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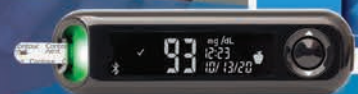
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1. Christiansen, M.P. (2017). A new, wireless-enabled Blood Glucose Monitoring System that links to a smart mobile device: accuracy and user performance evaluation. *J Diabetes Sci Technol*. 11(3),567-573. DOI: 10.1177/1932296817691301.
2. Bernstein, R. et al (2013). A New Test Strip Technology Platform for Self-Monitoring of Blood Glucose. *J Diabetes Sci Technol*. 7(5), 1386-1399. ©2022 Ascensia Diabetes Care. All rights reserved. Ascensia, the Ascensia Diabetes Care logo, Contour logo are trademarks and/or registered trademarks of Ascensia Diabetes Care. The Bluetooth[®] word mark and logos are registered trademarks owned by Bluetooth SIG, Inc., and any use of such marks by Ascensia Diabetes Care is under license. PP-CNXT-P-US-0000



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Diabetes Health is the essential resource for people living with diabetes—both newly diagnosed and experienced—as well as the professionals who care for them. We provide balanced expert news and information on living healthfully with diabetes. Each issue includes cutting-edge editorial coverage of new products, research, treatment options, and meaningful lifestyle issues.

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Some Great Advice about Holiday Eating

Nadia Al-Samarrie comes from four generations of type 2 diabetes and has a former type 1 partner. She teaches people with diabetes to make informed decisions to prevent the devastating effects of diabetes complications.

Nadia is also the Author of the Diabetes Reset Sugar Happy book series.

PEOPLE of all regions and religions look upon the holiday feast as one of the central parts of a life lived well. At tables surrounded by family, relatives, friends, and new acquaintances, we experience a special waiver from the care and concerns of ordinary days.

That’s an idyllic picture, but for people with diabetes, there are some precautions to take when getting ready to eat their way through of winter’s collection of great holiday meals. We offer some time-tested suggestions for how to enjoy this special season while keeping weight and blood sugars in balance.

But before we plunge into the topic of holiday food and diets, our cover story on page 21, “Can Dancing Improve Your Health and Outlook on Life?” points out that even people who have never danced or who think they lack the coordination to dance well can get around these mental barriers in several pleasant ways.

“Tips on How to Avoid Weight Gain During the Holidays,” on page 6, addresses a worry that troubles both people with diabetes and people without. Fortunately, there are proven ways to do it without sacrificing the enjoyment of good food that the holidays offer. Fortunately, much of the advice given to people with diabetes involve steps and

practices they already know how to do, thanks to their need to manage their condition.

For advice on what constitutes healthy eating, “Healthy Holiday Nutritional Tips for People with Diabetes,” on page 11, reads almost like a primer because it offers clear and simple steps for navigating your way among the food temptations you’ll encounter in the holiday season. Connected to how and what to eat or not to eat is how you prevent yourself from falling asleep on the couch after a heavy holiday meal. “Planning Activities That Don’t Involve Eating,” on page 16, offers numerous ways to avoid having your system become overwhelmed by the sweet and rich foods of the holiday season.

Then there’s my favorite part of this issue. I have worked to develop tasty, low-carb, easy to prepare recipes for people with diabetes. Looking for the next great recipe is one of my favorite tasks. In this issue, I’m publishing two recipes from my book, “The Sugar Happy Kitchen,” which includes turkey pot pie and pumpkin muffins. Nobody will ever have to twist my arms to make me create and test new recipes!

A toast to holiday joy!

Nadia Al-Samarrie, Founder, Publisher, Editor-in-Chief

How to Avoid Weight Gain During the Holidays

Patrick Totty

Team up for moral support with a friend or family member who also needs to be careful with food around the holidays. The buddy approach works because it asks you to watch out for the other by being an accountability partner. Two can handle a dietary challenge better than one.

Holiday parties with high-carb traditional foods like turkey stuffing, mashed potatoes, and pies create a challenge for people with diabetes. When we give in to temptations of high-sugar, high-carb meals, our body struggles to bring down high blood sugars. The extra carbs can also expand our waistline. Not only is this a strain on the body it can also make us wonder, "Why did I eat so much? Were the mashed potatoes and two pieces of homemade pie worth it?"

Is holiday weight gain inevitable? No, but it's pervasive. According to the National Institutes of Health, adults in North America and Europe will gain an average

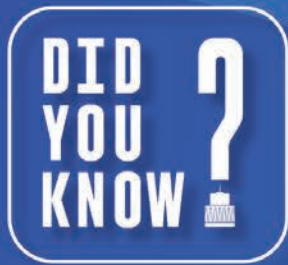
of one pound from mid-November to mid-January—the prime holiday season in Western societies. That may not seem like much, but losing that extra pound, especially with mature adults, can take more time and effort.

DEFENDING YOURSELF AGAINST WEIGHT GAIN

Here are steps you can take to stave off the worst effects of holiday indulgence:

TEAM UP FOR MORAL SUPPORT with a friend or family member who also needs to be careful with food around the holidays. The buddy approach works because it asks you to watch out for the other by being an accountability partner. Two can handle a dietary challenge better than one.

DON'T LET YOUR EYES BETRAY YOU: The saying "My eyes were bigger than my stomach" has thousands of years of proof behind it. If you're looking at an extensive array of food, such as Thanksgiving, take smaller portions than what you think will satisfy you. In many cases, the amount of



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1. Whooley S, et al. Diabetes Ther. 2019; doi: 10.1007/s13300-019-0585-7.

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food you put on your plate will satiate your hunger.

KEEP CLOSE TRACK OF YOUR BLOOD SUGAR LEVELS. Test frequently to understand how your body responds to the stress and food you consume. Testing allows us to calculate how many carbohydrates we can have to avoid high blood sugars. If you

take insulin, testing allows you to adjust your dosing based on your blood sugar reading.

Taking more insulin than usual habituates the body to need larger insulin doses to prevent high blood sugar. The idea is to manage type 1 to where less insulin is as effective as higher doses.

DON'T GO OVERBOARD WITH BOLUS INJECTIONS. Some people with diabetes fall into the habit of overcompensating for high-carb foods by injecting more insulin. The problem with this strategy is that it can lead to more insulin resistance.

People with type 1 diabetes can run the same risk. Taking more insulin than usual habituates the body to need larger insulin doses to prevent high blood sugar. The idea is to manage type 1 to where less insulin is as effective as higher doses.

POST-MEAL THINGS YOU CAN DO.

Almost invariably, holiday meal guests divide into two major groups. Group No. 1 reclines into the billowy softness of an easy chair or couch, supposedly to watch a football game. Some in this group stay awake, but many fall asleep, their metabolism overwhelmed by a huge meal. Group No. 2 takes a walk. It may be short or long in time, distance, and pace, but it helps their bodies metabolize their meal efficiently. There is a bonus, too: Walking with friends or relatives strengthens social bonds.

SUPPORT GROUPS

Ask whoever is cooking and hosting a holiday lunch or dinner what's on the menu. It will help you decide what to eat safely without experiencing prolonged high blood

sugars. This is an easy request to make with friends or family. But if you're asking a cook who isn't close to you socially, be clear why you're asking and that you are not requesting any change in the menu. Instead, you are just taking mental note of which food you will be able to eat guilt-free, and you may want to bring a sugar-free dessert to share with everyone.

ARE YOU ALLOWED TO CHEAT?

One of the most challenging tasks in managing diabetes is sticking to a diet to avoid high or low blood sugars. Especially if you take insulin or type 2 medication and skip meals, even the strictest diet won't always guarantee your weight won't fluctuate or that your daily blood sugar readings won't oscillate when you haven't changed anything in your diet or routine.

Can you have a "cheat day" where you occasionally let up on your scrupulous attention to your weight and diet? The official answer is "no." Normalizing cheat dates overall is not a good idea. A few years ago, there weren't as many tasty options on restaurant menus that replaced traditional

meals. Now you can find all types of alternatives, making it much easier to stay on your diet.

If you need some menu recommendations, go to DiabetesHealth.Com/recipes to find diabetes-friendly meals for all occasions.

MANY SOURCES AGREE WITH THESE UNIVERSAL HOLIDAY RECOMMENDATIONS.

If you delve into the topic of holiday weight gain, some rules and recommendations show up repeatedly regardless of the source. They are the result of long observations and hard-won insights over the years. Take note of these proven helpful techniques:

1. Walk every day. Get a pedometer or fitness app on your smart phone and track your current step count. Try to reach the recommended 10,000 steps per day.

One of the most challenging tasks in managing diabetes is sticking to a diet to avoid high or low blood sugars. Especially if you take insulin or type 2 medication and skip meals, even the strictest diet won't always guarantee your weight won't fluctuate or that your daily blood sugar readings won't oscillate when you haven't changed anything in your diet or routine.



If you can not follow these rules of thumb and are dismayed at the weight gain or high blood sugar readings, follow the above tips through the regular, non-holiday parts of the year. The better you habituate new habits, the easier it will be to manage your blood sugars without gaining weight.

2. Monitor your blood sugar levels before and after a meal, no matter what part of the year, holidays or not. Ideally, if you've been invited to go somewhere else, still test your blood sugar before and after your meal. If you have high blood sugar, follow your healthcare professional's advice on bringing it down.

3. Have a friend help you and remind you to stay on course concerning sweets.

4. Avoid too much alcohol.

5. Avoid too much salt.

6. After a holiday meal, get up! Take a walk to metabolize your meal and wake you up.

7. Suppose you are hosting a holiday meal, set up raw vegetable trays—carrots, celery, broccoli, sugar snap peas, and a low-calorie dip or hummus. DiabetesHealth.com/recipes has a delicious, easy-to-make hummus dish.

8. Serve yourself or be served smaller portions of the foods offered during the holidays.

9. Maintain your regular sleep routine. Evening holiday parties and dinners can run past most people's regular bedtimes.

10. Weigh yourself on the same scale at the same time every day. This will let you know how much (or little) your holiday meals have affected you.

11. Drink lots of water. Not only will this help with your appetite, but it can help with high blood sugar-caused dehydration.

If you can not follow these rules of thumb and are dismayed at the weight gain or high blood sugar readings, follow the above tips through the regular, non-holiday parts of the year. The better you develop new habits, the easier it will be to manage your blood sugars without gaining weight. **DH**

Sources:

National Institutes of Health
Forbes magazine
Harvard Medical
Psycom

Healthy Holiday Nutritional Tips for People with Diabetes

Diabetes Health Staff

For many, the holidays start with Halloween, Thanksgiving, Christmas, and Hanukkah. All are back-to-back celebrations causing millions across the country to gain weight. Still, the stakes are even higher for the 37.7 million Americans with diabetes. So how do you overcome the temptations of sugary treats like cookies, candy, pie, and eggnog without compromising your blood sugar levels?

While it is difficult to maintain a healthy diet when the holidays are mostly centered around high carbohydrate food, the right strategy can help you enjoy yourself and still make better choices. These planning strategies will help you stay on track with your nutrition and enjoy the festivities.

DON'T SKIP MEALS

The Centers for Disease Control and Prevention (CDC) did a study and found that the rate carbs raise blood sugar levels

depends on the type of food. So if you skip a meal, you alter the balance between insulin production, food intake, and a drop in blood sugar.

Not eating also puts you at risk for hypoglycemia and gastrointestinal side effects if you are on medication.

If you don't have time to sit down for a meal, consider preparing portable healthy snacks to go.

STAY HYDRATED

Drinking water is good for your overall health and wellness. The National Health and Nutrition Examination Survey data showed that drinking more water reduces calories, sugar, and salt levels.

While it is difficult to maintain a healthy diet when the holidays are mostly centered around high carbohydrate food, the right strategy can help you enjoy yourself and still make better choices. These planning strategies will help you stay on track with your nutrition and enjoy the festivities.



Whether attending a party or a family gathering, substituting sugary drinks with water helps with your blood sugar levels.

BE SMART ABOUT CARBS

The carbs you consume will make a difference in managing diabetes, by avoiding processed carbohydrate foods and those with added sugar like soda, refined grains, and sweet tea. Most people prefer carbohydrate-rich meals because of their

higher nutritional value over protein and fats. However, the body breaks down the carbs into glucose, raising sugar levels in the blood.

People with diabetes should limit the consumption of processed carbohydrates and opt for low-carb diets, such as non-starchy vegetables including cucumbers, lettuce, broccoli, and tomatoes. You should limit processed carbohydrate foods to fruits,

You should limit processed carbohydrate foods to fruits, such as blueberries and apples. A dietician or healthcare professional can customize a diet plan to help you avoid foods that spike blood sugar for optimal wellness.

such as blueberries and apples. A dietician or healthcare professional can customize a diet plan to help you avoid foods that spike blood sugar for optimal wellness.

PAY ATTENTION TO PORTIONS

People with diabetes often have difficulty managing their blood glucose levels during the holidays. With all the different meals available, from roast goose and pies to corned beef and steak, it's easy to consume unhealthy portions.

One way to ensure you consume healthy portions is to follow the CDC's guidelines on portion control. Those guidelines can assist you in protecting your health by helping you avoid holiday overindulgence that often leads to increased blood sugar levels and invites subsequent complications.

LIGHTEN UP

Did you know that most holiday recipes can be made healthy with the proper substitutions? People with diabetes don't have to confine themselves to the



traditional recipes used to prepare most dishes enjoyed during the holiday season. For a more diabetes-friendly diet, you can make healthy food substitutions, including cauliflower instead of mashed potatoes or rice and roasted sweet potatoes instead of sweet potato casserole. The American Diabetes Association has listed over 800 healthy diabetes recipes and food swaps to help people with diabetes enjoy the holidays without compromising their health and well-being.

SLOW DOWN

The speed you eat food may not raise health concerns immediately, but slowing down goes a long way in preventing health complications in the long run. Eating slowly lets your brain catch up with your stomach and lets you know you're full. According to research presented at the North American Association for the Study of Obesity, the brain usually takes at least 20 minutes before it registers you are full, so eating in a hurry can easily lead to overeating and

high-calorie intake. Adopting techniques to help you eat slowly, such as sipping water between bites, placing your utensil down, or chewing slowly, is essential.

BE CAREFUL WITH HIGH CARB OPTIONS

Dessert is unnecessary, but if it matters to you, make sure you plan for it. Since most desserts have high glycemic index carbs, you need to be mindful of the sugary toppings and portions. Eating fewer carbs during the main course allows you to enjoy dessert. The last thing you want is a sudden spike in blood sugar as you enjoy your dessert, so planning for it can help mitigate subsequent health repercussions associated with consuming a lot of carbs.

If the main course is a chicken dish without the high-carb dressing, you need a dessert that keeps you

The speed you eat food may not raise health concerns immediately, but slowing down goes a long way in preventing health complications in the long run. Eating slowly lets your brain catch up with your stomach and lets you know you're full.



If temptation is too strong and you find yourself overindulging, please don't take it too hard but focus on getting back on track in the next meal. Even with tempting treats and dishes in every corner, people with diabetes can stay healthy while monitoring blood sugar this holiday season.

healthy and strong, like a strawberry walnut salad. The ingredients in the Strawberry

Walnut Salad enhance physical wellness with the added nutritional ingredients of potassium, vitamin C and K, magnesium, fiber, and Beta Carotene. This is the ideal side dish for people with diabetes to prevent blood sugar spikes and maintain moderate weight.

KEEP ON MOVING

The holidays usually revolve around gatherings and sharing a meal, meaning you are sitting most of the time. Adding physical activities

to your holiday plan, such as dancing, bicycling, and playing sports, can be a fun and healthy tradition, particularly for people with diabetes. Another way to increase

physical activity is by incorporating family walks after meals to ensure your body burns extra calories to maintain a healthy weight.

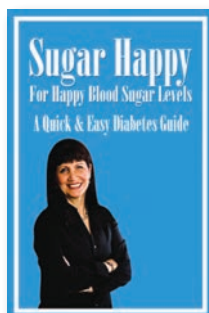
If temptation is too strong and you find yourself overindulging, please don't take it too hard but focus on getting back on track in the next meal. Even with tempting treats and dishes in every corner, people with diabetes can stay healthy while monitoring blood sugar this holiday season. Take advantage of the diabetes-friendly recipes to ensure you always have something to enjoy guilt-free at the table. Remember to plan, be mindful, and bring a diabetes-friendly dessert that everyone can enjoy. It will be healthier for them too. [DH](#)

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Nutritional Care- 10 Tips to Manage Blood Sugar During the Holidays.

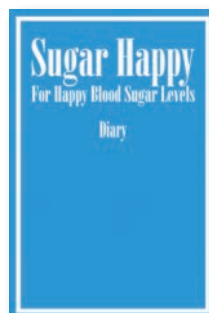
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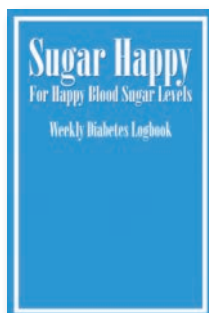
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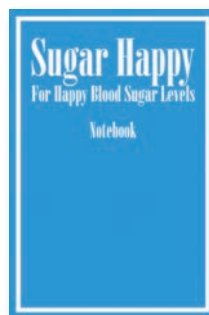
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The **Diary** holds your most private thoughts, frustrations, and high points in your diabetes self-management. It is a safe place to be angry and celebrate your accomplishments. Make sure to give yourself a high five for those days that took everything out of you to do your personal best.



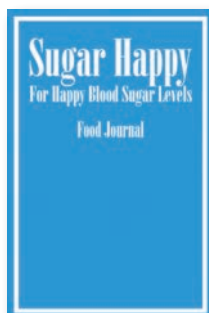
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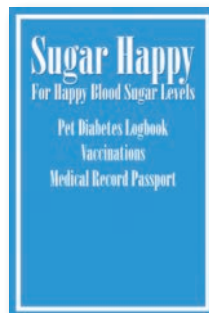
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The **Notebook** is for you to take to your doctor's visits. Weeks before your appointment, make a list of questions to ensure you get the answers to what you need to know. Include your doctor's advice in the Notebook. Preparing and writing down your doctor's instructions will assist you in remembering the essentials to avoid diabetes complications.



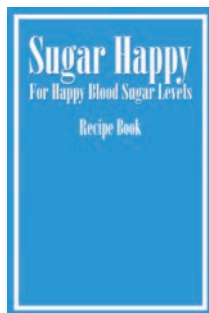
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The **Food Journal** is a roadmap, guiding you to track your food and activity levels to achieve better outcomes in your A1c goal.



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The **Recipe Book** is a customized cookbook. You write down the ingredients, recipes, and instructions from your favorite diabetes-friendly recipes- saving you time searching for them online or in print books.



Planning Activities That Don't Involve Eating

Diabetes Health Staff

The holidays are a delightful time of year when you spend time with friends, family, and co-workers. It is also a time when the focus is on foods, which can be stressful for people with diabetes. Managing your blood sugars can be more challenging around all the get-togethers when temptation lurks at every corner. With planning and preparation, the holidays don't need to be a time of struggle.

Physical activity is vital for good fitness and overall health. It helps to lower your blood sugar by metabolizing the carbohydrates in your system. It does not matter whether you exercise indoors or outdoors. Moving your body is even more beneficial for people with diabetes.

The best and most effective way to steer clear of delicious treats is by engaging in physical activities.

EXERCISE HAS A WAY OF CREATING A DOMINO EFFECT

Studies show people who exercise suffer less from depression. When you are not depressed, it's easier to be proactive in deciding how you will handle all the parties.

Physical activity is vital for good fitness and overall health. It helps to lower your blood sugar by metabolizing the carbohydrates in your system. It does not matter whether you exercise indoors or outdoors. Moving your body is even more beneficial for people with diabetes. Other benefits of exercise activities include:

- Maintaining a healthy weight.
- Improving mood, better sleeping habits.
- Controlling blood pressure.
- Lowering cholesterol.

According to research by the Centers for Disease Control and Prevention, planning for physical activities should target at least 150 minutes of moderate-intensity physical activity per week. While the temptations of indulging in unhealthy snacks during the holidays are ever looming, working with a healthcare professional can help you plan for activities that focus less on food and more on your general well-being.

Moderate-intensity physical activities recommended by the CDC for people with

diabetes include walking briskly, mowing the lawn, doing housework, swimming, dancing, bicycling, and playing sports. Incorporating these activities in your day-to-day routine ensures you increase your heart and breathing rate by working large muscles, which are essential goals for fitness. After engaging in any physical activity, stretching helps to enhance flexibility and prevent subsequent soreness.

SPECIAL CONSIDERATION FOR PEOPLE WITH DIABETES

People with diabetes often have to check with a healthcare provider for dietary advice, and physical activities are not any different. Before starting any physically engaging activity, discuss it with a professional to ensure you are prepared and aware of the dos and don'ts that impact your health. Before being physically active, the first and most vital consideration for people with diabetes is to check blood sugar levels, especially if you take insulin.

If the insulin dosage is below 100mg/dl, eat a small snack containing 15-30 grams of carbohydrates, such as ½ cup of fruit juice, 2 tablespoons of raisins, or 4 to 7 glucose tablets, to maintain blood sugar level while being active. Low blood sugar levels can lead to severe complications like hypoglycemia. Recovering from low blood sugar can take time before you feel normal again.

Stay hydrated while physically active by taking plenty of fluids to prevent dehydration and other harmful effects on your health. An insulin dosage above 240mg/dl indicates that your blood sugar may be too high, prompting extra caution when engaging in physical activities. Regular checkups are vital to ensure your blood sugar levels are under control, alleviating

Moderate-intensity physical activities recommended by the CDC for people with diabetes include walking briskly, mowing the lawn, doing housework, swimming, dancing, bicycling, and playing sports.

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*Shown in a clinical study in patients with controlled diabetes. Based on the number of healthy gum sites vs. brushing alone. Intended to treat early gum disease. Use product only as directed. © Johnson & Johnson Consumer Inc. 2022



the risk of ketoacidosis, a serious diabetes complication that needs immediate treatment.

GREAT EXERCISES FOR PEOPLE WITH DIABETES

People with diabetes can benefit from these fitness ideas to help increase muscle mass, fight fat, reduce stress, improve balance, and even lower the need for injectable insulin. The first step to planning physical activities is to find something you enjoy and have someone help you stick with it. If you've not been active in the past, start small and work your way up to the desired level. Whether it's parking farther from the door, walking the dog, or climbing stairs instead of using the elevator / escalator

As we approach the holiday

All you need is a destination and a pair of good shoes. Walking is one of the most prescribed activities for people with diabetes. According to the Harvard T.H. Chan School of Public Health, walking raises the heart rate qualifying it as a moderate-intensity exercise.

season, start early by scheduling physical activities you enjoy in your daily routine, turning them into a habit. Physical activities can be tedious, and most people abandon their routine during the holidays and give in to the urge to enjoy various holiday treats. However, having a partner makes the experience fun, pushing you to be accountable since someone else is counting on you to show up. Here are some activities for people with diabetes.

BRISK WALKING

All you need is a destination and a pair of good shoes. Walking is one of the most prescribed activities for people with diabetes. According to the Harvard T.H. Chan School of Public Health, walking raises the heart rate qualifying it as a moderate-intensity exercise. This mild activity is an effective exercise routine with significant benefits. If you are looking for a way to get your mind off food, brisk walking at least 30 minutes a day, five days per week, will help you reach your goal of 150 minutes of moderate-intensity exercise weekly.



WEIGHT TRAINING

The benefits of weight training can't be ignored, not just for people with diabetes but for everyone. If you have type 2 diabetes, you should consider incorporating this into your daily routine to build muscle mass. The loss of muscle mass makes it difficult for people with diabetes to maintain normal blood sugars, leading to diabetes-related complications. According to the American College of Sports Medicine (ACSM), it's essential to plan for weight training or resistance exercise at least twice per week as part of your diabetes management plan. This includes exercises with machines, free weights, or bands with challenging resistance.

SWIMMING

Swimming is a low-impact exercise usually recommended for people with type 2 diabetes because it doesn't put pressure on the joints. According to the American Diabetes Association, being buoyed by water puts less stress on your feet, protecting you from foot complications such as neuropathy. People with type 2

diabetes can prevent the subsequent effects like the loss of feeling by purchasing water shoes. Studies have also shown swimming improves cholesterol levels, lowers stress levels, and burns calories. To ensure you get the most from swimming, healthcare experts recommend swimming at least three times a week for 10 minutes and then gradually increasing the length of the exercise.

DANCING

Dancing is not just beneficial for your body, but the mental work to remember dance steps and sequences enhances brain power and memory. People with diabetes can enjoy this fun and exciting activity, increase their physical activity, improve flexibility,

The benefits of weight training can't be ignored, not just for people with diabetes but for everyone. If you have type 2 diabetes, you should consider incorporating this into your daily routine to build muscle mass.



promote weight loss, and lower blood sugar. For people with physical disabilities, chair dancing provides the support needed to

make it an option for many. A 150-pound person can burn up to 150 calories in just half an hour.

YOGA

If you want a relaxing and healthy alternative to holiday treats and delicious food, yoga can help you focus on your general well-being. This traditional exercise incorporates fluid movements that build balance, flexibility, and strength. Healthcare professionals usually recommend yoga for people with various chronic conditions, including diabetes. The American Diabetes

Association recommends yoga as a solution to improve blood sugar levels, improve nerve function, and lower stress, which boosts mental health and wellness.

People with diabetes should check with a doctor before starting a new physical activity program, especially if taking insulin. If your medication dosage isn't adjusted accordingly, you risk severe complications like hypoglycemia. A healthcare professional can help you have a plan in place and recommend quick-acting carbohydrate sources to treat low blood sugar while engaging in various physical activities. Whether starting your first exercise program this holiday season, or training for an endurance event, remember to increase your training gradually, check blood sugar levels, and hydrate and fuel before, during, and after exercising. [DH](#)

Source

CDC- Being More Active Is Better for You

People with diabetes should check with a doctor before starting a new physical activity program, especially if taking insulin. If your medication dosage isn't adjusted accordingly, you risk severe complications like hypoglycemia. A healthcare professional can help you have a plan in place and recommend quick-acting carbohydrate sources to treat low blood sugar while engaging in various physical activities.

Can Dancing Improve Your Health and Outlook in Life? Heck Yeah!

Patrick Totty

The great Hollywood dancer Gene Kelly—who ranked with Fred Astaire as the greatest Tinsel Town hooper of the 20th century—once explained why he loved dancing so much: “Gotta dance!”

Kelly’s simple explanation can apply to all people with diabetes. If you start dancing—whether it’s solo in your living room, in groups, or pairs, you’ll soon find that dancing benefits almost every aspect of good health: It strengthens the heart, brings down high blood sugars, and creates positive spirits.

Dancing’s benefits for people with diabetes (PWD) are many and real. What makes it especially notable are:

1. The social element if you are dancing with partners. Those interactions can be powerful antidotes to loneliness.

2. Therapeutic: Learning how to connect with a dance partner, thus learning how to move more gracefully than you thought you could, increases your agility and mental awareness as you learn dance steps.

In fact, dance is increasingly used as a therapy for patients who experience depression, feel anxious, have Parkinson’s or Alzheimer’s.

3. Dancing burns calories... and blood sugar. An Australian Health Channel report on how many calories a person burns while dancing is pretty reassuring: Dancing energetically for 30 minutes can burn 300 calories. This compares favorably to the estimated 250 to 350 calories a brisk 30-minute run will burn.

If you start dancing—whether it’s solo in your living room, in groups, or pairs, you’ll soon find that dancing benefits almost every aspect of good health: It strengthens the heart, brings down high blood sugars, and creates positive spirits.



4. **Dancing can help weight loss.**

Following the American Heart Association's recommendations, you should exercise at least 150 minutes (2.5 hours) weekly. Assuming you have adjusted your caloric intake, exercise helps produce the ideal weight-loss condition where you are burning more calories than you are taking in.

A CURE FOR TWO LEFT FEET?

You may feel reluctant and shy about taking up dancing, maybe not solo in the privacy of your home, but certainly in the presence of other people. You think you lack a sense of rhythm or have two left feet. You can overcome your shyness if you keep these two things in mind:

You may feel reluctant and shy about taking up dancing, maybe not solo in the privacy of your home, but certainly in the presence of other people. You think you lack a sense of rhythm or have two left feet.

1. When you join a dance class, many people who've also signed up may be non-dancers like you. So you'll be in a group of like-minded souls. The instructor will know that and tailor your instruction to your level of dance skills.
2. In most situations where people learn something from scratch or near scratch, a feeling of mutual respect quickly develops. Nobody is interested in seeing you struggle or fail. It's a kind of "do unto others" situation. Once you

understand that, taking risks and applying what you learn with less hesitation or self-consciousness becomes easier.

WHERE TO FIND CLASSES

There is an abundance of places where you can locate dance lessons and programs:

- Online
- YMCA
- Gyms
- Dance schools
- Senior Centers
- Local recreation programs
- Junior college adult dance programs

Ask your neighbors for leads. Many communities now have access to Nextdoor, an online site that offers connections to near by neighbors. People can comment, inquire, and show their art or photography to one another who live close to them. An information request on this website can generate a lot of responses from your neighbors.

THE GREAT RANGE OF DANCES YOU CAN DO

What kind of dances should you take up? It depends on whether you are dancing with a partner or dancing alone. Calm Moment, a UK-based health and wellness website, publishes a list of dances that pretty much covers the range of modern dancing:

Ballet
Ballroom dancing
Belly dancing
Bollywood
Hip-hop
Jazz
Pole dancing
Salsa
Shuffle dancing
Square dancing
Tap dancing
Zumba

One of the benefits to some of these dances, says Calm Moment, is that they don't call for a specific set of steps but favor improvisation instead. Making up moves as you dance improves mental sharpness and provides a feeling of joy as you make and play with your actions.

A good way of understanding the difference between simple and intricate dancing is to think back to elementary school, where you learned how to do the Hokey Pokey—"right foot in, right foot out, etc." The Hokey Pokey is a very simple dance almost everybody can pick up and do in half a minute. It's also a gateway to wanting to perform more complex dances.

You can find free dancing lessons online if you want to practice at home. You can find instructors who will offer one-on-one lessons tailored to your skill level and general health.

IF YOU GO IT ALONE

The internet, Zoom, and Peloton-style exercises have made it easy to create solo dance routines in the privacy of one's home. Millions of people are now used to performing fairly complex aerobic routines alone. Still, you must be cautious about landing hard on furniture or uncarpeted wood. The Centers for Disease Control (CDC) says that there are free exercise videos you can download from the National Institute on Aging National Institute on Aging's Go4Life YouTube channel.

You also need to be aware of the drawbacks to in-home dancing. For example, your floors are hard, unlike dance venues' sprung floors. In addition, most go-it-alone homesites lack full-length mirrors that can show you if your body is aligned right or if you are not correctly making certain moves.

Another element that calls for caution is that, as a beginner, you risk misjudging the amount and intensity of exercise you can do as you start. The result can be pulled muscles, blisters, bruises from falling, not to mention the mental toll from not performing up to your expectations.

There's also simple body maintenance: Drinking water before, during, and after

You can find free dancing lessons online if you want to practice at home. You can find instructors who will offer one-on-one lessons tailored to your skill level and general health.

New Life Outlook says that the most significant effect of Alzheimer's is that it boosts patients' memory as they watch other people dancing, reminding them of times long ago when they enjoyed moving in rhythm with friends and loved ones.

exercise to prevent dehydration. Probably the best thing you can do for yourself if you are planning to dance at home is to see your doctor to make sure you are physically able to start dancing.

There's another wrinkle on dancing at home: You can turn it into an enjoyable social event by inviting your friends over to watch and participate in your dancing lesson. Good friends can laugh at your moves and provide emotional support during an in-home session.

SPEAKING OF SENIORS

If you are a senior, you might consider renting a medical alert necklace (or bracelet) that links you to medical help. These devices are programmed to determine if wearers have taken a hard fall. The devices will then ask the user if they think the fall is severe enough to require medical help. Each device provides a way for users to signal that they're either OK or need help.

There are several medical alert device companies, so you have various options. Also, check with your HMO or health insurance to see if it recommends a particular device and will help cover its expense.

A PREVENTATIVE FOR ALZHEIMER'S?

A variety of recent studies have found that dancing improves Alzheimer's patients' ability to move and remember. If undertaken early enough can significantly reduce the odds of acquiring Alzheimer's later in life. The website New Life Outlook for Alzheimer's says that anybody, whether in a wheelchair or standing, can move to music with either foot, arms, or both.

New Life Outlook says that the most significant effect of Alzheimer's is that it boosts patients' memory as they watch other people dancing, reminding them of times long ago when they enjoyed moving in rhythm with friends and loved ones .

BEFORE YOU HIT THE DANCE FLOOR

Always check your blood sugar levels before and after a dance session. Don't depend on just one measurement: You're looking for a pattern that tells you how dance affects your blood sugar levels. Once you know this, you can begin experimenting with variations in your routine that will help you best control your blood sugar readings. **DH**

Sources:

CDC
Calm Moment
Australian Health Channel
New Life Outlook for Alzheimer's

From the Sugar Happy Kitchen: Turkey Pot Pie with Vegetarian Option

17 Net Carbs

Nadia Al-Samarrie

I remember as a child when my mother served us meat pie; it was a special day.

The Holiday leftovers are a perfect time to recreate a nutritious low-carb meal with the extras that barely fit in the fridge. Even better, make several pies, one to eat the next day and another to freeze for a day when you do not feel like cooking.

What I like about this recipe is that you can use it anytime throughout the year. It does not need to be the Holiday meat pie. It can be the meat and vegetable leftover pie for any day of the year.

Continued on page 26

Nutrition Facts:

Serving Size 6 with
Top Crust Only
17 net carbs per
serving
362 Calorie, Total Fat
32g, Sodium 63mg,
Total Carbohydrates
22 g, Fiber 6g,
Total Sugar 3g,
Protein 10g



Continued from page 25

From the Sugar Happy Kitchen: **Turkey Pot Pie with Vegetarian Option**

This recipe only calls for a top crust to keep the meal healthy with fewer carbohydrates.

INGREDIENTS FOR FILLING:

- 1/4 Cup of cauliflower floret
- 1/8 Cup of roasted pecans
- 1 Large celery stalk
- 2 Ounces of water chestnuts
- 1/8 Cup of red onions
- 1/2 Cup of fresh zucchini
- 1/4 Cup of fresh yellow squash
- 2 Ounces of fresh mushrooms (3 medium sizes)
- 1/3 Cup of fresh parsley
- 1 Garlic clove
- 1 Tablespoon of olive oil
- 1 Sprig of fresh thyme
- Dash of salt
- Dash of pepper



Continued from page 26

From the Sugar Happy Kitchen: Turkey Pot Pie with Vegetarian Option

MAKING THE FILLING INSTRUCTIONS:

1- Preheat the oven to 325 degrees.

If you don't have toasted pecans, start with toasting the pecans in the microwave for two minutes. Then let them cool while mixing the other ingredients.

2- Break the head of fresh cauliflower in a bowl until you have ¼ cup of florets. Dice the celery, water chestnuts, red onions, zucchini, yellow squash, mushrooms, parsley, and toasted pecans.

3- Mix olive oil, garlic, minced thyme, salt, and pepper in a small bowl- then toss over diced vegetables.

INGREDIENTS FOR THE CRUST

2.5 Cups Almond flour

1 Egg

4 Tablespoons Swerve brown sugar

Four tablespoons butter

** double these quantities if you plan on making a top and bottom crust.

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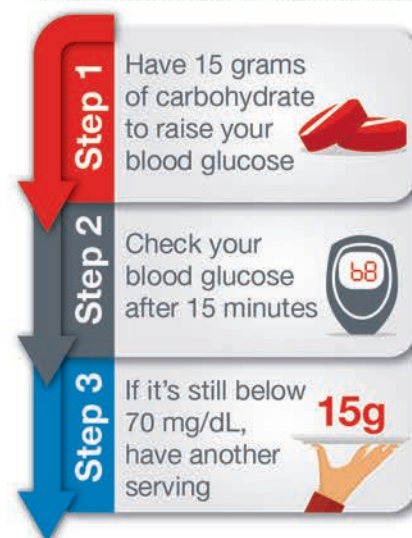


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Continued from page 27

From the Sugar Happy Kitchen:

Turkey Pot Pie with Vegetarian Option

MAKING THE PIE CRUST


4- Mix flour, one egg, butter, and sugar into a food processor until you have a dough ball.

5- In a glass pie pan, put the turkey filling and spread evenly. Roll the dough out in a circle and cover the pie pan with the crust. Poke holes in the crust and place them in the oven.

6- Bake for 40 minutes. The crust should be golden brown. Best served when hot.

Note: If you want a bottom crust, follow the instructions above. Use your hands to spread the crust to cover the pan in a glass pie pan. Poke holes in the crust and place them in the oven.

Bake for 10 minutes, then take out of the oven and let sit.

Once the bottom crust is cooled down, place the pie filling and add the top crust. Poke holes on the top and bake for 40 minutes at 325 degrees or until brown. 



From the Sugar Happy Kitchen: Vegan Pumpkin Walnut Muffins

11 Net Carbs

Nadia Al-Samarrie

Every Fall, when I see pumpkins, it conjures up many sentimental memories, from taking my children to our local pumpkin patch to hayrides around the field.

Muffins are one of my favorite morning meals, served with an espresso and foamed flaxseed milk with Omega 3s.

This recipe will not disappoint you. The muffins are fluffy and moist. Before baking the muffins, taste the batter first to see if you would like it to be a bit sweeter.

INGREDIENTS

- 1 Cup of coconut flour
- 1/2 Cup of Swerve brown sugar
- 2 Teaspoons of baking powder
- 2 Teaspoons of pumpkin spice
- 1 Teaspoon of cinnamon spice
- 8 Tablespoons of Red Mill Egg Replacer
- 3/4 Cup of walnuts
- 1 1/2 Cups of unsweetened pumpkin purée

Continued on page 30

Nutrition Facts:

- Serving Size 16
- 11 Net Carbs
- 123 Calorie, Total
- Fat 6g, Sodium
- 69mg, Total
- Carbohydrates
- 15g, Fiber 5g,
- Total Sugar 10g,
- Protein 2g



Continued from page 29

From the Sugar Happy Kitchen: **Vegan Pumpkin Walnut Muffins**

INSTRUCTIONS

- 1- Preheat the oven to 350 degrees.
- 2- Mix pumpkin puree and Swerve brown sugar.
- 3- Add Egg Replacer and blend until batter is smooth.
- 4- In a separate bowl, mix coconut flour, baking powder, pumpkin spice, cinnamon spice, and 1/2 cup of chopped walnuts, and stir.
- 5- In an oven-safe muffin pan, evenly scoop batter into each muffin pan, and place into the oven.
- 6- Bake for 25 minutes, depending on the make and model of your oven.
- 7- Place a toothpick in the center of one muffin. If the toothpick is clean without batter, remove the muffins from the oven and let cool on the counter. **DH**

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