

of the Week...

Baby Boomer Alert: To Those born between 1946-1964
And, the questions have started coming: "What's the best exercise?"
If possible, you should do a strength-training workout at least once a week, using either weights or resistance bands. A trainer or class instructor can set up an appropriate program for your needs and show you how to perform the exercises properly...more next week.

Foods That Help Combat Diabetes

While Diabetes has reached the point of being considered of epidemic proportions in America, there are a few simple foods that seem to help: A study published in *Diabetes Care* found that 1 to 6 grams of **cinnamon** daily (as little as a quarter of a teaspoon) lowered glucose levels by up to 29 percent.

Researchers at Arizona State University East found that two tablespoons of **vinegar** before meals cut sugar levels in pre-diabetics by 50 percent, and by 25 percent in diabetics.

Israeli researchers report that **pomegranate** juice has important benefits for diabetics. They found that drinking 6 ounces of the juice daily for 3 months lowered the risk for atherosclerosis, which causes 80 percent of deaths in diabetics.

A study published in the *Journal of the American College of Nutrition* found that a diet rich in **almonds** improved insulin sensitivity as well as lowered levels of LDL (the so-called "bad") cholesterol.

Other foods found to be helpful include:

1. **Garlic**
2. **Apples**
3. **Green Tea**
4. **Dark Chocolate**
5. **Whole fat dairy products**
6. **Pumpkin**

Leading a healthy lifestyle and using good nutritional choices doesn't have to be hard... it's just important for you to be knowledgeable and make informed choices.

The Bottom Line...The Bottom Line...The Bottom Line...

According to UnitedHealth, more than 50% of all Americans will be classified as diabetic or pre-diabetic by 2020. Diabetes brings a long list of complications including atherosclerosis, heart attack, stroke, kidney failure, nerve damage, poor circulation, hearing loss, erectile dysfunction, periodontal disease, and diabetic retinopathy to name just a few. Regular exercise, proper nutrition and a healthy functioning nervous system are viable approaches to being healthy!

This issue of the HealthTip of the Week
is brought to you as a public service by...