

#3-Collins

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SPEAKERS

Maggie Collins, Lucia Tiffany

Lucia Tiffany 00:07

Hi, and welcome to the experts secrets to diabetes reversal Summit. I am so glad you have chosen to be with us here today. My guest today is Maggie Collins, and I'm just so happy that you agreed to come and share from your wisdom and experience with our summit audience today. Thank you for being here, Maggie.

00:30

Welcome. Thank you My pleasure.

Lucia Tiffany 00:33

You know, Maggie Collins is a registered dietician, nutritionist. She has a master's in public health and certifications in diabetes education and lifestyle medicine. And in this whole summit, this is what we've been looking at is how does how do our lifestyle choices impact our risk for disease, how we can prevent disease and reverse disease especially, Maggie promotes a holistic lifestyle approach, and currently works for the Loma Linda University Medical Center at the treatments treat at the diabetes treatment center, sorry, as a dietitian, specialist, and diabetes educator. In her career, she has also been doing teaching in nutrition at university, she's worked as a consultant, as an author of nutrition related articles, and performs cooking demonstrations both virtually and in person. So you can see that she has a quite a rounded scope of experience. She's even led hands on culinary medicine events for the medical students and residents at Loma Linda University. So this tells you that she's passionate about promoting an evidence based plant based diet, by blending education with its practical application when it comes to food. And she's even working on a website that you'll be able to get more resources from her on later. But we're just so happy that you are here, Maggie, and I would love to hear from you. How did you get interested in this field of work?

Maggie Collins 02:05

Well, being a dietitian is actually my second career choice. I was a dentist in Brazil for 6 years, and then I moved to this country. And I mean, I just felt I needed to, you know, something that would involve the whole body. And I felt nutrition, you know, gives you both the pleasure. But you know, you have the mix

of scientific evidence, you know, the promotes health, health to the whole body. So that's how I got started in this career as a dietitian, and more particularly the field of diabetes. You know, since I started working as a dietitian, 16 years ago, I was trying to do diabetes education. And I soon realized that this disease response so well to lifestyle interventions, and it's so measurable that you feel so you know, it's so rewarding to see your patients improving so quickly when they apply the principles of eating healthy.

Lucia Tiffany 03:05

Oh, that is really important. And I am really thankful for the work that you do. So today's topic is debunking carb myths. As diabetics, we hear a lot about carbs. And usually it's how to avoid them. So I am so glad that you're here to talk about this really important topic with our audience. And I'll let you go ahead and start sharing your slides and we'll go right into what you have prepared for us.

03:36

Okay, thank you. Okay, so as you asked me to talk about, you know, some of the carbohydrates, there are many carbs, since I'm sure you've heard many. So I tried to summarize into the three main ones that are here most of the time. The first one is carbs cause weight gain. A lot of people you know, focus only on carbohydrates. The second myth is carbs, cause diabetes and worsen blood sugars. And the other one I would like to discuss today, that is a big methods in order to improve your diabetes. Many people think you need to limit your carbs, including fruits, and I'm gonna give a special emphasis on the health benefits of fruits, especially for people with diabetes. So those are the three myths I'd like to go on. I don't have any questions. Should I? Should I go right into it?

Lucia Tiffany 04:33

Well, you know, I just want to make a comment. I have heard these myths myself as working with people who are diabetic this, these are things that are very popularly believed. You go into social media forums, and you see a lot of comments that are based on these beliefs. So I'm really anxious to hear how are you going to debunk these myths and actually show us the science behind it that because I think it's important for people to know that what we're sharing here isn't just our opinions, or based on a few anecdotal experiences with a client or two, but we're actually talking about information that is based on good solid scientific research. So I'm anxious to see. Let's go into these and see how science debunk these myths.

05:22

Alright, so let's go right into it. So the first thing is understanding water carbohydrates. So we have six basic nutrients that we need to survive and thrive, including vitamins, minerals, water, carbohydrates, proteins, and fats. So carbohydrates is one of the three macronutrients meaning we need them in large amounts, as the name already says. And those are energy yielding nutrients contrary to vitamins, minerals, and waters, which you know, have many health functions, but they don't use energy or calories. So when we look at how many calories carbohydrates, protein and fats release, as I have listed here, carbohydrates release four calories per gram, proteins release four calories per gram, and fats release nine calories per gram. So most people understand that weight gain has some to do with eating too many calories in relation to how many calories you're burning with your daily activities. So just thinking of basic math, if you look at the calories, all these three major nutrients micronutrients release, we can see we cannot blame carbohydrates because they have exactly the same amount of

calories as proteins, and they have less than half the calories in fat. So if anything, that right here gives us a clue which nutrients we should be more concerned when it comes to weight gain.

Lucia Tiffany 06:56

Okay, good point.

06:59

Continuing understanding what our carbohydrates because a lot of I think a big misconception is that people throw the baby out with the bathwater. So let's understand what foods constitute carbohydrates. So carbohydrates incorporate things that have sugar, starch and fiber. Sugar can come from candies can come from fruit, starch, or sugar. We also have sugar in milk naturally occurring. So is there a difference? In the form of sugar? We have starch from unprocessed sources like potatoes, yams, or we have a starch from corn chips. We have fiber. Oh, and I saw the corn here too, that I clicked but I was eaten by the Cameron Yeah, so we have, you know, the starch you know, you know, in the era of corn and process or the corn chips, we have fiber found in plant foods that our own process like the beans, lentils, and peas you see here. We have fiber also in our fruits and vegetables. But how about the fiber in more processed carbohydrates such as the ready to eat cereals? Is there a difference? And the answer is yes, there is a major difference. So when you look at the sources of sugar, here on the left, we have the natural unprocessed forms of sugar, which by the way, is diluted in a lot of water, and is linked to fiber. So it's not quickly released when we eat those foods.

Lucia Tiffany 08:44

That's always a thing. Point, Maggie. That because of the composition of the fruits, the sugar isn't absorbed by your body as quickly as some other forms. So speed of absorption is something that really affects people's blood sugars, isn't it?

09:02

Absolutely. Okay. Also, if you look at the foods, also, if you look at the foods on the left, there they are, you know, a lot of studies that linked an increase consumption of foods to a lot of health benefits, a lot of healthy outcomes. So they also bring vitamins, antioxidants, minerals, a lot of substances that you don't get in process forms of carbohydrates, as you see on your right hand side. So it's important to differentiate carbs are not created equal. They have you know, they have the basic function, which is the same to give energy, give us a body energy, but they can be released quickly. Like we mentioned, they can be slowly released, and along with the release of those sugars bring other beneficial nutrients.

Lucia Tiffany 09:53

Oh, that's great. That's great to understand. Thank you.

09:57

Yeah, you're welcome. Let's look at this comparison here. So we have a large apple and we have two small cookies, which if we were to look at the ingredients, cashews, coconut sugar or cassava flour or dates, date syrup, coconut oil, chicory root fiber, milled flaxseed, sea salt and baking soda is probably not the worst cookies you have seen out there. But if you look at how is this going to occupy space on your stomach, which is also something that influences weight control weight management, because we

all want to feel satisfied, we eat until we are satisfied. So if you look at the calories in the volume of food, so by comparison, the calories in both is pretty similar. But even without looking at the weight, you can tell there is a major difference for the volume, right? So let's look at the weight here. So one large apple is going to weigh 242 grams, those two tiny cookies, 25 grams, so they both released the same amount, pretty similar amount of calories. Yeah. But if we were to adjust based on the similar weight, those two cookies will give you for the same weight of the apple 1961 calories. So they are 9.2 times more calorically dense, which is when we compare foods with equal weight, equal weight.

Lucia Tiffany 11:36

And just looking at the picture, I think I would feel fuller eating an apple than eating those two little cookies.

11:43

Correct. So that's one of the reasons we we have to differentiate the source of carbohydrates. And instead of blaming, you know, carbs in general, we can also see a major difference in the fiber content of this apple 5.8 grams on a large apple, these two cookies, two grams of fiber. So fiber has also you know, our property that is slows down the digestion of food, therefore, you're gonna feel full longer, which prevents you from over 80. Alright, so I have Yeah, and so how can we fit, you know, similar amount of calories with a much bigger volume. In the case of the apple? If you look at it, the answer is in the water content. So out of 242 grams of this apple 207 of those grams is from water. And as we all know, water doesn't have any calories. Right? Now, you know, as we all know, when we bake cookies, you know, the baking process is evaporating the water, so you're left with a product is pretty dry. So you know you're concentrating the calories, so you lose the benefit of the water in the original food.

Lucia Tiffany 12:59

That's really interesting. Thank you. I like that. Yeah.

13:03

starches, which is another source of carbohydrates. We can also have unprocessed foods that are rich in carbohydrates. He on the left, they have some something we call resistant starches, resistant starches, versus refined starches on the right hand side. So what resistant starches means those are starches that resist digestion. So even if you were to look at the label for your white rice or brown rice, and he says he has a certain amount of calories, the live the reality is you're not absorbing all those calories because some of those starches resist digestion.

Lucia Tiffany 13:44

Oh, wait a minute here, Maggie, are you telling me that even though the label will say there's this much carbohydrate in these whole foods that my body is actually not going to consume? Or use all of those calories? So it's like, like, I get free calories with that.

14:05

That's exactly right. So you can eat more and absorb less calories. Yes, that explains why Yeah, that explains why people when they gravitate towards those Whole Foods, they start to lose weight naturally without even restricting calories or restricting the portions too much. You know, they just eat until

they're satisfied. They don't absorb as much calories they eat, you know, their food is slowly release so they stay full longer. So I mean the benefits go on and on.

Lucia Tiffany 14:36

Yeah. Wow. That's great.

14:38

Yeah, so it's just important to recognize you know, there's potatoes are not created the same so you can have a beautiful baked potato that preserve all the water content, preserve you know the calories being low because doesn't have any fat, barely any fat versus french fries, which you you know, triple quadruple the amount of calories because of all the oil, right that is absorbed by the potato now. So it does matter the form of carbohydrates. That's the main thing that it's important in debunking the myth that carbohydrates cause weight gain, or cause diabetes, or some blood sugar is the type of carbohydrate matters. So we need to start looking at those foods in you know, from this point of view. And the same applies for cereals you know, and all I know a lot of people, you know, gravitate towards ready to eat cereals, but are a really good for you? even if they are fiber, because now their fiber has been processed. And before even because of the way most of the water now is gone from the original grain. So those foods are going to be processed much quicker than you know if you cook your cereal. So that's what you want to do we want to gravitate, we want to select unprocessed or minimally processed sources of carbohydrates, as you see on the left, and try to limit or ideally avoid those sources that are refined based on the right hand side.

Lucia Tiffany 16:10

Great, like that secret.

16:13

Also, the fiber structure also matters. So the more intact they grain, the better results you're going to have. So if you look at those options here, old oats, steel cut oats, old fashioned oats, instant oats, and we could, we could even add oat flour rice as the most processed form. Actually, if you look at the nutrition content, they have the same amount of fiber, believe it or not, that is the structure of the fiber that is different and quite different here. Right? So the more intact the fiber, the longer it takes to digest. And some people complain about oh, but it takes a long time to cook. But guess what, if it takes a long time to cook, it's gonna take a long time for you to digest too. And that's where the benefit is. So I tell my patients stay away from instant anything, right? We live in an instant society as it is, which is already another topic that you don't want instant foods, you want to, you know, take longer to cook they longer to chew, take longer to digest, you stay for longer, you know, so those are the benefits from the more intact form of fiber.

Lucia Tiffany 17:33

Yeah, that's a point I think, I'm sorry to interrupt. But I think that's a point that a lot of people may not be aware of is that eating your grains in the more intact form, like the groats or the wheatberries? or what have you, really makes a difference in your blood sugar's versus having it pre broken down, blended ground up, split or rolled. So that's a really important secret for people to remember. Good.

18:00

Yes, and fiber is one of the most important qualities of you know that we find in those process carbohydrates. This is a position statement by the Academy of Nutrition and Dietetics on the health implications of dietary fiber. And the definition of dietary fiber is the non digestible carbohydrate, part of the plants and the lignin that are intrinsic and intact in plants. So dietary fiber is found exclusively in plants. You don't get dietary fiber from meats, dairy and eggs. It's only found in plant sources. They state in this paper which reviewed over 70 studies, you know, looking at association of dietary fiber with different diseases, they found that higher intakes of dietary fiber reduce the risk of developing several chronic diseases, including cardiovascular disease, type two diabetes, some cancers and have been associated Guess what? Lower body weights. contrary to what people believe you know, so at those healthy carbohydrates actually helps you to lose weight and if you don't need to lose, just maintain your healthy weight.

Lucia Tiffany

That's great.

19:14

Now let's look at the adequate intake for fiber. So we can kind of start to understand if we have a problem in this country regarding actually not eating enough carbohydrates. So so the adequate intake for fiber is 14 grams of total fiber per calories per 1000 calories for each 1000 calories you consume. But in the journal they suggest 25 grams per day for those women and 38 grams per day for adult men. Now Lucia, we also work with I'm being interviewed here, but I want to throw your question. Do you think most people in this country are meeting this goal?

Lucia Tiffany 20:04

You know, from what I've seen on the standard American diet, it does not have that goal. And I've even heard that for optimal health, you're looking at even more fiber than this particular recommendation. So I do think we're probably way behind. So what do what does the average American actually consume?

20:27

So the dietary guidelines for Americans for America that looks at the current intake of several nutrients, they say that dietary patterns that do not meet recommended intakes of fruits, vegetables, and whole grains, contribute to low intakes of dietary fiber. And they state that more than 90% of women and 97% of men do not meet the recommended intakes for dietary fiber. And like I said, their recommendation is to be actually the minimum. Now, when people ask me how much fiber is the limit, I say the sky's the limit, because the guess what? they self-limit, you know, there's only so much you know, of those unprocessed foods you can eat, you know, until you feel false. So yes. So they self-limited, but like you said, you know, for disease reversal, we want to boost our fiber intake to the maximum we can from unprocessed plant sources.

Lucia Tiffany 21:27

You know, I know that in some lifestyle intervention programs that have really good results with reversing chronic diseases, they're recommending 45 grams of fiber or more per day. So and you can do that easily on a 100% plant-based diet. But that's quite a bit higher. And I don't, I've never heard that

there's like, a maximum, like you don't get toxic from fiber, you just get you just over eating, if you're getting too much. So it's more about using it for satiety and satisfaction. And then you're, you're going to be fine, you will never have too much. That is correct.

22:05

Okay, so let me see here. What is my next point? So let's look in terms of dietary patterns, you know, which is one of the things that the position of the Academy of Nutrition and Dietetics points out that dietary patterns that don't include the fruits, vegetables, and whole grains, will by default, be low in fiber. So there is one group in this country and in the world that has been standing out in terms of health outcomes and longevity, and they are the Seventh Day Adventist, and I happen to be one of them. And I happen to in New York as well. And I happen to work for a Seventh Day Adventist institution that promotes this way of eating. So Seventh Day Adventists get their beliefs that their original diet, you know, that God designed for human beings, was exclusively formed from unprocessed plant foods that can be found in the book of Genesis chapter one, verse 29. In the diet pretty much incorporates all fruits, vegetables, whole grains, beans, nuts and seeds. And when I say beans, you also mean lentils, and peas, any sure what we call them, the group of pulses. So if you read this way, can you find health benefits? So like, you know, the Adventists have been largely studied by the Adventist Health Study, which is an epidemiological, you know, type of study. So one of the articles they published, you know, has to do with the eating patterns that Seventh Day Adventists choose to adopt. And they're the prevalence of type two diabetes, but also their average BMI, their mean BMI, body mass index. So there's this particular article which you can find a reference here, they followed a group of 22434 men in over 38000 Women who you don't participate in the Adventist Health Study, and they follow them over time. But also, sometimes they just look at certain points in time to see, you know, what is the association of certain dietary patterns with the prevalence of different conditions. In this study, what they found is that those that are vegans in other words they eat exclusively from plant sources. They had the lowest prevalence of type two diabetes, 2.9% in this group. As animal foods were being more Incorporated, such as Lilly in the lacto-vegetarians, which are those that also introduced dairy and eggs. Pesco-vegetarians, those who introduce fish, semi-vegetarians, those that eat meat once a week or less, and that non-vegetarians, those that eat any kind of beat frequently, so many more multiple times a week. So You can see that as more animal foods are incorporated, the prevalence of type two diabetes goes up. But also, weight goes up.

Lucia Tiffany 25:11

Yeah, interesting. Yes, I'm wondering, we have some numbers for prevalence of type two diabetes in this study for these groups. What would you say is the prevalence of type two diabetes today in the United States? Do you have any idea? I know that's just kind of a question I didn't like, give to you ahead of time. But I'm curious.

25:29

Yeah, it's it's between 10 and 12%. The last that I looked, but there is an updated statistic, but you know, the one that the latest information I have, I can tell you that the number is about 34 million adults with type one diabetes in general in the US.

Lucia Tiffany 25:47

And then we know that on top of that, we've got a large portion of the population with prediabetes, many of which don't even know it. So the numbers are actually even higher. So I think this is really important information for us to be aware of.

26:01

Yes, definitely. So that dietary pattern we adopt matters. So contrary to you know, what people think that the more carbohydrates you eat the worse cases of diabetes you get. Actually, as we see here, if it's from healthy carbohydrate sources, quite the opposite is actually protective, you know, against type two diabetes and protective against waking, which affects so many other chronic diseases, too. So how about fruits? you know, doesn't matter, you know, do you need to limit your carbs, including fruits. So let's look at some of the evidence. There are many studies, I'm just going to talk about three of them. And then I'm also going to share some of the patients that I work with what has been their experience with incorporating more fruits. So the first study has to do with the fresh fruit consumption in relation to diabetes was a prospective study that followed half a million adults aged 30 to 79 from China and followed them for seven years. And they found that the participants without diabetes or baseline, they had the higher fruit consumption following them over time, they saw that they were developing much less cases of diabetes. So they found that was associated with lower risk of developing diabetes. But how about those who started off the study already with diabetes, and they were eating more fruit? Let's see if that's, you know, harmful or helpful. What they found was the participants with diabetes, a baseline, those were the higher fruit consumption, they were more associated with lower risk of all cause mortality, and microvascular and macrovascular complications. So in other words, they live longer, and they had less complications if they eat more fruit.

Lucia Tiffany 27:56

Well, that's good news.

27:59

Yes. And the largest meta-analysis and systematic review that followed the findings from 10 prospective cohort studies, which included over 400,000 participants found that a higher fruit or green leaf vegetables intake is also associated with a significantly reduced risk of type two diabetes. So the evidence is really, you know, huge. There is a lot of scientific evidence for that, you know, we just need to get the word out for people to start implementing why which, you know, what has already been proven? Yes. Now, a lot of people say, well, we need clinical trials to see if this really works, because, you know, prospective studies, or if they've been logical studies only prove association, they don't prove cause and effect. So I have a clinical trial for you, if that's what you want. sure. This is a clinical trial that you know, that many out there too. So this is just what I'm done. This one lessons for 12 weeks, and they took a group of 63 men and women with newly diagnosed type two diabetes and randomly divided them into two groups. One group was advised to consume at least two pieces of fruit a day. They call this the high fruit. yeah, this group was advised to consume Yeah, granted, you know, we eat you know, much more than that most of us. Most of us don't follow, you know, a plant-based diet. The other group was advised to consume no more than two pieces after today and they call this the low fruit. What both groups had in common they were both they both had consultations with a dietitian to make all the dietary changes. So at the end of the studies, they're able to see the increase in both groups with no difference between the groups granted, you know, two pieces of fruit There's not

much that what this study concluded is there is no need to restrict fruits to manage blood sugar. And here's the reference, you know, for our friends that want to look into the original study.

Lucia Tiffany 30:13

Absolutely. Interesting. So fruit was not a deal breaker when it came to controlling blood sugar's. That's, that's really good to know. And, you know, there's so many popular diets today that tell people they they can only have a few berries a day perhaps and really can't consume other fruits and, and pretty much cut them out. Seems to me like they're missing out nutritionally on some really important aspects that fruits and the and vegetables can provide us.

30:45

Hmm, exactly. And fruits also have you don't something that has been reported in the scientific literature as anti-obesity mechanisms. Oh, interesting. Yeah, this is a very interesting study that they looked at a fruit consumption, as you know, recommended by different national and global health institutes, that people actually adhere to this advice. And they have a high fruit consumption, they tend to be leaner. So they look at fruit. You know, I just think for other confounding factors in those studies, they looked at fruit, you know, as this important plant-based group has anti-obesity mechanisms built into, you know, his structure, that's really decrease. Yeah. And part of it is what I share before with the apple, most of it is actually water. Yeah, right. And is the water that is trapped and is released, you know, slowly as you to and as your stomach digest, you know, the food that is, you know, bound with fiber in all those other beautiful plant components. So, it decreases your total calorie intake, it helps to provide prolong satiety. So you stay for longer, like I said before, he has micronutrients that also have a lot of undiscovered mechanisms and how they interact with your gut microbiome. So that's, you know, a huge topic, you know, maybe in the future, but we got microbiome,

Lucia Tiffany 32:19

we actually have another presenter in the summit that is going to be talking a lot about the gut biome, so stay tuned.

32:27

Stay tuned, and I'm sure they're gonna about the benefits of fruits. Yeah, we also have, and what they listed, he has non essential phytochemicals, meaning they are not essential for survival, but they are essential for longevity. So phytochemicals are chemicals that you find in plants, the word phyto means plants in Greek, that, you know, has been found to promote additional benefits when we consume them, you know, from those sources in terms of even cancer prevention, which is not the topic of the summit. But, you know, just to show that there's no point. I mean, if you're avoiding fruit, you're really missing out on a lot of health benefits. Absolutely. Yeah. So I'll be I would like to kind of, you know, summarize my main discussion on my argumentation, you know, dividing the carbs into good, bad and ugly, I know, you know, those, we need to be careful with good carbs and bad carbs in some circumstances, especially when dealing with people with eating disorders. But in terms of the summit, people who are trying to reverse a chronic disease, it's important to just learn how to differentiate the good from the bad and the ugly, because there are different degrees of processing of those carbohydrate rich foods.

Lucia Tiffany 33:45

And so would would may be used to say the terms health promoting for the really good carbs, maybe health neutral or health destructive, and those are ways that kind of take away the good or bad label but still helps you to understand very clearly that you would want to choose more from the ones that promote health than from the ones that that don't.

34:10

Yes, yeah, that's a good point. So the good carbs you know, quote unquote, you know, taking those considerations that are mentioned are the ones that you know, the fibers mindset so you see here there is full of unprocessed plant foods or minimally processed plant foods such such as a good quality you know, whole wheat, whole grain bread. So you can find here the list of different whole grains which include gluten-free options for our friends that may have a gluten sensitivity or allergy. So we have you know, we can find whole grain gluten-free options as well. So we can also get plenty of better health benefits from the legumes, beans, lentils, peas, minimally processed soy products. chickpeas fruits and vegetables. So in a nutshell, those are the healthiest forms of consuming your carbohydrates. Hmm, I like that. Okay. Now the bad carbs in you know, the more you know, the ones that don't promote, you know, how's the better face, other ones that you have the refined grains and added sugar and added fat. So where do we find a grain the grain, you're not just getting rid of the fiber or the bran, you also get rid of the germ, which is the part of the grain that concentrates your vitamins and minerals. So you get rid of most of the nutrients, you get rid of the fibers, so you're just left with the starch, which now is no longer going to be a resistant starch is going to be something that is going to be digested very quickly and spike your blood sugars. And if your blood sugar spike, you have the quick release of insulin. And you may drop your blood sugar is too low, and it causes hunger. So you get into the cycle of over eating, you know, to compensate for this ups and downs on your blood sugar. That makes sense. But you know what I consider the ugly carbs. You know, again, in terms of the processing, it has to do with a what we call ultra processed foods. So those are grains that are not only have been refined, not only they have added sugar, but now they have added sugars that are more unnatural, such as high fructose corn syrup, we have more more unnatural types of fats being added to them, you know, which are saturated fats or trans-fats, we have you know, added salt and preservatives, bulking agents, antifoaming, carbonation emulsifiers, the list goes on and on with ingredients that you don't even know how to pronounce, let alone how to recognize what they are. And so what we find with those more highly processed foods is not only they've been linked to, you know, weight gain, type two diabetes, they've been linked to asthma and cardiometabolic risk in children. They'd also have been linked to overweight obesity, type two diabetes, like I said, cancer, gastrointestinal disorders, depression, frailty, cardiometabolic risk and cardiovascular disease in adults. And if our friends want to see all the scientific references for for these claims, you know, on my freebie, my free gift. Yes.

Lucia Tiffany 37:30

Let's talk about that.

37:32

Yes, they have scientific references.

Lucia Tiffany 37:34

That's good to know. And I do want to bring your attention to that, listeners that Maggie has a free gift for you just for attending the summit. And it's a beautiful handout that I know you're going to want to sign up for. And tell us a little bit about what you've included in this handout, Maggie?

37:54

Yeah, so this is this was an article that I wrote. And the title is Making Peace With Carbohydrates. So you can understand the healthy carbohydrates that are going to help you achieve your health goals, whether you have diabetes, pre diabetes, or any other chronic condition, whether you don't have but you're trying to prevent them. So you know what foods to introduce, you know, to help you, you know, achieve your health goals. So the title is making peace with carbohydrates include all the scientific references. For all this claims you seen in this interview article has many more. And I'm also including a healthy carbohydrate recipe that is completely sweetened with fruit, there is no added sugar, there is no added fat. It's a very healthy, satiating and delicious recipe that I'm gonna keep as a surprise. So our listeners need to go and click on the link. And enjoy the free gift.

Lucia Tiffany 38:53

Oh, thank you so much beg you I really appreciate you making this available to our listeners today. And is there anything specifically you would like to share with our listeners that would say these are maybe a good place to start or my best recommendations, or the most important truth about carbs, whatever it is that you want to share his words of wisdom here as we close? This is a good time.

39:19

Sure. So I kind of summarize it here. So let me find Oh, I would like to also talk about some patient testimonials. I didn't get to.

Lucia Tiffany 39:28

Let's do that. Like your stories. Yeah, yeah, just a bit more.

39:31

Yeah. So these are testimonies from the diabetes treatment center related to patients that actually increase the healthy carbohydrates intake. So let's look at you know, four case studies. So the first one is the 50 year old male with type two diabetes. He replaced his usual choice of breakfast which used to be fast food based, which fruits granted he eats all the food groups throughout the day, so it's not like he is depleting himself or other food groups. So he lost 5 pounds in three months. And his A1C went from 9.9 to 6.7. So he's definitely in the road to on the road to reverse his diabetes if he continues with those, that habits.

Lucia Tiffany 40:12

And actually just I want to say something to our listeners about that that kind of drop in A1C is way more than is expected with oral medications for A1C. So yeah, here we're actually seeing that this approach was more powerful than pharmaceuticals are.

40:30

Right and all this case studies I'm mentioning none of them had medications changed during the duration of this education period. It's good to know okay, this is a the next one is a 37 year old female with pre diabetes. So she's doing the year long pre diabetes, diabetes prevention program with us. So she reduce her sodas and fries, she's eating more fruits and vegetables and she told me she's eating more vegan in general. She lost 65 pounds Wow, less than a year. Her A1C was he was 6.9 and she is doing in the program. So currently she is on a 5.6 without medication so she you know reverse Herpy diabetes, she just needs to maintain those good habits now. We have a 61 year old male with type two his transitioning to a whole food plant based diet. He lost 2525 pounds in three months. His pre education A1C11.1 Currently he's 6.4. In the last one is an adult female with type two, she increased her food intake, quit sodas and sweets. So it just shows you that you know that people need to worry about the unhealthy carbohydrates that instruct so you need to you know avoid them since she switched from white rice to buy rice or quinoa. He her pre A1C he was 14.10 currently 5.7. That's amazing. Yeah, so the take home points, you know, lifestyle changes is a journey. So start implementing you know what you're learning in the summit one step at a time, make peace with a healthy carbohydrate-rich foods, they are going to help you in this journey. fill at least half of your plate at each meal with fruits and or non-starchy vegetables, it can be a combination of both or it can be one or the other. At least half of your plate needs to contain fruits and or vegetables. Aim to eat all your grains and green plants and products from whole grains. That's going to also boost your fiber intake. Prepare your own meals as much as possible, because you have control on all the ingredients. Aim to eat at least one cup of cooked beans, lentils or peas everyday. That's a huge benefit as well. Vary the choices from each group as much as possible, make your plate color full. And this is some of the places where you can find me. And you know those who wish to be linked to the diabetes treatment center. That's the phone number to call. And we'll see I was gonna give more of my information as well.

Lucia Tiffany 43:08

Yes, and you will find these also below this video in the on the same page. And I just want to say thank you so much, Maggie. This has been really eye opening very helpful information very practical. And I know that our listeners are going to benefit much as they begin to apply the things that you've shared today. So I really appreciate you coming. And to our listeners I want to say remember that health is wealth. And with every healthy choice, you are getting richer. Thank you for joining us today on our summit. We'll see you in the next session.