

# FOODS THAT MAY HELP HEALTH CONDITIONS

Diabetics may find that cinnamon can help to stabilize blood sugar levels

Diabetics may find that corn, potatoes, white rice and some cooked foods can raise sugar levels

Exercising at least 3 times a week for 20 minutes has been proven to act as invisible insulin and helps to stabilize blood sugar levels.

Read the package of what you are about to eat for sugar content

Eat foods such as nutrition bars with less than 5% sugar. Atkins brand has very low sugar content.

Stress has been proven to raise blood pressure and blood sugar levels. Learn to release and let go during this time of fasting.

Try to eat as much "raw" organic vegetables as possible.

Beans are blood sugar stabilizers. Avoid all rice for now.

Sweeten oatmeal with Stevia. (Sweet Leaf brand sold at Whole Wheatery)

Avoid artificial sweeteners.

Avoid all dairy.

Avoid all breads.

Remember this is for 21 days and by following suggestions you may not need to take some medications that you are now taking. The key here is "DISCIPLINE" and not ignoring instructions!