



Herb for Pre-diabetes

An extraordinary study published in the journal of American Diabetes Association looked at the benefits of curcumin, an extract for prevention of type 2 diabetes. In this randomized, double-blind, placebo-controlled trial of people diagnosed with pre-diabetes, half of the subjects got supplements of curcumin, the yellow pigment in the spice turmeric and curry powder, while the other half got identical-looking placebos, and the researchers followed them for nine months to see who ended up with diabetes.

After nine months of treatment, 16 percent of subjects in the placebo group went on to get full-blown diabetes. How many in the curcumin group? None. The curcumin group saw a significant improvement in fasting blood sugars, glucose tolerance, hemoglobinA1C, insulin sensitivity and pancreatic insulin-producing beta cell function.

What if you already have diabetes? Another study found the same beneficial effects — and at a fraction of the dose. The pre-diabetes study mentioned above used the equivalent of a quarter of a cup of turmeric a day, whereas this other study used only about a teaspoon worth, which is doable through diet rather than supplements.

What is particularly interesting here is the purported mechanism: Fat in the blood-stream plays an important role in the development of insulin resistance and ultimately type 2 diabetes. Fat builds up inside your muscle cells and gums up the works and all the inflammation this causes interferes with insulin signaling. However, curcumin decreases fat levels in the blood, making this the first study to show that these turmeric herb compounds may have an anti-bacterial effect.

So, if you are pre-diabetic, it might be a good idea to add turmeric to your diet, but it's important to recognize that pre-diabetes is a disease in itself, increasing the risk of death, cancer, heart disease, and vision loss. So, it's not enough to just prevent progression to full-blown diabetes when pre-diabetes may be cured completely with a healthy plant-based diet.

Those who abuse their bodies with unhealthy diets can lower their risk by eating powerful plants, but of course, it is better to cut out the poor dietary content completely. Indeed, if just one plant can have that effect, what about a whole diet composed of plants?

Dr Greger has more material on Plant-Based Diets and Diabetes, and How may Plants Protect Against Diabetes?

—Michael Greger M.D. FACLM, July 3, 2018

“There are many simple herbs which, if health practitioners would learn the value of, could use in the place of drugs and find very effective.”

—E G White

healthbites

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How to Prevent Heart Disease in the Womb

nutritionfacts.org, July 5, 2018

The strategy of trying to prevent heart disease risk in childhood has been described as radical. Or is the concept really radical?

There is definitely a risk factor for the young and can be helped.

There are two ways this dilemma can be helped, one is the chemical medicine approach using doctors visits and drugs, but this is limited because it takes doctor's time and is costly. The other approach which is very effective is to go almost exclusively to a plant-based diet.

What is the Optimal Diet

nutritionfacts.org, August 1, 2018

Pritikin was one of the first to study why there was a severe increase in heart disease some decades back, then came Dr Ornish and studied it out, then Dr Esselstyn, all finding plant-based diet were extremely beneficial.

Dr Hans Diehl also picked up on these studies. He realised live-in programmes were expensive and restricted as when people went home, they could go back to their nutrition-void food. So he developed the CHIP programme to take these principles into the community, into the homes. It would be less expense, plus teach the people to change from in their home environment.

Originally titled Coronary Heart Improvement Programme, it has been so successful with great results in more ways than just heart, it has now been renamed Complete Health Improvement Programme. How is it sustained for a long time, well participants need to implement it and stick with it.

Educate and Teach

Counsels on Diet and Foods p.291

It is not that we should be hard-hitting and hard-lined in making people give up meat in their diet, but we should educate the minds of people, helping them to understand the dangers and risk of disease and let the light shine on the question.

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Turmeric

Turmeric is a perennial flowering herb of the ginger family. It is native to the Indian subcontinent and South-East Asia.

Plants are gathered annually for their rhizomes. When not used fresh, the rhizomes are boiled in water for about 30-45 minutes and then dried in hot ovens, after which they are ground in to a deep orange-yellow powder, commonly used for colouring and flavouring in many Asian cuisines, especially curries. It is also used as a dye. Turmeric powder has a warm, bitter, pepper-like flavour and earthy, mustard-like aroma.



Turmeric powder is approximately 60-70% carbohydrate, 6-13% water, 6-8% protein, 5-10% fat, 3-7% dietary minerals, 3-7% essential oils, 2-7% dietary fibre and 1-6% curcuminoids.

Phyto-chemical components of turmeric include diarylheptanoids, a class including numerous curcuminoids, such as curcumin, demethoxycurcumin and bisdemethoxycurcumin.

Circumin constitutes up to 3.14% of assayed commercial samples of turmeric powder (average is 1.51%)

Some 34 essential oils are present in turmeric, among which tumerone, germacrone, altantone and zingiberene being the major constituents. –Wikipedia

Lifestyle Works Health Set

The Lifestyle Works health series of pocket books are designed to show how your lifestyle choices influence your overall well-being and health.

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Recipe - Tasty Tamale Bake

½ c water	1 t turmeric
¼ c olive oil	1 t onion powder (opt)
1 large carrot, diced or grated	400g can chopped tomatoes
1 large onion, diced	400g can whole corn
1 c capsicum, diced (opt)	1 c cooked beans*
1 large clove garlic, crushed	2 t celtic salt
1 t cumin	1 c soya milk
1 t coriander	1¾ c polenta (cornmeal)

Place in saucepan the first ten ingredients and simmer until vegetables are tender. Add remaining ingredients in order given and mix well together. Simmer until thickened, then place into oiled dish 23x33cm. Cover with tin foil and bake for one hour at 180°C.

Note: * Black beans, pinto beans, chickpeas, sprouted beans, etc.