

NO SUGAR, BUT SPICE

Cinnamon and high blood sugar

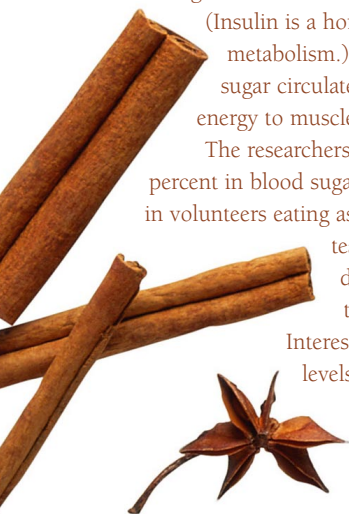
Less than a half teaspoon a day of cinnamon reduced blood sugar levels of 60 type 2 diabetics in Pakistan who participated in a study published in the December 2003 issue of *Diabetes Care*.

In type 2 diabetes, either the pancreas does not produce enough insulin or the body cannot correctly use it.

(Insulin is a hormone that regulates sugar metabolism.) The result? Unhealthy levels of sugar circulate in the blood, instead of providing energy to muscles.

The researchers saw an improvement of roughly 20 percent in blood sugar, cholesterol and triglyceride levels in volunteers eating as little as 1 gram (less than 1/2 teaspoon) of cinnamon per day for 40 days. They noted no advantage in taking more than that amount.

Interestingly, the volunteers' blood sugar levels started climbing when they stopped consuming cinnamon.

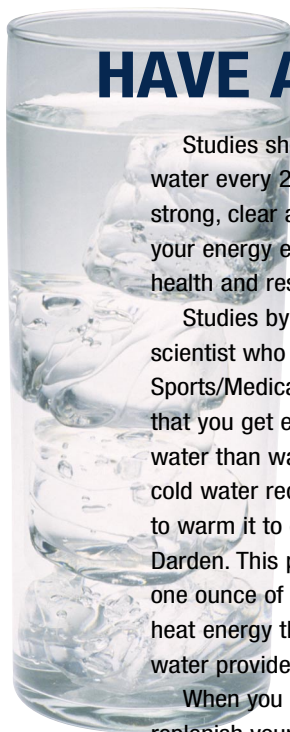


Required labeling of TRANS FATS IN FOODS

A 2003 U.S. Food and Drug Administration rule requires food manufacturers to list on labels the amount of trans fats found in their foods. To help consumers understand the new labeling, which must be in place no later than January 2006, the Website of the FDA Center for Food Safety and Applied Nutrition features helpful background on trans fats and how to minimize them in your diet. The FDA states that, although found in many food products, trans fats have been shown to raise levels of LDL ("bad") cholesterol and increase the risk of heart disease. The site [www.cfsan.fda.gov/~dms/transfat.html] includes sample "Nutrition Facts" labels showing the location of the new trans fat information.



HAVE A COLD ONE



Studies show that consuming small amounts of chilled water every 20-30 minutes during the day sends a strong, clear and continual signal to your body to keep your energy elevated. In addition, you improve your overall health and resistance to illness.

Studies by Ellington Darden, Ph. D., the exercise scientist who served as director of research for Nautilus Sports/Medical Industries in Colorado Springs, suggest that you get even more energized by drinking ice-cold water than water at room temperature. "A gallon of ice-cold water requires more than 200 calories of heat energy to warm it to core body temperature of 98.6 F," says Darden. This process requires almost one calorie to warm one ounce of cold water to body temperature. Thus, this heat energy that your body creates to warm the cold water provides you with more energy.

When you sip chilled water every 30 minutes, you replenish your water loss and provide your body with more energy for life. Try it now and feel the energy difference.

ACTION STEPS:

1. Befriend a cup or bottle of cold water. If you work at home, keep one in the refrigerator.
2. If you work in an office, keep a bottle of water cold with an insulator — or bring a mini-cooler of ice with you to work.
3. Sip the water every 30 minutes and energize your body and brain.

— Jon Gordon, author of

Become an Energy Addict: Simple, Powerful Ways to Energize Your Life (Longstreet Press, September 2003; ISBN 1563527189)

NET BUZZ: Sugar alcohols



Here's what they're buzzing about on the LowCarb Energy message boards!

Zip2Play: There are certain sugar alcohols that some feel can be subtracted [from carb counts]; some feel they cannot. To be safe, it won't hurt to count them. It is never a good idea to eat a bunch of sugar alcohols anyway, so count it and move on. See how your body reacts and adjust accordingly!

Cokeloverinohio: Not all labels list the sugar alcohols, though, so watch out for that.

Michele74: I have to be careful with sugar alcohols...I get very gassy and if I eat too much, then I'm running to the bathroom.

TXMom 68: Well, I have not been counting sugar alcohols, and it hasn't slowed me down any! Hope that helps... I limit myself to one chocolate treat a day, though, to avoid gastrointestinal problems.