

« High Blood Sugar? What to do...

Bacon & Smelt »

Vegetarian & Diabetes Question

BY STEVE COOKSEY. ON DECEMBER 2ND, 2011

This is the initial entry in a new category of posts called, "Diabetes Questions".

Periodically I will select questions and answer them via a post.



(1)
 IF people are writing you with Diabetic specific questions and you are responding you are no longer just providing information - you are counseling - you need a license to provide this service.

Rest assured, anonymity will be preserved.

Below is an email I received and the questions or statements were addressed 'in line'. I have quoted my comments.

=====

- > Hello Steve.
- >
- > My best friend has diabetes. a vegetarian and just
- > found out. he's been sick for at least 3 years, but also he
- has developed
- > Neuropathy. so even though he was a very healthy man, he
- can't even walk
- > now.

1) I tried going vegan/vegetarian several times pre-diabetes diagnosis... so I can sympathize but it's not a healthy diet if he was eating glutenous and/or sugary foods... with hydrogenated vegetable oils. In many ways vegetarian diet is healthIER than the typical diets for diabetics. Many have reported reducing blood sugars on a but it's not a healthy diet for diabetes.

I will maintain this position until someone

(2)
 Here you are giving this person advice based on what she has said to you. There is a difference between writing a blog on your beliefs regarding a vegan diet and telling someone else what they should. In the first scenario you are just sharing your opinion; in the second you are advising. Counseling/ advising requires a license.

can show me a Vegan (or vegetarian) diabetic who is drug and insulin free... with normal blood sugars.

2) Neuropathy is caused by elevated blood sugars... consistently elevated blood sugars. Your friend must first and foremost obtain and maintain normal blood sugars.

Eating a high carb diet of any kind makes that difficult with the resulting soaring highs and crashing lows.

Not every one heals completely, depending on damage done but maintaining NORMAL blood sugars will allow his body to heal. Many (including myself) have experienced a reversal in diabetes symptoms including neuropathy.

The only way I KNOW to obtain and maintain normal blood sugars is to a low carb primal meal plan... eating coconut oil with animal proteins and fats. "Low Carb Vegetables" are also allowed as well.

Cut the carbs to 30g or less of TOTAL CARBS per day and eating meats and veggies will help them.

Here is my meal plan, <http://www.diabetes-warrior.net/a-meal-plan-you-can-live-with/>

Here are some food posts. <http://www.diabetes-warrior.net/a-meal-plan-you-can-live-with/diabetes-friendly-recipes/>

If he has some mobility. I am assuming he can still exercise at least some. He can 'curl' weights and do over head presses, push ups etc...

Depending on his mobility he may still be able to perform these exercises. <http://www.diabetes-warrior.net/fitness/primal-fitness-videos/>

>He moves a little bit today, and tomorrow he has to fill

(3) Assessing and advising - requires a license.

(4) Although you are not designing a meal plan for him, based on the information you were provided from this person, you guided her (for her friend) to your meal plan - indirectly you conducted an assessment and provided advice/nutritional counseling. Please refer back to comment (2).

himself

> with drugs not to fill the pain in his body.

My heart is saddened by this news ... I see and hear it often.

Honestly, he needs to get off the "carb up and shoot up" treatment plan.

> Advising

HE MUST GET CONTROL OF HIS BLOOD SUGARS IMMEDIATELY.... today.

Doing so will stop further damage and possibly allow his body to begin to heal... the alternative is to stay on the same path... and we both know where this leads.... further damage to cells, organs and limbs.

> I really want to help him. Is there any place you can recommend me to learn
> about vegetarian people with diabetes?

Not entirely sure what you mean... but let me make this crystal clear.

I have sought out others... and I know of NO ONE who has achieved normal blood sugars who eats a high carb, vegan/vegetarian diet. I do know of people who were on a extremely high carb diet of sugar, cakes, cookies, bread etc etc... who improved their blood sugars but even still the blood sugars were too high and damaged continued.

I do not recommend that any diabetic eat a vegetarian/vegan diet ...

I do suggest that your friend eat as I do and exercise the best they can.

Here is another link to a post. The gentleman tried a vegan diet for diabetes and while it did lower his blood sugar somewhat, it was not until he tried a low

carb primal meal plan that he achieved ultimate success.

<http://www.diabetes-warrior.net/2011/09/02/diabetes-paleo-success-story-with-a-vegan-twist/>

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Related posts:

1. [Et tu... Fox News = Vegan Diet for Diabetes?](#)
2. [Diabetes, Paleo Success Story...with a Vegan Twist](#)

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[Vegetarian & Diabetes Question](#) »

High Blood Sugar? What to do...

BY STEVE COOKSEY, ON DECEMBER 4TH, 2011

This post will address a question from Karen Gale



Reuters.com

You should not be addressing diabetic's specific questions. You are no longer just providing information when you do this, you are assessing and counseling, both of which require a license.

regarding her blood sugar elevating.

Lessons Learned?

I am essentially placing the summary at the beginning of the post... so you will be able to think about this as the post progresses. I truly believe that it is CRITICAL for everyone to understand this.

Critical for ALL ... not just diabetics.

If you are taking drugs (or are sick and may need them) then I strongly suggest that YOU evaluate what you are doing in your life.

Evaluate what you eat, your supplements, how you sleep, your exercising ... evaluate EVERYTHING.

Why do I say that? ... because I have not taken a drug since March 2009. I have weaned off drugs and insulin completely... and I have normal blood sugar. I did this by being in an almost constant state of tweaking and

experimentation. OK OK!!! ... enough about me. :)

High blood sugar can have numerous causes. Stress, high carbohydrate diet, illness, infection, lack of sleep, toxins, even intense exercise... all these things cause inflammation too. If you are not familiar with the word inflammation check out this post. "Inflammation – Causes and Detection".

My Blood Sugar is High

This post addresses a question from Karen Gale and she has approved the publishing of our exchange and the use of her name. :)

You can read Karen's full story in a post I did about her, "Karen Gale's Story". Since that post published she has had even better and better results. Totally weaning off drugs and maintaining normal blood sugar... she was definitely "thriving and not just surviving".

... Karen had maintained normal blood sugar ... until several weeks ago.

Here is what Karen sent me.

Ever since I tried to introduce Heavy Whipping Cream back into my diet I've been battling my Blood Sugar ... I think it's only been below 100 a couple of times ...

Usually around 110 when I wake up close to the same at bedtime (fasting had reached as high as 114 mg/dl).

I replied, "only one thing left to do" ... which meant reducing the heavy cream.

Karen stated that she had already removed the Heavy Whipping Cream and had recently removed wine as well.

1) Wine has never raised my blood sugar so I doubted it was a cause for Karen's elevated Blood Sugar.

2) Heavy Whipping Cream never affected my blood sugar either but some people do claim it raises their's so it's possible it caused her blood sugar to elevate... 'could'. Karen said that she had only used the Heavy Cream for three days before her sugars elevated. She stopped using it and it had been a couple of weeks since she last used any.

- see previous comment

When helping her with this issue you were assessing and advising - these activities require a license. Further - would seem to communicate to the public that you can ~~do~~ provide this type of service possibly for them too when you post in this manner.

I was skeptical that the Heavy Cream was the cause... but one NEVER knows.

Karen and I actually talked on the phone at this point. She said that she was to the point of going back on medications to lower her blood sugar. She said that she was not doing anything different. Her stress level and sleep was about the same. she was eating the same etc.

Going on drugs should be the last option. Do not get me wrong. Blood Sugar control is the KEY for proper diabetic treatment. However, we should do what we can to avoid drugs due to the adverse side affects.

I was trying to rule out any other possible variables... ... so I asked her about her exercising.

She was doing intense weight resistance training or intense cardio four to six times a week... without a break. In fact, she could not remember the last time she took any significant time off from intense exercise.

Personally... I have issues with over training as well but my blood sugar does not elevate significantly. I just get to the point my body says... 'no more!'

I suggested that Karen take an entire week off from intense exercise. Walking is always allowed... but I suggested that she not do any intense anaerobic exercises including weight resistance or intense cardio.

She complained... (she's an exercise junkie) so I told her.

" or ... you can take drugs and not know if it's the exerciseyeah... that makes sense. "

Yes. I was being sarcastic but I was trying to make a point.

Evaluate everything that you do! You never know what may be causing a rise in blood sugars.

At this point I did not know if the intense exercise was the cause for her elevated blood sugars. Every diabetic should know that Intense Exercise causes a rise in blood sugar temporarily. However, it has been my experience that over

Again, what does this
communicate to the public?
Assessing

Advising - to help control blood sugars

time, intense exercise causes a reduction in blood sugars longer term.

I talk about [Primal Exercise and Diabetes in this post](#). I guess Karen never read it. :)

Karen finally RELENTED and here are the results of experiment.

Overnight Fasting readings while ceasing the intense exercise. 103, 102, 97 and today 84.

Here are her post meal blood sugar readings were 97, 97, 94 and 89. (these were 2-4 hours post meal)

Summary:

Most people are not going to have the problem Karen Gale had... of over training.

It's something that I rarely talk about because the problem with the vast majority of people is not exercising ENOUGH!

The lesson learned here is...

... objectively and critically examine your life and lifestyle to see what can be changed or tweaked to improve overall health and fitness.

Intense Exercise is GOOD!!! ... but too much, too often may have adverse affects.

For diabetics, the critical measure is maintaining proper blood sugar levels.

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Related posts:

1. [What is high blood sugar and what are Diabetes Symptoms](#)
2. [Exercise and Blood Sugar](#)
3. [More on Blood Sugar for Diabetics](#)
4. [lowER FAT & Blood Sugar Update 7/7/11](#)
5. [Daily BS 1/31/10 \(BS=Blood Sugar\)](#)

[DIABETES QUESTIONS, EXERCISE](#) [DIABETES](#)

EXERCISE. PRIMAL

« [Date with the Devil... my High Carb Experiment – Day 1](#)

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1 comment to High Blood Sugar? What to do...

tai

[January 17, 2012 at 7:59 pm](#) [Log in to Reply](#)

I am thrilled to have found this site. I am insulin resistant. I do not want to become diabetic. I am able to keep my blood sugar stable if I eat ONLY meat. My boyfriend is a vegan and he is supportive of my only meat diet because he has seen the difference in my energy, weight and overall health.

He seems to do much better on a vegan diet. He eats only vegetables and I eat only meat.... we are fun company.

I can get away with eating spinach and very low carb vegetables most days. But, sometimes when I have any vegetables at all it causes intense carb cravings. The only way I seem to not crave carbs is if I avoid them all together. I eat nuts, low carb cheese & meat. My fasting blood sugar average is 77. One hour after meals it is never above 105.

I went on the low-fat vegan, low carb, diabetes diet. I wanted to be vegan! I was strict and did not cheat. I gained 15 pounds in 2 months. My fasting blood sugar was 110 and an hour later 140 -180's. I was tired and had a very hard time waking in the morning.

I can't thank the creator of this site enough. It helps to know I am not alone in my so called odd – eating habits.

I eat grass fed and free range meats and cheeses. I think animals fed corn and other GMOS are not good for our cells and all these toxins may be why so many people are becoming Diabetic.

Tai

A Meal Plan You Can Live With

This page is about, meal planning for diabetics. If you look at the "header" picture running across the top of the page, there is a picture of Diabetics who are utilizing a primal style meal plan to WIN THE WAR against Diabetes. The point? My story is ONE OF MANY in February 2009, I was obese (weighed 235) and diagnosed as being a Type 2 Diabetic who was taking 4 insulin shots and drugs for diabetes, cholesterol and hypertension.

Today, I am 70+ lbs lighter and I have normal Blood Glucose readings, for non-diabetics AND I have normal blood pressure and cholesterol... **AND I TAKE -0- drugs and -0- insulin.**

I attribute my success to a "Twin Pillar Approach" to Fitness/Wellness.

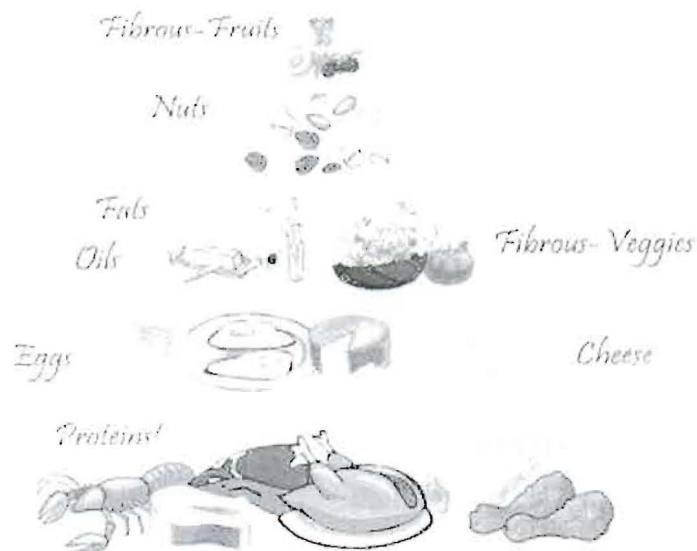
1) Meal Plan - I follow a low carb paleo style meal plan... it is MUCH more than a meal plan...it's a life plan espoused by Mark Sisson in "**The Primal Blueprint**". Following a Very Low Carbohydrate version of the meal plan was **THE** primary reason for my success.

2) Exercise - In February 2009, I could only walk about 1/2 mile. Whatever you can do do it. Start moving... walking, jogging, tennis, etc etc. Today, I exercise six days a week, (usually with Beachbody's P90X). P90X "fits" into the guidelines of Primal Living.

* Remember! ... today is the **FIRST DAY** of the rest of **YOUR LIFE!!!** Make it count! Go **PRIMAL TODAY!!!** Doing so will reduce the likelihood of diabetic complication due to High Blood Glucose.

** For exercise, **JUST** do a little more today, than you did yesterday. Daily consistent action = **SUCCESS!**

My Diabetic Nutrition Chart



My Meal Plan

It is acceptable to provide just this information, but when you start recommending it directly to people you speak to or who write you, you are now providing diabetic counseling, which requires a license.

Since August 2009, less than 50 grams of carbs per day. I generally stay below 30 grams per day. Over the last six months, I am typically in the 15 to 25 gram range per day...and I exercise ALMOST every day.

This is a meal plan not just for Diabetics... it is a meal plan that ALL PEOPLE can live with.

What to AVOID

- **sugar**

- includes soft drinks, fruit juices, cookies, cakes, cakes, cookies

Links – [here](#).

- starch – both potatoes and rice are high in starches...which means they are high in carbs. As a diabetic, I typically fall below 30g of carbs but never above 50g per day. Do you really want to use that up on **one (1) potato**? or exceed 30g on **1 cup of rice**? ...not including the condiments you put on, in or around it to make it palatable. Plus... make no mistake, eating 30g at once will cause your BG to spike.
- Successfully living with diabetes (especially type II) is all about "rationing" carbs.
- grains – especially wheat (gluten) in ANY form, flour, pasta, breads, crackers, cakes etc
Links: [Here](#) , [Here](#), [Here](#), [Here](#), [Here](#) , [Here](#), [Here](#) (I could go ON and ON)
- transfats, hydrogenated oils – including corn and vegetable oils
- cereals
- legumes – including beans and peanuts. Peanuts are technically a legume and not a nut.
- pasteurized milk
- high carb fruits – especially bananas, pineapple,
- high carb vegetables
- "reduced fat" - why? typically they are reducing natural fats AND they usually add sugar to compensate.

What I EAT Every Day

Eat these when hungry, when not hungry...don't eat. :)

Meats – beef, pork, fish, poultry, eggs, etc. Organ Meats are particularly high in nutritional value.
Veggies – low carb veggies are best such as greens, cauliflower, broccoli, green peppers, celery, asparagus

Fat – Coconut Oil, Butter (with salt), Rendered Fat or Lard.

Drinks – water and coffee with ONLY HWC (Heavy Whipping Cream).

Condiments/Spices – Tony Chachere's, Texas Pete (1 g per serving), Black and Red Pepper,

Occasionally I will Consume....

Wine – once a month I will drink wine, always red and usually a Merlot or Cabernet Sauvignon. For me, occasional alcohol and diabetes is ok, I know others who use it sparingly as well.

Vinegar – apple cider on salads or greens.

Cheese – typically I will add cheese to my LC Caulicrust pizza or my LC Primal Chili, but I do try to

limit.

EVOO – Extra Virgin Olive Oil, also on salads or slaw but also for low to medium temperature cooking.

Nuts – walnuts, pecans, cashews, etc. (except peanuts)

Fruits – Low Carb Fruits but not daily, blueberries, raspberries

- Stevia and Artificial Sweeteners are okay during the transitional period but not for longterm usage. You want to break the addiction to carbohydrates and that is more difficult if you continue to eat sweeteners.

You can click on this link and it will take you to a listing of my diabetic recipes.

Do you need "hands on" support to transition to a healthy lifestyle? [Click Here.](#)

↳ although you removed the tab, ~~you~~ we were still able to link to this page via this link. Trying the web address on other computers indicates this page is still live.

Disclaimers :

* I recommend that ALL Diabetics who are NEW to a low carb meal plan, reduce carbs to a 30g per day level until their Blood Glucose adjusts. This is also inline with the recommendations of Dr. Bernstein.

** While eating a lower carb meal plan — monitor your blood glucose carefully and reduce medications appropriately to prevent lows. I eliminated my Diabetes Drugs (and Insulin) when my Overnight Fasting Blood Glucose levels were consistently in the 70-90 range.

*** I am NOT a doctor, dietitian nor nutritionist. If my example or suggestions conflict with your doctor's advice, please consult them.

**** IF YOUR DOCTOR does NOT support a low carb paleo meal plan, FIND ONE WHO DOES. If you are having difficulty locating a "Low Carb" doctor or have questions? Email me [HERE](#).

Do you need "hands on" support to transition to a healthy lifestyle? [Click Here.](#)

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« November is Diabetes Awareness Month...
ha!

Who benefits from this recipe, Diabetics? »

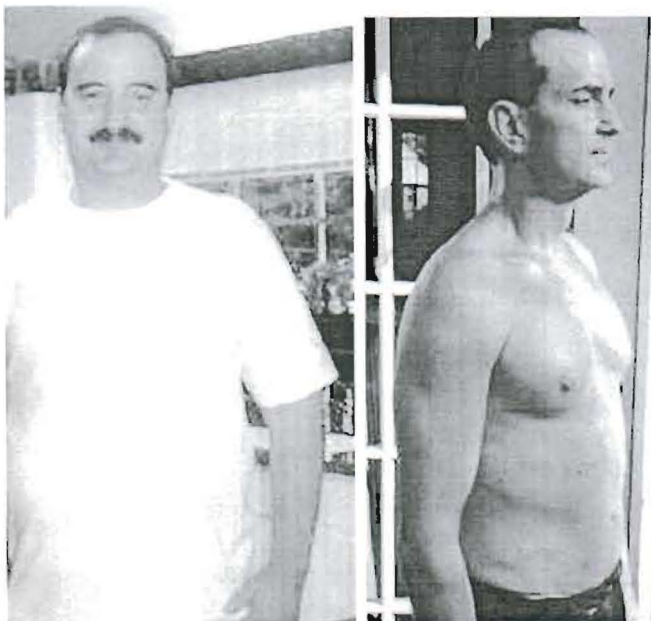
*This page appears
to still be live at:*

Diabetes Support

BY STEVE COOKSEY ON OCTOBER 31ST, 2011

I am a Type 2 Diabetic, who lost 78 lbs and weaned myself off of 4 insulin shots and drugs for diabetes, hypertension and cholesterol. More importantly, I have maintained the weight loss AND I have not needed nor have I taken a drug nor insulin since March 2009.

You could say... I know how to control diabetes (type 2) and obesity. Make no mistake, the way I eat, exercise... the way I LIVE is the best way for all diabetics to live including Type 1's ... it's the best way for us ALL to live. Every person can benefit from this lifestyle....



My Before and After Picture

There are no "magic" lotions, potions nor pills.

Are you currently paying for expensive diabetes advice that is causing you to take more drugs and more insulin?

Do you suffer from Diabetes Symptoms?

Do you have Diabetes Complications?

How much are you spending for drugs and insulin today?

How much is it worth to RECLAIM your health and fitness?

I know you're jaded! I know your skeptical!

You've been given the wrong advice and your health hasn't improved!

I repeat, **"I can help you learn how to control diabetes!"** Read my testimonials from others that I have helped to turn their health around, then select a package that best fits your needs. As always the information and articles on this blog are free for you to read – this support is for those who want hands on, personal time, with personal recommendations and help.

Testimonials

① As previously stated, you can provide information on your site, but you cannot work one-on-one with individuals

② Consider how these testimonials come across to the public - would the lay person believe you could counsel him/her?

You changed our lives, and possibly helped my son live a longer life. Bless you!

You influenced him also to play football ... (he) thought he couldn't do what others did, he decided that he was gonna control the disease & not let it control him. ... there's people being helped by you! ~ Lori

I love you for pushing me to go low carb primal. Just got my latest blood test results and they just blew me away. ~ Melissa

Thank you Steve... you have taught me much! I never imagined I could take back my health! Steve, you have played a huge role in making that dream possible! The incredible amount of resources you share regarding the Paleo/Primal meal plan, diabetes and fitness is the reason that I have been able to achieve my goals — my diabetes is down to normal ranges, and normal lipid panel! One again, thank you for changing my life! ~ Karen

It's you reaching people, making a HUGE difference in people's lives! ... You drive your point home and ANYONE that opens their mind to go primal for 10 days and sees the results in their BG would be a damn fool to go back to eating like an IDIOT! ~ Brian

Choose a support package that is best for you ... and let's get started reducing insulin and drugs!

Support Packages

Basic Package

\$97 per month (4 weeks, 28 days)

(8) 15 minute phone conversations per month, from 8 AM to 8 PM EST.

AND

(1) Email Q & A's per week (24 hr response time)

Buy Now



Intermediate Support

\$149 per month

(12) 15 minute phone calls, from 8 AM to 8 PM EST.

AND

(2) Email Q & A's per week (24 hr response time)

Buy Now



Change Your Life Plan (Best Value)

\$197 per month (4 weeks, 28 days)

(20) 15 minute phone conversations per month, from 8 AM to 8 PM EST.

(2) Email Q & A's per week (24 hr response time)

* You will have my full support to help you transition to a new life full of health and vitality!

** I almost named this the "Partnership Package", if you choose this package I will be our PARTNER, working with you daily as you make the transition to better health and fitness.

Buy Now



Closing

People it TRULY is SIMPLE... but it is not EASY!!! This is backed and supported by scientific research... let me prove it to you.

I have personal experience in losing weight and in improving my cholesterol and blood sugar.

Equally important, I have experience in helping others... DO THE SAME!

Let me help YOU:

- 1) Improve Blood Sugar Control
- 2) Lose Weight
- 3) Improve YOUR health and fitness.

Need a license

CHOOSE A PACKAGE that best fits your needs... and let's GET BUSY!

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ACTIVITIES DIABETES SUPPORT

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Who benefits from this recipe, Diabetics? »

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Privacy Page

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Diabetes-Warrior.net strives to maintain the highest standards of decency, fairness and integrity in all our operations. Likewise, we are dedicated to protecting our customers', consumers' and online visitors' privacy on our website.

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Diabetes-Warrior.net collects personally identifiable information from the visitors to our website only on a voluntary basis. Personal information collected on a voluntary basis may include name, postal address, email address, company name and telephone number.

This information is collected if you request information from us, participate in a contest or sweepstakes, and sign up to join our email list or request some other service or information from us. The information collected is internally reviewed, used to improve the content of our website, notify our visitors of updates, and respond to visitor inquiries.

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You have the ability to accept or decline cookies by modifying your Web browser; however, if you choose to decline cookies, you may not be able to fully experience the interactive features of the site.

A web beacon is a transparent image file used to monitor your journey around a single website or collection of sites. They are also referred to as web bugs and are commonly used by sites that hire third-party services to monitor traffic. They may be used in association with cookies to understand how visitors interact with the pages and content on the pages of a web site.

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Non-Personal Information

In some cases, we may collect information about you that is not personally identifiable. We use this information, which does not identify individual users, to analyze trends, to administer the site, to track users' movements around the site and to gather demographic information about our user base as a whole. The information collected is used solely for internal review and not shared with other organizations for commercial purposes.

Release of Information

If Diabetes-Warrior.net is sold, the information we have obtained from you through your voluntary participation in our site may transfer to the new owner as a part of the sale in order that the service being provided to you may continue. In that event, you will receive notice through my website of that change in control and practices, and we will make reasonable efforts to ensure that the purchaser honors any opt-out requests you might make of us.

How You Can Correct or Remove Information

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we provide this privacy policy as a statement to you of our commitment to protect your personal information. If you have submitted personal information through our website and would like that information deleted from our records or would like to update or correct that information, please click on this link and/or use our Contact Us page.

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Diabetes-Warrior.net reserves the right to make changes in this policy. If there is a material change in our privacy practices, we will indicate on our site that our privacy practices have changed and provide a link to the new privacy policy. We encourage you to periodically review this policy so that you will know what information we collect and how we use it.

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Do you need "hands on" support to transition to a healthy lifestyle? [Click Here.](#)

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Still links to support page