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## Glad to have found Toma!!!!

Posted by paulabishop - 2009/06/07 15:45

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I have to say Hello from Vegas. I have to say I'm really excited to have found this site. I've been all over the web and reviewed other web sites and submitted my free diet assessment. And will be using the software love it. I just wanted to say after reading the site and going over the software, this is just what I needed to help me with my fight on this for the last 7yrs. I've been un-controlled for over 4yrs. Just kinda out there not knowing what I've been doing and why? I've pulled out my cook books and have been looking over the lists on the site and have found that the list to avoid was my shopping list. Now I have to say I have new list. This is going to change my life and my families for the best. I was feeling lost and just to the point of giving up. Eating what ever I wanted and just stopped caring. I have 3 children and one is a Marine and 11th grader and a one in 2nd grade. So you see I have a lot to look forward to. And this site I really think saved me. I don't feel so lost and with Toma story I know I can do this.

Thanks Toma.

Paula in Vegas.

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## Re:Glad to have found Toma!!!!

Posted by Dancehawk - 2009/06/07 19:02

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Welcome to our family!

First before anything else give your son a hug for us he keeps us safe and we are very thankful.

Next give yourself a hug i know its hard being a mother of a soldier.

Yep the site here is awesome and if you need anything looked up or just want to chat yell! lol!

if you look through the right side of the site theres a pasta we can have hehehe! really helps out too cause numbers do not go up with it.

I know the feeling about redoing shopping list hehehe!

I made a splenda diabetic safe cake for my hubby to take to work for pot luck day and no one could tell. so if you enjoy sweets you can redo all your recipies and wheat flour taste just as good in a cookie. you can add yogurt instead of milk as a example.

huggles

catherine

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## Re:Glad to have found Toma!!!!

Posted by toma - 2009/06/08 11:39

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Hi Paula,

Tell your son, from an old soldier to a young one, thank you. I was a rescue pilot in Vietnam so I have a special appreciation for those in uniform.

Thanks for the kind words. Like you, I had to search hundreds of sites to find the best information for controlling my own type 2 diabetes. There was so much wrong information, badly outdated information, or partial information that I decided to build a site that brought all the best information together in one place. I hope you get the same spectacular results so many others and I have gotten. We will be looking for your success story and how you have your type 2 diabetes and blood glucose completely controlled. based on the feedback I get it can happen in 90 days or less.

I can understand how you stopped caring about what you eat. The information we get from mainstream medicine is so ineffective we see little results and the usual response is why bother.

Would you do me a favor? Go to <http://www.ratepoint.com/tellus/1167> and tell others what you think of this site.

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## Re:Glad to have found Toma!!!!

Posted by paulabishop - 2009/06/10 20:11

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THANKS TOMA,  
I WAS WONDERING IF YOU COULD SEND ME AN EMAIL AS TO WHAT IT WAS YOU DID EAT FOR THOSE 90DAYS THAT CHANGED YOU SUGER LEVELS. I'M REALLY NOT SURE WHAT OR HOW MUCH TO EAT AND WHEN. ON YOUR SITE I WATCH WHERE THE PEOPLE ONLY ATE VEGGIES FOR 30DAYS. DID YOU DO THAT? PLEASE LET ME KNOW WHAT YOU DID AND HOW. ANYTHING TO HELP GET ME GOING DOWN THE RIGHT PATH. I HAVE A DOC APPT ON THE 19TH. BEING AT 10.8 I WISHED I FOUND YOUR SITE LAST YEAR. I'VE BEEN TALKING TO EVERYONE ABOUT YOUR SITE AND EVEN SENT YOUR LINK TO MY MOTHER. SHE'S REALLY EXCITED FOR ME.  
THANKS IN ADVANCE FOR YOUR HELPING WITH ALL MY QUESTIONS.  
PAULA.

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## Re:Glad to have found Toma.!!!!

Posted by Dancehawk - 2009/06/11 03:16

Waves.

I think we all are in that boat of what we can or can not eat how much can I have, when we first find out or get very serious on getting things under control.

Go to the store get several bags of frozen veggies, not the butter ones or sauce but just chopped veggies.

My doc told me I could eat the whole bag I was on 1200 cal. She told me to add 6 shrimp or chicken to the veggies. Cut out all white processed foods switch to wheat whole wheat.

I found out about stealcut oatmeal from Toma, salba and several other products.

Get a paper plate that has the seperate serving areas those are your guides the big ones veggies small ones carbs and protein, food can not touch sides.

If you love mashed potatos go to red potatos or better yet do mashed cauliflower.

get some organic peanut butter really good to have in house to put on wheat crackers and to pull you out of a low if your starting to go below 70

snacks veggies, nuts,I keep wheat crackers in the house along with the 100 cal popcorn for those days you want to watch a movie.

Cut as much red meat out as you can switch to fish, chicken, nuts, soy meat.  
look for whole wheat no white flour or grind and make your own bread.  
Fruit small sized like a childs hand thats open.

cheese get the 2% and its a very light dusting.

if you love cookies cake pies you can do them all with wheat flour, splenda or stevia. remember they are a treat so we do not feel deprived but portion like anything is the key.  
I have a friend who only eats beans, no meat at all and she does a lot of salads, her numbers dropped really fast, and she still will not eat meat.

Personally I can not eat rice it will send me soaring even wild rice we tried every brown and wild brands still rocket up to 200, so we keep it out of the house now.  
It is a hit and miss sometimes on what works and does not you might beable to eat rice.  
I can eat potato salad with red potatos and I do not soar, we use olive oil red potatos a hard boiled egg and onions a little seasoning it works for me.

At the request of family and so many folks I am trying to put together a meal planner several folks stated they need a guide of menu to help them understand.  
I ll try to get one posted this month.

Next add walking walk walk walk it is hard when you start out it takes about 6 weeks till your past the I do not want to arguement with your brain.

Once you get past 4 weeks you ll notice a toning happening and you will start to fell good.

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add a little yoga, stretching, or anything else that gets you moving, I dance in the kitchen when cooking lol! I know crazy but it keeps me moving.

Beaware of certain drinks they say 0 cal or sugar free but they might have hidden in them like sugar free coffee creamer has corn surup.

Blugh I was so upset when I found out. I love my coffee. Was upset over the spikes I had when I drank coffee so I hit the labels again to see why and saw the reason.

We did find it in milk too but not klinpeters brand so thats what we use now with stevia, it is not as good as french vanilla but solved the spike.

You will find yourself playing a detective alot lol!

Add vit D, Salba and the rest of your vit.

get plenty of rest, if you get a cold mucinex is great does not raise us.

Drink lots of water try to cut out sodas even diet the chemicals in the soda eat our bones.

hugs we are glad you found us too! keep in touch let us know how your doing and feel free to ask if we do not know it we will research it lol!

Catherine

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## What I did to reduce A1C in 90 days or less

Posted by toma - 2009/06/11 13:42

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Hi Paula,

As a matter of efficiency I prefer to answer questions such as this in the forum rather than email. An email gets read by one person. A forum post may get read by many people. If you look at the most popular threads, "No silver bullet" had 17,341 views to date. If you subscribe to the thread you will get an email notification and other people may be helped also.

What I did in the first 90 days to reduce blood glucose was mostly serendipity since I did not know why I was doing what I was doing. I had multiple diagnoses and the doctor's orders were for several different things. I did not know at that time that what I ended up doing to control blood glucose was actually helpful for the other conditions. I have I learned why and this site is focused on not only what to do but why.

My doctor's orders included:

Highly restricted sodium (1500 mg per day)

Reduced cholesterol (300 mg per day)

Reduce carbohydrates

Reduced sugar

Increased potassium

Reduced fat

A lot of what I ate prior to being diagnosed can out of a can. That changed abruptly as I started reading labels. Most canned foods were way too high in sodium so were eliminated.

Others had too much sugar, fat or cholesterol. Probably 95% of the foods that previously composed the bulk of what I ate was eliminated. I started eating mostly fruits and vegetables. Meats, eggs and other animal products high in sodium, saturated fat or cholesterol were greatly reduced or eliminated all together. That included most of the processed meats such as bacon, lunch meats etc. Also eliminated without knowing why were most of the transfats found in snack foods such as crackers and chips.

Remembering back, the first major change from the ADA recommendations was recognizing that all carbs are not the same. In 2005 The American Diabetic Association was saying all carbs are metabolized the same the same so just count the carbs. I saw the flaw in that right away. As we now know, some carbs spike blood glucose much faster than others. The first thing as I remember was to eliminate all the whites. (White bread, refined sugars, rice, potatoes, pastas, etc.) About the same time I was learning about the PCF ratio. The PCF ratio is the ratio between protein, carbohydrates and fats.

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In 2005 there was a lot of buzz about low carb and a lot of controversy about the best PCF ratio. Atkins, zone Diet and others were advocating for extreme carb restriction. As I learned more about them I noticed a contradiction. They were saying to severely reduce the carbs but at the same time they were allowing "free foods" (mostly carbs) the free foods concept made no sense to me. Many of the free foods were in fact carbs (since all vegetables are primarily carbs) but I did notice that they were mostly whole vegetables.

I settled on a PCF ratio of 20-50-30. That is 20% calories from protein, 50% calories from carbohydrates and 30% calories from fat.

Trying to get the balance correct was very unwieldy often requiring up to 2 hours of math to get it right per meal. The way I did the ratio was different than I was finding elsewhere. I counted all the carbs fats and proteins and balanced them according to the ratio. Just by counting all carbs (including fiber) the bad carbs were greatly reduced. I also noticed that an actual counting of all carbs fats and proteins produced radically different numbers than the exchanges method promoted by the ADA.

Early on I learned about good fats vs. bad fats. I started taking an omega 3 supplement early in the 90 days and I think it had a lot to do with the overall success not only with controlling the blood glucose but also arthritis.

I ate a lot of salads and other foods high in anti oxidants. I quite eating iceberg lettuce and the salads were mostly spinach and spring mix that contained the darker leafy vegetables. I also quit pan frying and deep frying with high temp oils. (This reduced the free radicals from transforming the fats with high temperature).

All the breakfast cereals I had previously eaten were replaced with Kashi "Go Lean)" This has since been replaced with whole grain breakfast cereals such as several of the Bob's Red Mill cereals, Red River Cereal and other minimally processed cereals. If you look at the ingredient label of most breakfast cereals the main ingredients are flour and sugar. I quit eating any of the cereals (or other products) that had flour or sugar listed as the main ingredients. (At or near the top of the list) The ingredient label requires the manufacturer to list the ingredients in order by content.

White rice was replaced with brown rice and wild rice and the portions greatly reduced. Potatoes were totally eliminated. I had found the Glycemic Index data base maintained by the University of Sydney in Australia and quit eating anything with a glycemic index over 60. It took a while to learn the finer points of the glycemic index and why there seemed to be some contradictions but the general concept made a lot of sense to me and I could see the results on my Blood Glucose meter.

In the beginning I was just trying to get rid of the bad stuff in my diet. Now it is more about optimizing my diet for the good stuff.

Probably the single best thing was finding the Nutrition software. I tried several different softwares both in hand held devices and for PC. None came even close to the software I use now. I first purchased it probably in the first month I was learning how to control blood glucose.

I think it is important to recognize that we didn't become diabetic overnight. It will also take time to reverse the process. The first step is to become educated then to apply what we have learned. It took me hundreds of hours searching the internet to find better answers. I have tried to streamline that process for you by building this site and trying to bring the best of what I found into one site. As far as I can tell this is still the only site that has the best of what actually works for controlling blood glucose. Others have bits and pieces but this is the only one that puts it together in one cohesive program. There are others that have it but will only tell you if you buy their book. There are also other helpful sites but they only focus on one concept such as low GI. I have attempted to combine the best of many different approaches while looking for the flaws with them and trying to improve upon them.

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