

## Is There a Link Between Controlling Diabetes and a Vegetarian Lifestyle?

I received an intriguing press-release via RSS to my email account indicating that adopting a vegetarian lifestyle may be better at managing type-2 diabetes than traditional diets. This was based on the discovery of a new study. A new study that is, that got me intrigued considering that (a) I am from a family that has had a history of diabetes and high cholesterol problems. (b) I am vegetarian and anything that casts a vote of support to my dietetic choice does receive my backing. Still, I'm not surprised that a link between diabetes and a vegetarian (or vegan) lifestyle does exist. I mean when such a diet is practiced right, using the correct items, one is practically eating that diet which arguably may be the very best for human sustenance and nourishment. For diabetics, this should be worth looking into as researchers found 43 percent of people with type 2 diabetes who followed a low-fat vegan diet for 22 weeks reduced their need to take medications to manage their disease compared with 26 percent of those who followed the diet recommended by the American Diabetes Association (ADA). Researcher Neal D. Barnard, MD, adjunct associate professor of medicine at the George Washington University, states in a news release. "I hope this study will rekindle interest in using diet changes first, rather than prescription drugs." I guess this all brings to mind what Hippocrates the father of medicine said in times one past "Let your foods be your medicines and your medicines your foods" To Health and wellness friends. Aje

### About the Author

Diet Recipes, Low Fat Recipes, Low Carbohydrate Recipes, and Low Calorie.

Source: <http://productsherbal.com>