

FACTS FOR DIABETICS TO CONSIDER

by
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The following information is taken from Dr. Colin Campbell's book, THE CHINA STUDY, and they correspond to my own experience in nutritional education. This information is not meant to diagnose or treat a medical condition or to cause you to not follow the directions of your medical advisor.

- Obesity is almost always a factor in diabetes,
- Diabetes usually comes to adults around 40 yrs. old.
- Recently, adult diabetes is found in young people in 45% of cases.
- Juvenile diabetes is caused by children drinking cow's milk.
- Modern drugs and surgery offer no cure for diabetes because they do not treat the cause.
- Diabetes in the U.S. is big business - about \$30 billion a year.
- The right diet may prevent and treat diabetes.
- Countries with high rates of diabetes have accepted either a high fat or a high carbohydrate (CHO) diet.
- Research has proven a high complex CHO diet with low-fat causes deaths to drastically decrease (20.4 to 2.9 per 100,000.)

The bottom line:

- HIGH COMPLEX CHO diets are linked to low death rates from diabetes.
- Lower animal protein diets result in lower incidence of diabetes.
- Western-type diets are strongly associated with diabetes.
- Among Seventh Day Adventists, the vegetarians had about 50% less diabetes than meat-eating members.
- Grain-based diets result in low incidence of diabetes.
- High fiber diets result in low incidence of diabetes.

The bottom line:

- Whole plant based diets prevent diabetes.
- Animal based diets result in high incidence of diabetes.

Recommendations:

- Type 1 diabetics were able in three weeks to lower their insulin shots by 40% by eating a veggie diet. Cholesterol levels dropped by 30%. That means decreased likelihood of heart disease and stroke.
- Type 2 diabetics fared even better. In a matter of weeks, 24 out of 25 patients were able to discontinue their insulin intake.