



Stop Diabetes in Its Tracks

Best Advice for Stable, Healthy Blood Sugar

Dear Reader,

Diabetes is serious stuff, but the "medicine" you take for it doesn't always have to be. For instance, did you know that a spice that's probably in your kitchen right now can significantly lower blood sugar? Or that indulging in a relaxing habit on a regular basis can enhance your physical health as well as your mental well-being? Now, that's the kind of medicine that's easy to swallow!

Read on to learn more about these and other ways to get better control of your blood sugar, including, as always, our featured recipe. And remember, a positive outlook counts no matter what your goal, so take five minutes now and try a favorite trick of mine: Grab a pen and write down at least three things you're thankful for, then spend a minute or two musing on each one. You'll be amazed at the effect.

Wishing you good health,



Neil Wertheimer



Editor-in-Chief
Reader's Digest
Health Books

Spice Is Twice as Nice

Cinnamon does more than lend flavor to apple pie, iced rolls, and other baked treats: It may also help lower your blood sugar when you make it part of your daily diet.

Pakistani volunteers took capsules containing either cinnamon or wheat flour every day for 40 days. After that time, those who took cinnamon had blood sugar reductions of between 18 and 29 percent. The study authors think that the spice may be useful in diabetes by making the body more sensitive to insulin, the hormone that allows blood sugar to enter cells.

Since cinnamon is nearly calorie-free, the authors suggest that people who have diabetes regularly sprinkle the spice on their food. As little as 1/2 teaspoon a day could do the trick.



Want Lower Blood Sugar? Relax!

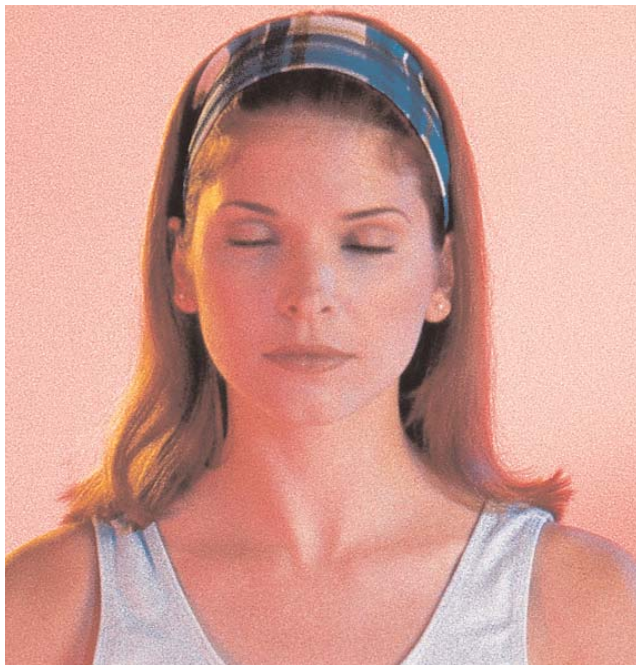
How's your stress level been lately? You may think that stress is harmless, but there's mounting evidence that so-called stress hormones, which trigger the release of extra blood sugar, play a role not only in the development of diabetes but also in the course of the disease. On the plus side, if you have diabetes, learning to cope

better with stress can lower your blood sugar levels significantly. Try these approaches.

Slow, deep breathing. Take a deep breath, letting your stomach fully expand, then exhale, pushing out as much air as you can. Breathe in and out again and relax your muscles as you exhale. Repeat for up to 20 minutes.

Progressive muscle relaxation. This involves tensing and then relaxing targeted muscle groups. Lie down and start with your feet, then move on to your legs, your abdomen, and so on, tensing the muscles for 10 seconds before letting all the tension go.

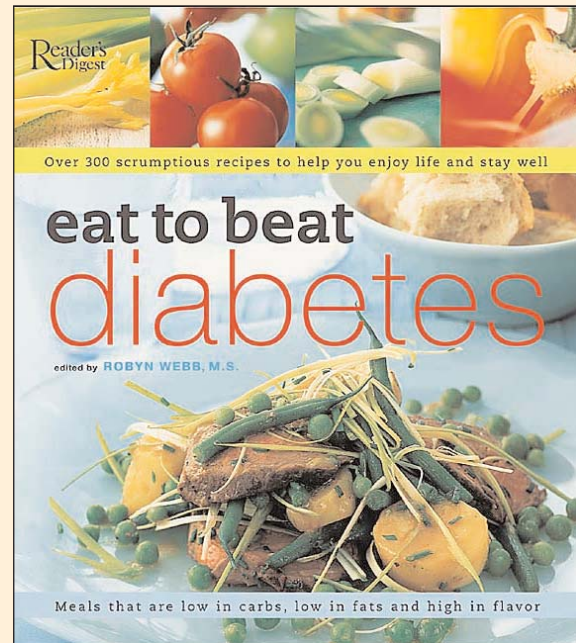
Rational thinking. When you feel overwhelmed or panicked, force yourself to view the situation rationally. For instance, ask yourself what's the worst that can happen, and how likely that outcome really is.



To Protect Your Kidneys, Watch Your Pressure

About 60 percent of people with type 2 diabetes have high blood pressure. If you're one of them, make sure the condition is under control. The reason: High blood pressure contributes not only to heart disease but also to kidney and eye disease. Drugs called ACE inhibitors protect the kidneys by relieving pressure that can damage delicate filtering structures in the organs. In fact, some studies find that taking ACE

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Eat to Beat Diabetes

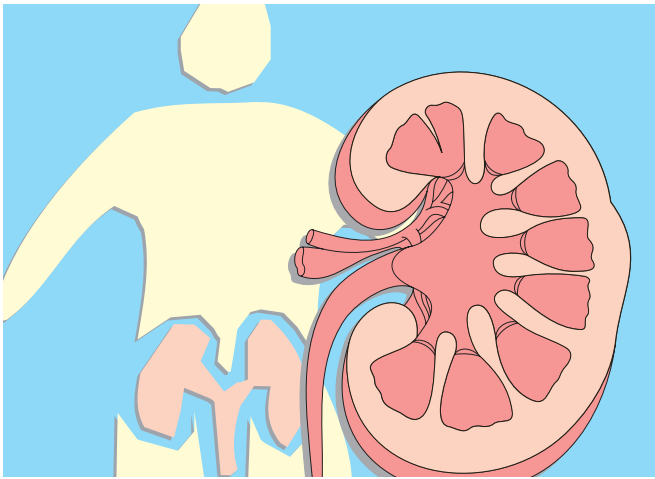
Food is such a powerful "medicine" that eating right can prevent and actually reverse the course of type 2 diabetes.

Based on the newest findings about diabetes, health, and diet, this revolutionary cookbook is filled with well-tested recipes your whole family will enjoy. Over 300 creative meals will help you lower blood sugar and control blood sugar swings without sacrificing flavor.

Each easy-to-follow recipe comes with a complete nutritional analysis. Use this cookbook as a valuable resource to help you plan meals around the foods you love — from quick, wholesome breakfasts to guilt-free desserts.

Buy your copy of *Eat to Beat Diabetes* today!

inhibitors cuts deaths from diabetic kidney disease in half. Anything else you do to bring down blood pressure — especially giving up cigarettes — will also benefit your kidneys.



Supplement Soothes Nerve Pain

If you have pain, cramps, or tingling in the hands or feet from diabetic neuropathy, even a little bit of relief can make a big difference, and a supplement called alpha-lipoic acid (ALA) might just provide it. The powerful antioxidant is thought to block an enzyme that leads to nerve swelling. It also protects nerve cells from the effects of free radicals, harmful molecules thought to play a role in nerve damage.

The body makes small amounts of ALA, but to do battle against neuropathy, you need a supplement. Some of the best studies have used injected ALA, but there's evidence that pills can help neuropathy, too, with suggested doses ranging from 100 to 600 milligrams. Aside from rare allergic reactions such as skin rashes, few serious safety issues have cropped up with ALA in 30 years of testing and clinical use for neuropathy in Germany. However, the supplement has been shown to be toxic in animals with a thiamin deficiency, so it's worth taking a multivitamin to make sure you're getting enough thiamin.

Best Time to Exercise

Is there a best time to exercise? The short answer is yes: anytime you can fit it into your schedule. But exercise such as walking and moderate aerobics brings down blood sugar both while you do it and for up to a day afterward. While that's the big payoff, it's also a potential hazard, especially if you take medication or

insulin. The reason? Let's say you've just taken oral medication or a dose of insulin to bring your blood sugar down, and then you immediately walk for an hour. The glucose-lowering combination of the treatment and the activity could send your blood sugar crashing.

- On the other hand, if you're taking insulin but don't give yourself a large enough dose, your blood sugar may actually rise too high during exercise. That's because when you're physically active, the liver pumps out more glucose, and without adequate insulin, your body will have trouble shifting glucose from your blood to working muscles. Only you and your doctor can sort this all out, but you may be able to avoid most problems by following these guidelines.

- Exercise an hour or two after eating. At that point, your blood sugar levels are elevated from food, and you'll have ample glucose to fuel your muscles. At the same time, your digestive system will have finished most of its work, so it won't deplete the energy you need for your workout.

- If you take medication, ask your doctor if you can skip it before exercising or take a lower dose; the blood sugar drop from physical activity may be able to substitute for the drug. Otherwise, avoid exercising when the effects of your medication peak.

- If you use insulin, time your workouts so you're not active when the effects of the insulin peak, often within the first hour or two after an injection. Your doctor will probably want you to monitor your blood sugar before and after to see how activity affects it, and based on those results, he may want you to adjust your insulin dose before you exercise.

 **RECIPE**

**Change
One diet**
.com

for Diabetes from Reader's Digest

ChangeOne, the revolutionary program that has helped hundreds of thousands of people lose weight safely and effectively, now has a program for people with Type 2 diabetes. **Try it Today!**

Turkey Kabobs With Fennel and Red-Pepper Relish



How do you make the perfect kabobs? Marinate bites of turkey breast in white wine and fresh herbs, then skewer with small onions and grill until golden brown.

Cooking Time: 12 minutes
Number of Servings: 4
Preparation Time: 20 minutes plus marinating

TURKEY KABOBS

- 8 sprigs fresh rosemary or 8 wooden skewers
- 1 pound boneless, skinless turkey breast
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1/4 cup white wine
- 3 tablespoons fresh lemon juice
- 2 large garlic cloves, minced
- 1 tablespoon chopped fresh rosemary leaves
- 1 tablespoon chopped fresh sage leaves
- 1 tablespoon fresh thyme leaves
- 1 teaspoon fennel seeds, lightly crushed
- 2 tablespoons extra virgin olive oil
- 16 small white onions, peeled

RED-PEPPER RELISH

- 2 large red bell peppers
- 1/2 fennel bulb, trimmed
- 1/3 cup pitted black olives (preferably kalamata)
- 1 tablespoon fresh lemon juice
- 1 tablespoon extra virgin olive oil
- 1 large garlic clove, minced
- 1/2 teaspoon freshly ground black pepper
- Cooked couscous or wild rice (optional)

Directions

1. If using rosemary stalks, pull off and reserve leaves from the bottom end of each stalk, keeping a cluster of about 2 1/2 inches of leaves at the top. Soak rosemary stalks (or wooden skewers) in water while you marinate the turkey.

2. Make Turkey Kabobs: Cut turkey into 24 1 1/2-inch cubes. Sprinkle with the salt and pepper and spread in a single layer in a shallow baking dish. Whisk wine, lemon juice, garlic, rosemary, sage, thyme, and fennel seeds together in a small bowl; whisk in the oil. Drizzle the marinade over the turkey and toss until all of the pieces are coated. Cover with plastic wrap and marinate in the refrigerator 30 minutes, turning once halfway through.

3. Make Red-Pepper Relish: Meanwhile, seed red peppers and cut into 1/4-inch dice. Trim fennel bulb and cut into 1/4-inch dice. Cut olives into 1/4-inch dice. Mix diced peppers, fennel, and olives with the lemon juice, oil, garlic, and black pepper in a medium bowl.

4. Heat grill or broiler to high. Thread marinated turkey and onions onto soaked rosemary stalks or skewers. Bring remaining marinade to a boil in a small saucepan over high heat.

5. Grill or broil kabobs about 12 minutes, basting often with the marinade, until turkey is cooked through and golden brown. Serve with relish and couscous or wild rice, if desired.

Per serving (2 skewers with 1/2 cup relish):
Calories 320, fat 14 g, saturated fat 2 g, cholesterol 95 mg, sodium 431 mg, carbohydrate 12 g, fiber 2 g, protein 36 g.

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