

## NUTRITION PROTOCOL FOR TYPE II DIABETES

### **Diet:**

Eliminate refined sugar and refined carbohydrates . Emphasize high-fiber, high complex carbohydrate diet with legumes, whole foods. Unless renal failure, higher protein content for satiety and lower glycemic index (i.e. metabolizes to glucose more slowly) Zone Diet helps patients with a hyperinsulinemic response to a glucose load.

### **Supplements:**

Chromium picolinate	200 – 1000 mcg/day	glucose tolerance factor, improves Insulin efficiency, helps lower blood Glucose levels
B – Complex 50		B vitamins work best together
Folic acid	1 mg/day	cardioprotective, prevents Homocysteine elevations.
B 12	1 mg/day	helps prevent neuropathy
B 6	25 – 150 mg/day	inhibits glycosylation of proteins
Vitamin C	3000 mg/day	helps counteract atherogenesis, poor wound healing, impaired immune Systems of diabetics. Inhibits Glycosylation of proteins, prevents Sorbitol accumulation in tissues.
Vitamin E	800 IU/day	antioxidant, inhibits protein glycosylation, improves circulation
Coenzyme Q 10	60 mg/day	depleted by statin drugs, important to Cardiac muscle energy production
Calcium	1500 mg/day	important for pH balance.
Magnesium	750 mg/day	important to pH balance, and for Enzyme systems, protects against Coronary artery spasm.
EFA/DHE	3 g/day	Aids circulation by decreasing proinflammatory kinins, fibrinogen, platelet aggregation and CRP
Lipoic acid	100-300 mg/day	treats and prevents peripheral nerve damage, helps control hyperglycemia, reduces oxidative stress/antioxidant