

IMPAIRED GLUCOSE TOLERANCE

The basic avoidance diet given you applies also to patients with impaired glucose tolerance. The diets for both "hypoglycemia" and diabetes are the same with variations to fit each individual. When you experience sugar handling stress, it means that your body is sensitive to sugars. Imbalances which occur may precipitate many physical and mental symptoms, and lower immunity.

The diet is designed to aid your body in regulating blood sugar. By following the diet, you will be putting your "injured glandular system" to rest so it can heal. The basic diet principles should never be put aside, and you should not return to the same old bad habits that contributed to your health problem initially. This diet is a basic diet designed by "nature" for the human body.

The items to be avoided are detrimental to anyone's health, affecting some people more than others. Some people will actually feel worse when first starting the diet. The adverse reactions are withdrawal symptoms, resulting from dependency on the negative stimulants to the body. As balance occurs, this initial reaction diminishes and improvement follows.

Supplementation will be determined individually according to testing. Common supplements for impaired glucose tolerance may include:

ZINC	<i>part of the insulin molecule</i>
CHROMIUM	<i>part of glucose tolerance factor, controls insulin</i>
MAGNESIUM	<i>for insulin utilization</i>
MANGANESE	<i>for insulin utilization</i>
B VITAMINS	<i>for glucose metabolism</i>
OAT BRAN	<i>stabilizes glucose levels after the meal</i>

INSTRUCTIONS FOR IMPAIRED GLUCOSE TOLERANCE

1. AVOID SUGAR IN ALL FORMS (refined, corn syrup, sucrose, glucose, fructose, concentrated fruit juices, alcohol).
2. AVOID CAFFEINE:
Caffeine causes stored sugar (glycogen) to be released by the liver, disturbing blood glucose levels.
3. EAT COMPLEX CARBOHYDRATES AND LIMIT SIMPLE CARBOHYDRATES.
Complex carbohydrates break down into less sugar. They include vegetables, legumes, and grains. Simple carbohydrates break down more rapidly, causing glucose disturbances. They are primarily fruit and fruit juices.
*AVOID THESE COMPLEX CARBOHYDRATES:
WHITE POTATOES these disturb glucose levels
CORN
*INCLUDE MORE OF THESE COMPLEX CARBOHYDRATES:
LEGUMES these do not disturb glucose levels
RICE
*AVOID:
GLUCOSE these disturb glucose levels
MALTOSE
*SELECT PASTA GRAINS OVER CEREAL GRAINS
for less glucose disturbance
4. USING THE TABLE "FRUITS AND VEGETABLES CLASSIFIED AS TO THEIR CARBOHYDRATE CONTENT" :
*EAT MORE OF THE 3% - 9% FOODS
5. EAT A HEARTY BREAKFAST. Include complex carbohydrates, protein, and very few simple carbohydrates.
6. REGARDING FRUIT: Eat fruit in small portions, never alone, and never at bedtime, and always with a more complex food (protein, complex carbohydrate).
7. REGARDING JUICES: Some juices may be tolerated if diluted (1:5). Drink no more actual juice than you would consume from eating the fruit itself.
8. REGARDING VEGETABLE JUICES: Freshly extracted vegetable juices are preferred over processed juices.
9. AVOID ALLERGIC REACTIONS (they elevate blood sugar levels).