Dear Reader,

Want to feel terrific and keep your diabetes under control?

Welcome to “Stop Diabetes in Its Tracks,” the electronic newsletter that brings you tips designed to help you take full charge of your health. Type 2 diabetes is a serious condition, but there are plenty of small, simple steps that can help you manage it successfully. In this newsletter, brought to you by the health editors at Reader’s Digest, you’ll get important information and advice on food, exercise, stress relief, supplements, tests, and treatments. You’ll even get a delicious, diabetes-friendly recipe in every issue.

It doesn’t matter whether you’ve recently been diagnosed with diabetes or you’ve had it for years—we firmly believe that with the right information and the right attitude, you can get better control of your blood sugar, substantially lower your risk of diabetes-related complications (such as eye, nerve, and heart disease), and live with more energy and vitality every day, without sacrifice or compromise.

Life is meant to be enjoyed, and staying healthy will help you enjoy it to the fullest.

Wishing you good health,

Neil Wertheimer
Editor-in-Chief
Reader’s Digest Health Books

Laugh It Up for Lower Blood Sugar
A duck walks into a bar… It doesn’t matter if the joke is corny, as long as you laugh: A study in Japan found that people who ate a meal and watched a live comedy show for 40 minutes had a lower blood sugar rise two hours later than people who ate the same meal and heard a boring lecture. Laughter may affect the interplay between the brain and hormones, researchers speculate. Or perhaps the physical act of laughing speeds the body’s use of glucose. Whatever the cause, one thing is certain: Laughter is good medicine. So rent a favorite comedy tonight—or discover a new one.

Find Out Your Heart-Attack Risk
Diabetes and heart disease are closely linked, putting people with diabetes at risk for a heart attack. So how high is your risk? Cholesterol tests don’t tell the whole story; many people who have heart attacks have normal cholesterol levels. A treadmill stress test can give you an idea, but even better is a high-tech test called an EBCT scan, short for electron beam computed tomography. EBCT looks directly into coronary arteries for calcium deposits, which signal trouble. In a recent study, high arterial calcium levels were closely linked with heart attacks, even among people who weren’t otherwise considered at high risk. Ask your doctor about EBCT.
Whole Grains for Whole Health
There are countless good reasons to swap your white bread for whole-wheat, but here’s one you might not know: Whole grains contain magnesium, and a growing body of research shows that if you have type 2 diabetes or you’re at risk for developing it, magnesium is critical to your health. According to two major studies from the Harvard School of Public Health, getting enough magnesium slashes the risk of diabetes by as much as 34 percent. It may also help people who already have the disease, making blood sugar control easier. Research in animals suggests that magnesium boosts the sensitivity of cells to insulin, the hormone that helps cells use glucose for energy.

Magnesium deficiencies are all too common. A major reason is that people are eating fewer whole grains and more processed grains, which are stripped of nutrients including magnesium. Besides whole grains (think breads and cereals), you can get magnesium from dark-green leafy vegetables, dry beans, seeds, nuts, soy products, avocados, and wheat germ.

Sleep Your Way to Lower Blood Sugar
Start hitting the sack earlier and you could end up with better blood sugar control. After analyzing the sleep habits of more than 70,000 women, researchers at Brigham and Women’s Hospital in Boston found that those who regularly slept five hours or less were 34 percent more likely to develop diabetes than those who slept seven or eight hours. Even if you already have diabetes, getting more sleep can help you control the disease.

ChangeOne for Diabetes
The publishers of ChangeOne, the revolutionary program that has helped hundreds of thousands of people lose weight safely and effectively, now bring you ChangeOne for Diabetes, the future of diabetes control. Based on breakthrough research findings and the principles of ChangeOne, this all-natural approach has been proven to lower blood sugar by 25 percent — without drugs! There’s no carbohydrate or calorie counting. In fact, there’s no math at all — just six simple steps that could actually help you reverse diabetes, one step at a time.

On this plan, you’ll cut calories while still eating the foods you love. You’ll rev up your metabolism and boost your sensitivity to insulin. You’ll relax — and bring your blood sugar down — with simple stress-busting techniques.

The changes are easy, and the results are huge. No other plan helps you conquer diabetes this simply or as safely.

Buy your copy of ChangeOne for Diabetes today!
Sleep appears to help the body regulate its use of blood sugar, whereas skimping on shut-eye has been shown to increase insulin resistance, the key problem in type 2 diabetes. If that’s not enough to get you to bed early tonight, listen to this: Lack of sleep may promote weight gain, in part because it causes low levels of leptin, a hormone that suppresses appetite.

Can’t sleep? These tips can help:

**Stick to a schedule.** You’ll fall asleep more readily if you go to sleep at the same time every night and get up at the same time every day.

**Use your day to help your night.** Get as much light as possible during your waking hours. Light helps reset your biological clock, which can make sleep come easier after dark.

**Get some exercise.** People who exercise during the day sleep better at night. A brisk 30-minute walk every day should do the trick.

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**Seafood Jambalaya**

Mixed with rice and plenty of vegetables, a small amount of succulent salmon and shrimp goes a long way, providing a good balance of protein and carbohydrate in this temptingly spicy Louisiana-style dish.

Preparation and cooking time: 30 minutes
Serves: 4

1 tablespoon olive oil
1 onion, chopped
2 celery stalks, sliced
1 green or red pepper, seeded and cut into strips
2 garlic cloves, crushed
1 teaspoon ground ginger
1/2 teaspoon cayenne pepper
1 teaspoon mild chili powder
1 cup long-grain white rice
2 cups hot vegetable or low-fat, reduced-sodium chicken broth
1 can (14 ounces) chopped tomatoes
3 tablespoons coarsely chopped parsley
1/2 pound large raw shrimp, peeled and deveined
1/2 pound skinned salmon fillet, cut into 1-inch cubes
Dash hot red pepper sauce (optional)
Salt and pepper

1. Heat the oil in a large, wide pan over medium heat. Add the onion and cook, stirring, for about 3 minutes. Add the celery, green or red pepper, garlic, ginger, cayenne, chili powder, and rice, and cook, stirring, for 2 minutes.

2. Pour in the hot broth and stir well, then reduce the heat so that the broth is simmering gently. Cover the pan with a tightfitting lid and simmer for 15 minutes.

3. Stir in the chopped tomatoes with their juice and 2 tablespoons of the parsley, then add the shrimp and salmon. Cover again, and simmer until the seafood is just cooked and the rice has absorbed most of the liquid and is tender, about 3 to 4 minutes.

4. Add the hot sauce, if using, and season lightly with salt and pepper. Sprinkle with the remaining 1 tablespoon parsley and serve hot.