study, originally just a pilot study, produced such significant results, that it was published in *Preventative Medicine* (Aug. 1999) and will now become a larger issue of study. "If these findings are confirmed in a larger study, it is strong evidence that a low-fat vegetarian diet is the treatment of choice for persons with diabetes," Barnard said.

SOURCE: Health Watch, Vol. 4, No. 9; "New Diet Proves Better Than Drugs for Diabetes," press release. Physicians Committee for Responsible Medicine, October 12, 1999. Preventive Medicine, August 1999.

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HIGH FIBER DIETS MAY HELP CONTROL BLOOD SUGAR LEVELS IN DIABETICS

Diabetics may be able to gain better control over blood sugar levels by consuming a high-fiber diet, according to a study published in the *Journal of the American Medical Association*.

Researchers found the blood glucose readings were lowered by 10% in volunteers who consumed nearly twice the amount of fruits and vegetables recommended by the American Diabetes Association.

The six-week experiment consisted of a test diet, which contained 50 grams of fiber per day, or 7-8 servings of fruits and vegetables, plus three servings of whole wheat or other grains.

*SOURCE: Journal of the American Medical Association, May10, 2000;
Dynamic Chiropractic, July 24, 2000, Vol. 18, No. 16, p. 22.*