

International fabric art exhibit premieres in Yachats

YACHATS — The Yachats Academy of Arts and Sciences is pleased to present the U.S. premiere of the international fabric art exhibit, "World Painters Challenge," on Sunday, Aug. 23, from 1 to 5 p.m. in the multi-purpose room of the Yachats Commons.

This exhibit contains 90 pieces of fabric art. Each piece is 50 cm (19.7 inches) square.

The exhibit started traveling in 2013 and has been shown in Japan and France. The Yachats showing will be

the first in the United States. Ruth Bass, Yachats resident, has a piece in the show and has been responsible for bringing the show to the academy.

The challenge began with a list of 30 master painters. Each quilt artist was assigned a master painter to interpret in fabric art.

There will be three quilt interpretations (one each from the United States, France and Japan) of each painter's work. Several of the fabric artists will be present for this venue.

JOEL FUHRMAN, MD

Nuts, beans important to anti-diabetes diet

Complications from diabetes result from constant elevations in blood glucose, which damage the blood vessels and other tissues.

Excess glucose in the bloodstream results in the formation of Advanced Glycation End Products (AGEs) — products formed when sugars react with and consequently damage proteins or fats in the body's tissues, especially the blood vessels.

AGEs are produced at an accelerated rate in diabetes and contribute to complica-

tions such as impaired wound healing, diabetic nephropathy and atherosclerosis.

In addition to the AGE produced in the body due to excess glucose, some can also come from the diet. Fried foods, meats and dry cooked starchy foods (roasted/fried potatoes, bread, crackers, cookies, muffins and other baked goods, cold cereals, etc.) are high in AGEs.

In designing a diet for type 2 diabetics, we aim to limit after-meal increases in blood glucose and to avoid dangerous AGEs by choosing major calorie sources with a low glycemic load (GL)-foods that provoke relatively small increases in blood glucose.

An important point here is to choose high nutrient, low GL foods, not just any low GL food — this is where some diabetes diets fall short.

Meat is a low GL food, but higher meat consumption is associated with reduced lifespan and increased risk of developing type 2 diabetes; the diabetes risk is likely due to weight gain and AGE content. A diabetic diet emphasizing meat sacrifices long-term health for short-term glycemic control.

Whole grain intake is indeed associated with reduced risk of diabetes, probably due to fiber content.

A low-fat vegan diet emphasizing these foods in place of refined carbohydrates has shown some success with improving glycemic control. However, these diets tend to increase triglyceride levels (a risk factor for heart disease) and cooked grains and starches are not ideal calorie sources for diabetics because they still have a significant GL.

Beans and nuts (and seeds)

are high in nutrients and low in GL and are far more appropriate than grains and meat as major calorie sources for diabetics.

Beans and legumes are higher in fiber and resistant starch than whole grains, with a lower GL.

Regular consumption of nuts and seeds has well documented cardiovascular benefits, including cholesterol lowering, antioxidant activity, improved endothelial function and reduced risk of sudden cardiac death and coronary heart disease.

In addition to reducing the risk of cardiovascular disease, nuts have a number of properties that make them a favorable food for diabetics.

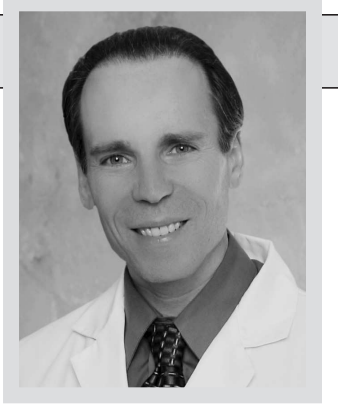
Nuts are a high-nutrient source of plant protein, fiber, antioxidants, phytosterols and minerals. Nuts provoke a minimal glycemic response, which helps to prevent post-meal hyperglycemia, hyperinsulinemia and AGE production. They also help to reduce the GL of an entire meal — almonds have been found to decrease glycemic and insulin response of a carbohydrate-rich meal while reducing oxidative stress.

Nuts aid in weight maintenance — important since excess weight is the primary risk factor for diabetes.

Despite their calorie density, greater nut consumption is associated with lower body weight, potentially due to appetite-suppression from healthy fats.

Nuts have anti-inflammatory effects that may help to prevent insulin resistance.

In a recent study, an indicator of long term glycemic control was measured in diabetics consuming either 2.5 ounces/ day of mostly raw



mixed nuts or an equivalent number of calories in a muffin. Levels were lower in the nut group, suggesting long term protection from hyperglycemia when replacing carbohydrate foods with nuts.

This new data cements the results of previous observational studies that have found inverse relationships between nut consumption and diabetes.

For example, the Nurses' Health Study found a 27 percent reduced risk of diabetes in nurses who ate five or more servings of nuts per week. Among nurses who already had diabetes, this same quantity reduced the risk of heart disease by 47 percent.

Nuts are an important part of a diabetes-reversal diet, along with green vegetables, beans and low sugar fruits.

In a recent study on type 2 diabetics following this diet, researchers found that 90 percent of participants were able to come off all diabetic medications.

Nuts, seeds, beans and vegetables not only keep glucose levels in check, but promote long-term health as well.

Dr. Fuhrman is a New York Times best-selling author and board certified family physician specializing in lifestyle and nutritional medicine.

Visit his website at DrFuhrman.com, or submit questions and comments to newsquestions@drfuhrman.com.

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