



JOEL FUHRMAN, MD

## Eat from these food groups to treat diabetes

bles — leafy greens, cruciferous vegetables and other green vegetables — are the most important foods to focus on for diabetes prevention and reversal. Higher green vegetable consumption is associated with lower risk of developing type 2 diabetes, and among diabetics, higher green vegetable intake is associated with lower HbA1c levels.

A recent meta-analysis found that greater leafy green intake was associated with a 14 percent decrease in risk of type 2 diabetes. One study reported that each daily serving of leafy greens produces a 9 percent decrease in risk.

• Non-starchy vegetables: Non-green, non-starchy vegetables like mushrooms, onions, garlic, eggplant, peppers, etc. are essential components of a diabetes prevention (or diabetes reversal) diet.

These foods have almost nonexistent effects on blood

glucose and are packed with fiber and phytochemicals.

• Beans: Beans, lentils and other legumes are the ideal carbohydrate source. Beans are low in GL due to their moderate protein and abundant fiber and resistant starch, carbohydrates that are not broken down in the small intestine.

This reduces the amount of calories that can be absorbed from beans; plus, resistant starch is fermented by bacteria in the colon, forming products that protect against colon cancer. Accordingly, bean and legume consumption is associated with reduced risk of both diabetes and colon cancer.

• Nuts and seeds: Nuts are low in GL, promote weight loss, and have anti-inflammatory effects that may prevent the development of insulin resistance. 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.

Fresh fruit: Fruits are rich in fiber and antioxidants, and are a nutrient-dense choice for satisfying sweet cravings. Eating three servings of fresh fruit each day is associated with an 18 percent decrease in risk of diabetes.

For those who are already diabetic, I recommend sticking to low sugar fruits like berries, kiwi, oranges, and melon to minimize glycemic effects.

This approach works. In a recent study on type 2 diabetics following this diet, we found that 90 percent of participants were able to come off all diabetic medications, and the mean HbA1c after one year was 5.8, which is in the non-diabetic (normal) range.

A diet of vegetables, nuts,

seeds, beans, and fresh fruit can prevent and even reverse diabetes while promoting long-term health.

No one has to have type 2 diabetes, and those with type 1

diabetes can improve their life expectancy, health and quality of life.

*Dr. Fuhrman is a board certified family physician specializing in lifestyle and nutritional medicine.*

Diabetes is the seventh-leading cause of death in the U.S., and doubles the risk of heart attack and stroke. However, type 2 diabetes is a lifestyle disease — our food choices can either prevent or promote insulin resistance and resultant diabetes.

Many conventional diabetes diets rely on meat or grains as the major calorie source. However, these strategies have serious drawbacks. High-nutrient, low glycemic load (GL) foods are the optimal foods for diabetics, and these foods also help to prevent diabetes in the first place:

- Green vegetables: Nutrient-dense green vegeta-

## SHS Leadership Class to offer gift wrapping

Members of the Siuslaw High School Leadership Class will be offering a free gift-wrapping service on Friday, Dec. 16, and Saturday, Dec. 17, at Siuslaw High School.

Onhand will be a selection of wrapping paper, ribbons, name tags, tissue, boxes, tape and scissors — everything needed to make holiday gifts look special.

Students will be wrapping for free, but donations are accepted, with all donations going to the junior class.

Hours are Friday from 4 to 8 p.m. and Saturday from 10 a.m.

to 2 p.m. and 3 to 7 p.m.

Siuslaw High School is at 2975 Oak St.

For more information, call the high school at 541-997-3448.

## Wellspring expands, opens new apothecary

Wellspring Clinic announces the opening of its Rose and Crown Apothecary this Saturday, Dec. 17, adjacent to the clinic at 1845 Highway 126.

The grand opening will feature a presentation by Master Herbalist Patricia Immel on how herbs can transform your health.

"Certain flavors activate specific responses in our bodies, so expanding your palate

with variety is a great way to support your health using nature's wisdom," said Immel.

Rose & Crown Apothecary is an expansion of the Wellspring Clinic and a special place to learn about herbs and medicine making. It is also a place to enjoy a hand-selected variety of organic teas and tonics, including flowering teas, herbal boosters, seltzers and delightful gift items.

At the heart of this working

apothecary are Immel and her daughter, Sarah Butte. Together, they create botanically based products to enhance health, beauty and vitality.

They personally grow and carefully wildcraft many of the medicinal plants used in Rose & Crown products.

"Our hope is to inspire and support people in their quest for a vibrant life through conscious self-care," said Butte.

For information on the

grand opening, call 541-902-8860.

Visit the Siuslaw News online at [WWW.THESIUSLAWNEWS.COM](http://WWW.THESIUSLAWNEWS.COM)

## Homegrown Deli serves up new hours

Homegrown Wildcrafters Kitchen and Deli is now open seven days a week. Located next to Homegrown Pub in Historic Old Town, the deli offers hot and cold sandwiches, salads and dinner items.

Homegrown Deli serves specialty or build-your-own sandwiches with fresh bread

from The Bread Stop Bakery in Eugene, fresh-sliced meats from Deistel or Beelers, and fresh vegetables.

Add a side of housemade salads or a cup of soup, along with a cookie or a fresh piece of local apple pie.

Sliced deli meats and other goodies are available to take home.

Gluten-free options are also available.

For dinner, grab something from the case and just warm it up.

Homegrown Wildcrafters Kitchen and Deli, 249 Maple St., is open from 10:30 a.m. to 4:30 p.m. daily.

For more information, call the deli at 541-997-5916.

## Greentrees sponsors free shuttle Dec. 22-23

As the holiday season gets into full swing, don't let the weather or the drive all over town keep you from making that last-minute shopping trip!

Greentrees Village will sponsor free rides for all passengers on the Rhody Express Thursday, Dec. 22, and Friday, Dec. 23.

The Rhody Express travels in and around Florence, conveniently serving Historic Old Town, Fred Meyer, Safeway, Grocery Outlet, Three Rivers Casino Resort, PeaceHealth Peace Harbor Medical Center, the Siuslaw School District and many other areas of Florence.

Service is provided hourly each weekday between the hours of 10 a.m. and 6 p.m.

For more information about how to access the Rhody Express, service route maps or times, call River Cities Taxi at 541-902-2067 or visit [www.ltd.org/Rhody](http://www.ltd.org/Rhody).

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