

REVISED, 2ND EDITION



# **17 WISE WAYS** **—TO DAILY—** **OUTSMART** **DIABETES**



**FAST,  
WHOLE FOODS,  
GRATITUDE,  
MOVEMENT!**

**KENNETH R. ELLIS, M.S.**

# Outsmart Diabetes

**Dennis Pollock**



## **Outsmart Diabetes:**

*Outsmart Diabetes* Prevention Health Books, 2003      *Outsmart Diabetes 1-2-3* Editors Of Prevention Magazine, 2009-07-21 For the more than 21 million Americans who currently suffer from diabetes there simply is no other reference that can match the breadth and depth of expertise found here To prepare this book the editors of Prevention interviewed dozens of endocrinologists nutritionists exercise physiologists and other health professionals who specialize in diabetes care Tapping into the wisdom and advice of this dream team of diabetes professionals they have put together an integrated plan of attack to fight the disease on every front Unlike the vast majority of books on diabetes that zero in on a single component *Outsmart Diabetes 1 2 3* recognizes that diabetes is a multidimensional disease and therefore any effective management plan must take all contributing factors into account The latest research shows that with a combination of targeted treatment strategies and sensible lifestyle changes it is possible to slow if not stop diabetes related decline *Outsmart Diabetes 1 2 3* distills the latest cutting edge information on every aspect of diabetes management into a comprehensive three step program with each step targeting a key component of optimal diabetes control Step 1 Treat and prevent diabetes complications Step 2 Change the lifestyle factors that can compromise blood sugar balance Step 3 Build a self care regimen to safeguard against the disease's long term effects With *Outsmart Diabetes 1 2 3* readers have the knowledge and tools they need to get ahead of diabetes and stay there for good      **Outsmart Diabetes**, 2006 A comprehensive yet simple guide to understanding and controlling diabetes this work covers a whole range of topics including what you should ask your doctor how to instigate lifestyle changes the complementary approach the importance of exercise what you should be eating and much more      **Doing Diabetes Differently** Chad T. Lewis, 2022-09-20 Get off the blood sugar roller coaster With *Doing Diabetes Differently* Chad Lewis offers down to earth perspectives and approaches for all who struggle with diabetes Lewis combines years of research with firsthand experience as he covers sometimes provocatively the mental nutritional exercise and drugs and devices aspects of the disease To present additional perspectives the book includes commentaries from notable experts in the diabetes community Among the topics covered are Why the current hierarchy of diabetes care isn't working A mental framework that goes beyond just treating symptoms of diabetes distress Why going on a diet is futile and what dietary alternatives work How to make the right exercise more achievable Why less is more when it comes to diabetes drugs and how to best use diabetes devices *Doing Diabetes Differently* isn't another how to guide Instead it's a place to discover a diabetes answer a question to ask a care provider to get one or a reference to consult to find one If you're frustrated and want a way to do diabetes differently and better for yourself or someone you care for this life changing book is for you      Type 4 Diabetes: Elevated Insulin. Lower Blood Sugar. 24/7 Pain. Bob Ranson, 2006-12-01 Millions of people suffer from neuropathy a degenerative nerve disease that can cripple its victims with 24/7 pain and loss of nerve sensation along with sexual digestive and mental problems If you have diabetes your chances are 7 out of 10 of

developing the disease But is it a separate disease or could it be the flip side of elevated blood sugar and Type 2 diabetes Until now the various forms of neuropathy have been treated with an expensive array of medications that at best work only some of the time Is it possible just possible that the pain and misery of neuropathy can be eliminated by RAISING blood sugar levels at critical moments Type 4 Diabetes explores the potentially critical link between blood sugar levels and neuropathy diabetes and Alzheimer s hypoglycemia and fibromyalgia

**180 Degree Diabetes: Preventing and Reversing Insulin Resistance, Metabolic Syndrome and Type 2 Diabetes** , Mainstream medicine considers type 2 diabetes to be an irreversible incurable disease It is painlessly simple to prevent complete reversal is a totally tangible goal and in the rare cases in which reversal is not possible there are easy and practical ways to live a long healthy and prosperous life as a type 2 diabetic without complications Even the disease itself is so misunderstood by mainstream health authorities and dieticians alike that it is almost hard not to laugh at the beliefs they have about its causation They assert that eating a high fat high calorie diet and not getting enough exercise is the CAUSE of type 2 diabetes Their only challengers assert that eating carbohydrates causes type 2 diabetes I swear I m not making this up Read more as I reveal how I dropped my fasting blood sugar by 26% in less than a month by eating a diet high in saturated fat high glycemic carbohydrates and calories while sitting in front of a computer writing this eBook in lieu of exercise

*Undoing Diabetes without Coming Undone* Editors Of Prevention Magazine, 2011-05-02 Just diagnosed with diabetes Afraid you won t be able to eat pasta or chocolate ever again Worried you ll need insulin shots Unsure what this means for your health and your life Fear not The editors of Prevention magazine America s 1 healthy lifestyle brand have created a simple guide just for you and the other 24 million Americans who suffer from this life threatening disease Based on the advice of doctors nutritionists certified diabetes educators and other health professionals who specialize in diabetes care *Undoing Diabetes Without Coming Undone* gives you 10 quick and easy ways to lower your blood sugar lose weight and avoid complications while still eating the foods you love

**The Therapist's Notebook for Family Health Care** Deanna Linville, Katherine M. Hertlein, 2014-05 Effective interventions to help your clients deal with illness disability grief and loss The Therapist s Notebook for Family Health Care presents creative interventions for working with individuals couples and families dealing with illness loss and disability This book offers creative resources like homework handouts and activities and effective field tested interventions to provide counselors with useful information on specific family dynamics and topics It equips mental health clinicians with practical therapeutic activities to use in their work with clients struggling with health care or grief issues The effects of illness disability and loss in everyday life can be profound Besides the individual repercussions these challenges also affect the lives of the family and social networks of those individuals experiencing them The Therapist s Notebook for Family Health Care brings together the knowledge and experience of over 30 experts in the field for a unique collection that therapists and clients alike will find immediately useful Situated in four unique subject specific sections for quick reference this text covers a broad scope of

common problems Also included is a bonus section focusing on thoughtful suggestions for self care and professional development Some of the many topics and techniques presented in The Therapist s Notebook for Family Health Care include conducting interviews using the biopsychosocial spiritual method using the Family System Test FAST to explore clients experiences with their healthcare system and providers increasing social support to manage chronic illness coping and adapting to developmental changes challenges and opportunities using a patient education tool in family therapy helping children and their families to manage pain through knowledge and diaphragmatic breathing creating a personal superhero for a child as a means to empowerment and relief of anxiety facilitating family problems using scatterplots building functional perspective of self and others in clients with Asperger Syndrome quilting as a meaning making intervention for HIV AIDS empowering terminally ill patients to say goodbye to their young children in meaningful ways and many more With a wealth of tables charts handouts and bibliotherapy resources for clients readings and resources for clinicians and case vignettes The Therapist s Notebook for Family Health Care is an excellent resource for a wide variety of practitioners including counselors psychologists social workers grief workers hospice workers health psychologists and medical social workers It is also an ideal text for psychotherapy and counseling students and educators

*Outsmart Sugar* Tara C Mitchell, 2018-11-01 Do you find sugar simply irresistible It s not your fault In this no nonsense guide International author Tara Mitchell shows just how easy it is to outsmart sugar no willpower required She went from devouring ice cream for breakfast and multiple cans of Coke a day to dismissing sugar effortlessly using simple effective techniques that really work Inside Tara shows you how to give up sugar too without having to rely on sheer willpower You ll Learn How to lose weight gain energy and vitality without following some FAD or celebrity diet Proven strategies to gain confidence self esteem clarity and feeling great 3 easy steps to totally deactivate your cravings and give you back full control How to outsmart your OLD programming and make better decisions easily and effortlessly What sugar really does to your brain and why you should be afraid very afraid How to eliminate sugar cravings using Tara s breakthrough yet simple techniques A step by step plan to reprogram your subconscious reaction to sugar and to avoid the dirty marketing tricks used to mislead you

### **The Chocolate Therapist**

Julie Nygard, 2018-11-27 An updated edition to a classic book about the amazing benefits of everyone s favorite food Chocolate Dark chocolate sales are on the rise as people embrace the concept that chocolate can truly be good for them But how do they know what to eat how much and which kinds are the best The Chocolate Therapist answers these questions and more This book has everything a person needs to know to select the best chocolate for health Both informative and entertaining it includes alphabetized ailments each with a chocolate recommendation followed by supporting research as to how and why it helps the body The Chocolate Therapist also includes a collection of chocolate necessities Wine chocolate pairing section with over 40 wines and three chocolate pairings for each wine Wine aroma and chocolate flavor wheels to help readers discovers new flavors and combinations in both the wines and the chocolates The Chocolate Bible A unique

compilation of websites chocolate companies international brands and research sites AWhere Do You Hide Your Chocolate section a laugh out loud chapter for anyone who has ever hidden a piece of chocolate Over 60 alphabetized ailments from Alzheimer s to Weight Loss The Chocolate Therapist helps readers discover what author Julie Nygard has known for years The only difference between guilt ridden and guilt free chocolate enjoyment is simply education and this book has it all

**Biomedical Engineering of Pancreatic, Pulmonary, and Renal Systems, and Applications to Medicine** Dhanjoo N. Ghista,2023-05-15 Biomedical Engineering Modeling of Pancreatic Respiratory and Renal Regulatory Systems and their Medical Assessments addresses the need for biomedical engineering to provide physiological analysis of organ systems and their medical applications to help enable quantitative formulation of physiological systems and defining their functions and dysfunctions leading to precision diagnostics of diabetes lung diseases and kidney failure often in the form of non dimensional indices The book chapters also deal with treatment systems namely automated insulin infusion systems hemodialysis and peritoneal dialysis The book is formulated to solve many physiological bioengineering and medical problems Covers foundational concepts of the emerging fields of quantitative physiology and computational medicine developing the biomedical engineering modeling of three important organ systems pancreas lungs and kidneys Provides readers with detailed understanding of novel biomedical engineering strategies in key areas such as pancreatic system engineering glucose insulin regulatory system engineering pulmonary system engineering and renal system engineering Provides in depth technical coverage of computational modeling techniques and applied mathematics for these important physiological systems including differential equations and the associated MATLAB datasets for all applied diagnostic and treatment examples

*60 Ways to Lower Your Blood Sugar* Dennis Pollock,2021-01-01 It s projected that in 50 years one American in three will be diabetic Many today are well on their way to becoming a sad statistic in the war on obesity high blood sugar and the related diseases including diabetes that can result from a diet that s seriously out of whack In his previous bestselling book *Overcoming Runaway Blood Sugar* Dennis Pollock shared his personal experience with this deadly epidemic including his success at lowering his runaway blood sugar to acceptable levels Now Dennis offers readers the next step in the battle 60 practical ways to manage their blood sugar without resorting to a bland unsatisfying diet of turnips and tuna fish In this step by step change by change plan readers will learn how to reduce their intake of carbs exercise more effectively shed excess weight A must have book for readers serious about regaining their health while also lowering their weight and increasing their energy

**Triple Life Threat** Donald Lyman,2021-06-04 We are entering a new revolutionary and controversial phase in the US medical industry With the discoveries of DNA telomeres telomerase activators and stem cell therapy that will create significant alterations to conventional medical procedures we are facing many drastic changes completely unknown to the general public Science has ushered in these and other changes which most would agree as being coincidental with improvements and progress along with optimism and hope for our medical world For instance this

statement Type 2 diabetes can be one of the most easily prevented controlled and reversible medical conditions would be considered completely irresponsible and untrue by some Likewise another example stating that one of the many causes of Alzheimer s can be traced to several nutritional deficiencies would be denied by some Continuing there are some who say there is no need for nutritional supplements if you eat your daily requirements of fruits and vegetables Explore the answers to these statements and other controversies as you read on [Seeing New Horizons](#) Dr. Barry Hulon Hyde,2020-12-29 The Well Grounded Aviator June 1 1998 While flying as a passenger I survived a plane crash with traumatic head injuries and a loss of smell taste and sight August 15 1999 Went to the Rehabilitation for the Blind in Raleigh to learn all new life skills June 6 2000 Became the first and only blind Advanced Ground Instructor AGI in the world June 12 2000 Received first Guide Dog Lincoln from Southeastern Guide Dog Incorporated October 2000 Became first and only blind Instrument Ground Instructor IGI in the world December 2004 graduated from University of North Carolina at Charlotte UNCC with Lincoln the Navigator May 2007 graduated from Embry Riddle Aeronautical University ERAU with Lincoln the Aviator became the first and only blind graduate student in their 82 year history and graduated with distinction June 1 2007 Nine year anniversary of the accident began doctoral degree in business administration with a specialization in aeronautical safety online at Northcentral University January 20 2009 Jet my second Guide Dog came into my life from Guide Dog Foundation March 1 2010 Began work with the FAA as an Aviation Safety Analyst with the Commercial and General Aviation Branch AFS 800 at Headquarters in Washington DC August 1 2014 Married Robin at Graceland in Elvis s Chapel in the Woods July 5 2017 Dissertation completed and gave oral defense of The Relationship between Pilot Attitudes and the execution of Flight Safety Checklists to become Dr Hyde July 30 2018 Bravo third Guide dog received from Southeastern Guide Dog Incorporated ERAU s first president Jack R Hunt had a famous saying For most people the sky is the limit But for those who love aviation the sky is home For me the sky is home and I will always want to be a part of flying the friendly skies **Prevention's Diabetes**

**Breakthroughs 2008** Prevention,2008 **Prevention Outsmart Diabetes 1-2-3** ,2008-01-01 [Outsmart Your Genes](#) Brandon Colby MD,2010-04-06 Predictive medicine is the most exciting and potentially groundbreaking medical development in decades Written by Brandon Colby MD a leader in the fields of predictive medicine and genetic testing Outsmart Your Genes will empower you the reader with a clear understanding of exactly what predictive medicine entails and how it can be used today to protect your health as well as the health of those you love Written in straightforward nontechnical language Outsmart Your Genes enables everyone even those without any background in genetics or medicine to understand the benefits of predictive medicine Separating myth from fact and answering all the tough questions Outsmart Your Genes clearly explains How the revolutionary new medical specialty called predictive medicine analyzes your genes and provides you with clear solutions to protect your health and wellbeing What the process will entail and how simple it is For example the process doesn t even require blood or use needles instead all that s needed in order to run the analysis is a small amount

of your saliva What your genes can reveal about your overall health and how we can use that information to provide you with a genetically tailored plan for preventing cancer Alzheimer s heart disease obesity and many other conditions As opposed to just generalities specific examples are given so that you ll know exactly how medicine will improve your life The many ways in which learning about your genes can help you formulate a genetically tailored nutrition and athletic plan that may help you shed those extra pounds and stay trim and fit How predictive medicine can help both prospective and current parents protect their children against SIDS and also help minimize the impact of and most effectively treat many other childhood diseases such as autism asthma dyslexia obesity and diabetes Why analyzing your children s genes may provide the best chance they have to fight against diseases that may not affect them until later in life including Alzheimer s many forms of cancer such as breast cancer and skin cancer multiple sclerosis and even hearing loss How groundbreaking advancements in the fields of genetic analysis including predictive medicine panels and disease matrix technology allow you and your physician to avoid information overload and focus only on the information most relevant to you The important concepts you need to understand before speaking with a doctor The top five questions you need to ask in order to assess The credibility of the laboratory doing the testing The types of diseases included in the test How thoroughly the test actually evaluates your risk for each of the diseases Whether the information is provided in a way that makes it actionable Whether the results will be delivered in a format that is straightforward and easy to understand

Outsmart Waste Tom Szaky,2014-01-14 Ever expanding landfills ocean gyres filled with floating plastic mush endangered wildlife Our garbage has become a massive and exponentially growing problem in modern society Eco entrepreneur Tom Szaky explores why this crisis exists and explains how can we solve it by eliminating the very idea of garbage To outsmart waste he says we first have to understand it then change how we create it and finally rethink what we do with it By mimicking nature and focusing on the value inherent in our by products we can transform the waste we can t avoid creating from useless trash to a useful resource Szaky demonstrates that there is value in every kind of garbage from used chewing gum to juice pouches to cigarette butts After reading this mind expanding book you will never think about garbage the same way again

**Traveling with Sugar** Amy Moran-Thomas,2019-12-03 Traveling with Sugar reframes the rising diabetes epidemic as part of a five hundred year old global history of sweetness and power Amid eerie injuries changing bodies amputated limbs and untimely deaths many people across the Caribbean and Central America simply call the affliction sugar or as some say in Belize traveling with sugar A decade in the making this book unfolds as a series of crónicas a word meaning both slow moving story and slow moving disease It profiles the careful work of those still fighting it as they grapple with unequal material infrastructures and unsettling dilemmas Facing a new incarnation of blood sugar these individuals speak back to science and policy misrecognitions that have prematurely cast their lost limbs and deaths as normal Their families arts of maintenance and repair illuminate ongoing struggles to survive and remake larger systems of food land technology and medicine

17 Wise Ways to Daily Outsmart Diabetes Deb



Ellis, Kenneth R. Ellis M S, 2019-09-04 Learn how to reduce or avoid expensive pharmaceutical medicines and outsmart Diabetes without going bankrupt By using these 17 wise resources you will take control of diabetes instead of letting it get its way with you Have you seen the picture giving people two choices toxic pills and surgery or lifestyle change In this image everyone is in the toxic pills and surgery line No one is in the lifestyle change line Lifestyle change is not easy but this book will help you make it easier Start your day right with a winning plan for your health You will learn exactly what to do each day Practice seven common sense wise ways in the morning four in the afternoon and six in the evening The book starts by giving uplifting information and examples to keep you motivated as you travel through each day The book concludes with additional stories that reinforce several of these prime ways to outsmart Diabetes This book is about lifestyle changes for better health I have had Type 1 Diabetes for about sixty years This book applies to both those with Type 1 or Type 2 Diabetes because it is about lifestyle Included in this book are the resources of God s wisdom scientific research and stories that reinforce these principles By using these 17 wise ways for more than thirty years as one with Type 1 Diabetes I ve maintained an A1c of 5 9 6 3 with only a few exceptions like ten years ago my A1c was checked at 6 7 The only reason I mention this is to reinforce how beneficial and effective these wise common sense guidelines are Start reading healthier and happier days will be in your future What should your blood glucose average be American Association of Clinical Endocrinologists endorses 140 or less which is an A1c of 6 5 percent or less American Diabetes Association suggests 7 0 percent or less which is 154 average A normal non diabetic A1c is considered 5 6 percent or less

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