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SOADI's Ribbon of Life is the official international symbol of Aboriginal Diabetes Awareness

Disclaimer:

Articles appearing in IA:IAK-ADA are for information purposes only. SOADI suggests contacting a health care professional.

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IA:IAK-ADA

The Meaning of IA: IAK—ADA

IA:IAK (Ya Yuk), Meaning 6 in Mohawk representing the six SOADI Regions.

A is for Aboriginal, D is for Diabetes, A is for Areas

Southern Ontario Aboriginal
 Diabetes Initiative
www.soadi.ca

Winter 2011

It's Never Too Late—Jamie "Bugg" McGeen, Reztore Pride Hip Hop Artist

``Hey, hey, look over there``
 ``Where``
 ``Right over there , you cant miss him``
 ``Wow``

She:kon / Hello

My name is Jamie McGeen , but you can call me BUGG.

What you read above is what I use to hear on a daily basis; that plus the long uncomfortable stares.

But despite all the comments and judging, I never felt like I was different from anyone else. I weighed somewhere around 400 to 450+ lbs before I started taking care of my health. I wore size 52 pants, and 6XL shirt. Bad eating habits and bad food caused this.

I was addicted to eating. I would eat when I was upset; I would eat when I was lonely; I would even eat when I was happy. Heck, I could go on all day, so let's just say I would eat just to eat. Pop and sugary drinks were all I drank. After awhile my bad habits took over my life. I didn't go to school; I didn't hang out with friends or family; all I did was sit at home and eat. Everyone told me I needed to change; that I needed to get healthy.

My Grandmother, Grandfather and my dad all are diabetics and if I didn't change I would be to. I thought it was too late; thought I was too far gone. But I was wrong. It's never too late to change.

Thanks to the SOADI family and many other supportive people I have turned my life around. It's not easy to turn away the bad foods, but self-discipline, inner strength, and determination are some things that can help, but in the end it's up to you. You have to ask yourself, "is this the way you want to live your life?" My answer was "NO".

Fast food, pop, and junk food are now sometime things. Eating just to eat is now a never thing . I am glad to say I currently fit size 36 pants, 3XL shirt (but I still wear 4 or 5, gotta keep the swag)

My journey has only just begun. I am nowhere near finished. Days come that are harder than others. On those days I sit back and read this:

**"I vow to change.
 I need somthin' quick. Junk food got my life locked up like a grip.
 I'm talkin fast food fix an a bag of chips.
 Temporary feel-goods.
 But the pain, it sticks.
 I'm only the candle. SOADI light the wick.
 Time to let the light shine bright for the kids.
 I see them all growin and I see myself in 'em.
 Don't grow up too fast; just enjoy bein children."**

Make healthy choices and learn from my mistakes. You only have one life and one body so treat it the way you should. The creator gave us everything we need. If you open your eyes, you will see.

REZTORE
 PRIDE



Nia:wen kowah/Thank you very much for your time I made a promise to our people; to live a healthy life and to pass on what I have been taught.

Just remember that it is in all of us to live healthy. It is all up to you.

LET'S DO THIS!



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Some signs and symptoms of diabetes are:

- Numbness in hands or feet
- Blurred Vision
- Lack of Energy
- Recurring infections
- Frequent Urinating



SOADI Education

Update

There are many wonderful things that have happened in the Education program last quarter. The 4th session of the 13 Grandmother Moon Workshop series took place on October 22nd and 23rd. The focus was the changing of the seasons, harvest and preparation. The workshop series is intended to educate Aboriginal, Métis and Inuit community frontline workers with tools that focus on a holistic aspect of diabetes wellness.

Participants were given an opportunity to work with horses to learn valuable lessons in acknowledgement of their self awareness, and the exchange of boundaries and mutual respect.

Activities built leadership skills, and emphasised the importance of learning how to

approach others respecting the different layers of awareness.

Upcoming Events!

The 5th session of the series will be held on January 24th and 25th 2011 at SOADI's head office in Thorold, the focus will be "remembering the spirit of the food."

Reztore Health Youth Empowerment Training January 26th and 27th 2011 at SOADI's head office, featuring Alex McComber from KSDPP Diabetes prevention training.

Become a Youth Advocate and Promote Healthy Lifestyle Choices

Learn what Diabetes Wellness Means to You and how you can share the message.

Intended for Youth in a Healthy Lifestyle Position



Shannon VanEvery
Education Coordinator

Email: education@soadi.ca

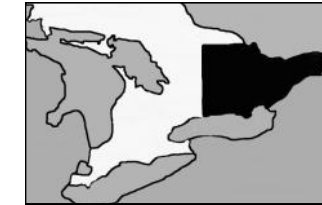
Currently work/volunteer in a frontline position in their Aboriginal, Métis or Inuit community, that promotes/role models healthy lifestyles & choices. Participate in SOADI Train the Trainer Workshops Returning to help facilitate (help/explain) diabetes & healthy lifestyle choices at future SOADI Reztore Health Youth Trainings. For more information, visit SOADI's website at www.soadi.ca or contact Shannon Van Every at education@soadi.ca

"Reztore Health Youth Empowerment Training January 26th and 27th 2011 at SOADI's head office, featuring Alex McComber from KSDPP Diabetes prevention training."



Eastern Region

Update



Carol Loft

Eastern Region
mail: Eastern@soadi.ca

She:kon

I look forward to the New Year and all the possibilities it brings! It is a time of change and renewal and an opportunity to work towards achieving a healthy body inside and out. We can do this by making small changes towards reaching our goals, which could be losing weight, eating healthier, quitting smoking, etc. Although we will have the support of our family, friends, and our health care provider(s) in reaching this goal, ultimately it's up to us to make it happen.

We are half way through winter, and actually it hasn't been

overly cold and nasty – thank goodness. I will be so glad when spring arrives with its warm weather, which means many of us can do outside work such as gardening.

On Nov 27th I set up a diabetes display at the biannual purse auction fund raiser. This event is put on by the Tyendinaga Coalition for Healthy Lifestyles, and is a way to raise money to continue programs such as the soup program at the public school, hosting a yearly diabetes conference, etc. The purse auction continues to be a successful event, due to the participation and support of community members.

Some upcoming events in February include a lunch 'n learn for Four Directions - Aboriginal Students Centre at Queens University. As well I will be doing workshops at Minidwan Manido Daycare and the Minopimadiz-I Gamik Health Centre in Golden Lake.

At the end of February and early March I will be presenting a two part workshop for the parents of the CAP-C program at Katarokwi Friendship Centre in Kingston

I look forward to meeting with you, to discuss ways we can work together on an event you are planning

for your community. Perhaps it is workshops aimed at the youth and/or adults, a health fair, a conference, initiating a walking club, starting a community kitchen etc. Whatever the event may be, I would like to offer my services in helping you make it a success. Talk to you soon!

Healthy Tip

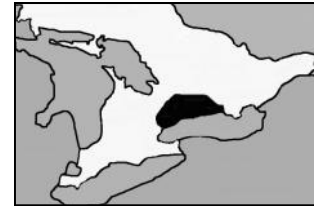
- Avoid second helpings
- Use a smaller plate at meals to reduce serving sizes
- Try not to eat four hours before going to bed
- Choose healthy snacks
- Limit the amount of takeout & fast foods you eat
- Be aware of what you are eating
- Chew your food slowly
- Don't watch television or read at the same time that you are eating

"Although we will have the support of our family, friends, and our health care providers in reaching this goal, ultimately it's up to us to make it happen."



Toronto Region

Update



Happy New Year!
I hope everyone had a safe and enjoyable holiday. We all live different realities and sometimes the holidays can bring up different feelings, both good and bad. Now that we are into the new year we can use this time of resolution to bring about some positive change. Nutrition and exercise tend to be the biggest elements most people want to change in their life. This can be difficult but it's not impossible! Remember it's all about choice! And little steps make big changes! Watching your portion sizes is always a helpful way to get things started...half the plate should be vegetables, one quarter of the plate should be protein and the other quarter should be starch. Quite often portion sizes are way too big, by using the proper portion sizes that is taking a step in the right direction. Another step is to cut down on pop...even better if you can cut it right

out of your diet, but cutting down is that first step. Pop is not good...at all. Try to make the switch to water and add fruit to your water for some flavor if you like. Another step is to cut down on fast food. Fast food is not good. It's not even really food, we have just been fooled into believing that it is. For example....I bought a Big Mac Meal from McDonalds last March...I still have that meal and it is exactly the same. No mold, no maggots. The meal stayed exactly the same. It even still smells like McDonalds...McDonalds and plastic. That is scary and hopefully scary enough to make you think twice about eating fast "food". I have been travelling around with this Big Mac meal, bringing it into different workshops, health fairs, schools etc. to show people how this "food" has not gone bad in nearly 1 year. It has proven to be very successful as everyone who sees it says that are not going to eat McDonalds any-

more, or any fast food for that matter. It makes me happy to hear that. SOADI has been working hard in spreading this message of healthy eating and wellness to prevent type 2 diabetes. The Reztore Pride Tour is continuing to grow, I am very proud of all the amazing work these artists have done to raise awareness in our communities and I actually feel like it's starting to work. We will be holding a 2 day Health Empowerment Training for youth at SOADI head office Jan 26-27, please contact me for further details.

Other upcoming events:
*Diabetes Wellness Circle Jan 20th 1:30-3pm, Turner Room Wigwamen 14 Spadina Rd.
*Nutrition Bingo Jan 21st 10-12pm Queen West Community Health Centre 168 Bathurst St.
*Walking Club – contact me for details



Amanda Lipinski

Toronto Region
Email: Toronto@soadi.ca

*Community Recognition Awards – contact me for details
*Chiefs of Ontario Health Forum Feb 22nd – 24th Intercontinental Hotel 225 Front St.

Please visit our website www.soadi.ca for updates as new workshops, events and presentations are always being added...Also please contact me if you would like any resources or workshops surrounding wellness and diabetes prevention. Thank you and I look forward to seeing you over the new year!

Healthy Tip

80/20 Rule:

This rule suggests that 80% of the time you should pay attention to the fuel you feed your body. The other 20% of the time you should have fun and enjoy what you eat. Meaning that for the most part we should fuel our body with nutritious foods that are low in fat, and high in fibre and complex carbohydrates including lots of fruits, vegetables and whole grains. But it's also ok to eat whatever we want once in a while... everything in moderation.

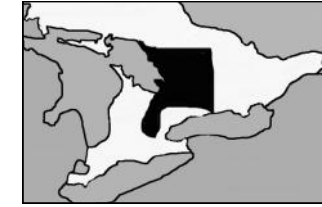
*Info gathered from CanFitPro

“Nutrition and exercise tend to be the biggest elements most people want to change in their life. This can be difficult but it's not impossible!”



Central Region

Update



Aanii, Boozho, Bonjour and Hello
How quickly time seems to be travelling these days, seems like not too long ago, driving along the road one could see the vibrant colors of Fall and now it's a blanket of snow. What a beautiful time of year. The air is crisp and cool and there are so many outdoor activities to do. Being raised in the North, my time was filled with sledding, ringette, hockey, broomball and skidooing... how I miss skidooing. There has been much activity in the Central region in regards to workshops, health fairs, and displays at various local events. This season of snowfall also

brings cancellations as well and the workshops that were cancelled due to inclement weather in December will be rescheduled so keep an eye out for the posters within your communities. Committee meetings continue and there are some exciting things/event that are in the planning stages and will take in the very near future. I will be posting information regarding these as soon as the events are finalized. SOADI will be hosting a Reztore Health Youth Empowerment Training January 26th to 27th. The training is intended for Youth (15 – 30) that is in a frontline capacity to pro-

mote living a healthy lifestyle and choices. This could pertain to a job or volunteer position within Aboriginal, Metis and Inuit communities. Online registration for the training can be found at <https://soadi.wufoo.com/forms/reztore-health-empowerment-workshop>. Spaces are limited. Any questions regarding the training can be directed to Shannon VanEvery at head office. SOADI is looking for Regional Youth Reps who will help in facilitating a SOADI Reztore Health Youth training to youth (twens/teens and early 20's) in the new fiscal year. This is an exciting oppor-



Kim Lamothe

Central Region
Email: Central@soadi.ca

tunity so why not get involved!
The Community Recognitions Awards will hopefully take place sometime in March. I will be sending out the nomination forms and information regarding the event as soon as I have confirmed the location. Watch for posters at your local Aboriginal Organizations.

Upcoming

If there any questions regarding upcoming events, please do not hesitate to give me a call. Dates are subject to change are some events may be added or rescheduled.

TBA	360 of our Region (Collingwood), Portion and Traditional Food (Midland), Portion and Traditional Food (Orillia)	
Jan 15	Wahta Blood Screening	
Jan 20	360' of our Region	Midland
Jan 26-27	Youth Empowerment Training	Thorold
Jan 28	Reztore Pride Event	Curve Lake
Feb 3	Diabetes 101	Midland
Feb 18-20	Georgian Bay Native Friendship Center Elders' and Traditional Peoples' Gathering	Peterborough
Feb 24	Trent University Nutrition	Midland
Mar 4-6	Georgian Bay Native Friendship Center Indigenous Women's Symposium	Peterborough
March 17	Trent University	
Mar 23	360' of our Region Nutrition	Huntsville
	Scugog First Nation	Scugog

“The air is crisp and cool and there are so many outdoor activities to do.”



West Central Region

Update



Warmest greetings to all!

I hope that everyone had a memorable Christmas and New Year holiday filled with numerous special moments. I feel refreshed and I'm very excited to greet 2011 and all that it will bring. It feels so good to breathe the fresh, crisp, clean air of the winter season. I hope you are all making yourselves a top priority by practicing good self care!

UPDATES

Congratulations to Lisa Akiwenzie from Cape Croker on her SOADI Community Recognition Award! She is working to manage her diabetes in a good, healthy way and in the process increasing diabetes awareness and the importance of diabetes

prevention through healthy living.

In the fall, I delivered a motivational talk about healthy active living through lacrosse and the importance of post-secondary education at the Laurier University "Laurier Celebrates Six Nations Lacrosse" event. SOADI also delivered a presentation at the Conestoga College (Waterloo Campus) "UW Directions Esteem Youth Conference" about diabetes awareness and healthy living.

Don't forget about the Ongweho:we Diabetes Support Group in Brantford! It runs the 3rd Wednesday of every month from 6:30-8:30pm at Brantford Native Housing - 318 1/2 Colborne St. E.

In December SOADI was at the PJ and BCI secondary schools in Brantford, delivering healthy living education, along with the Brant County Health Unit and Aboriginal Health Centre. It's always a great privilege to be able to deliver important health messages to our youth.

UPCOMING EVENTS & ACTIVITIES

In January, I will be in New Credit for a diabetes awareness session with the Native Horizons Treatment Centre followed by the Community Action Program for Children (Brantford) in February.

Look out for a healthy living family event in the Six Nations area in February. It will be a partnership between SOADI, the Six Nations Health Promotion Department and the Six



Crystal MacDonald
West Central Region
Email: westcentral@soadi.ca

Nations Child & Family Services. Details to be confirmed!

PLEASE give me a call or an email if you would like me to visit your group, school, or organization to deliver important messages about diabetes awareness and healthy living or if you have questions about our activities and services.

I hope you are all making yourselves a top priority by practicing good self care.

This means eating healthy, being active in whichever way you enjoy and also looking after your spirit by listening to it. If you are living with diabetes, good self-care also involves regular visits to your health care provider and diabetes educator, regular blood sugar testing, regular foot inspections, proper (professional) foot care, and taking medications as prescribed.

"I feel refreshed and I'm very excited to greet 2011 and all that it will bring."



Urban Horseshoe Region

Update



Greetings to Everyone in the Urban Horseshoe Region,

Winter is here! For me, it is soup season. Soups can be very healthy for us and can also make us feel good! My grandma used to make the best soup. She would make huge pots of soup, you didn't want to ask what was in them, but they tasted sooo good! I think that's because one of the main ingredients was love. I can remember her singing and humming while she was preparing. I try to remember that when I am preparing mine too. Soup can be lots of fun to make and eat!

There is a new talking blood glucose meter available called the Oracle. We had the pharmaceutical rep come in and give us a demo. It seems easy

to use and is beneficial to people who have trouble seeing. If you are interested in getting one, contact me and I will give you a voucher for one.

The Canadian Aboriginal Festival at Copps Coliseum in Hamilton was good this year. We had lots of students stop by on Education day to gather information and learn some new facts about some of our take-out foods. They also filled out an evaluation for which they received either our Reztore Pride CDs or T-shirts. Thanks to all who came by our booth. Thank you to Deanna, our nurse who did blood glucose tests over the weekend. She had a few "regulars" come back from past years to get tested again this year.

Students of the Niagara District School Board is

participating in a new Endeavour called "Give Where You Live" It is a program for interested students to volunteer their time at one of 23 participating non-profit organizations in the Niagara area. Some of the student will be coming to SOADI to share their skills with us for one day each in January, February, and March. The big kick off to this event was at St. Catharines Collegiate where over 300 students gathered information about the organizations to learn why it will be a great organization to be a part of.

Upcoming Events:

Family Skate - partnership with Welland Métis Nation of Ontario - the Port Colborne Arena - January 22 - 2:00 - 3:00.



Kathleen Laforme

Urban Horseshoe Region
Email: Urbanhorseshoe@soadi.ca

For more information call me, or TerryLynn Longpre @ 905-735-1112.

If you would like any information or would like a presentation or workshop, please do not hesitate to contact me, see you soon.

Recipe

Here are a few websites to visit for soup recipes:

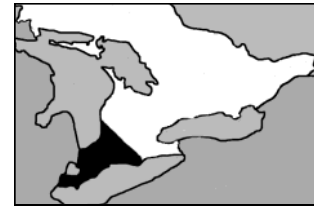
- www.recipezaar.com
- www.food.com
- www.foodtv.ca

Soup doesn't have to be difficult or take a lot of time to prepare. You can start with a recipe, and then adapt it to your likes. Start with your favourite vegetables, beans, and/or meats. Be creative, and have fun!

"Winter is here! For me, it is soup season. Soups can be very healthy for us and can also make us feel good!"



Western Region



Update

Seasons Greetings to You All

With the upcoming Christmas Season upon us, children are excited, parents are stressed with what Santa is going to bring the kiddies and employees are looking forward to a much needed Christmas Break. Whether or not we'll be blessed with a white Christmas, the day will arrive and all will be breaking open their gifts while Mom & Dad try to sleep in after a very busy evening with Santa. Next comes the Traditional turkey dinner prepared with love by Mom only to have that 'stuffed' feeling and wishing we used that portion plate when we filled our plate.

Current Community Activities

Friday, November 12/10 a musical performance by SOADI Reztore Pride was en-

joyed by approximately 200 students from Standing Stone School, Oneida, The Log School and Antler River Public School. Later that late afternoon at the "Dining with Diabetes Dinner Theatre, with approximately 125 attendees, Reztore Pride did another musical performance for the dinner guests. They were also treated to a diabetes theatre performance from local community members; I would like to acknowledge and thank Carolyn Doxtator, SOADI Board member who graciously assisted me in presenting SOADI Community Recognition Awards to 5 persons nominated in their respective communities. (thanks Carolyn, appreciate your assistance!) A huge thank you to the ladies in the kitchen who prepared the delicious meal for this event. Thanks to the many community partners

who helped to make this event a huge success; they were Canadian Diabetes Association/London, SOADI Reztore Pride, Chipewas of Muncey, Oneida First Nation & Southern Ontario Aboriginal Diabetes Initiative/Western Region.

Upcoming Community Activities

January 2011 Southern Ontario Aboriginal Health Access Centre, (SOAHAC) Schedule some youth programs with "new" youth coordinator, Atheana Viola Marie Buckley

Jake Taylor is the Youth Outreach Coordinator for University of Western's Indigenous Services. They have a really great summer camp for kids and are very interested in getting more diabetes teachings. This is a referral from Amanda Lipinski, SOADI Toronto Region DPC who met



Barb Whiteye

Western Region
Email: Western@soadi.ca

him CANAB this past weekend, Thanks Amadana!

In 2011, I will continue to pursue youth programs and seek partnerships for diabetes prevention and awareness.

"Next comes the Traditional turkey dinner prepared with love by Mom only to have that 'stuffed' feeling and wishing we used that portion plate when we filled our plate."



Footcare

Update

www.soadifootcare.ca



Aanii and Greetings Everyone!

Winter is here and in full force with cold temperatures and icy conditions. At this time of year it is important to ensure we are protecting our feet yet remaining physically active. Doing 30 minutes of activity a week is recommended by health Canada and Staying active is an important part of increasing blood circulation and lowering your blood sugar levels. Even though the winter season brings less conducive conditions for outdoor activity there are ways to help you remain active yet stay safe and on your feet. When walking out doors to help bring more stability you can use ski poles, cleats to go on the bottoms of your feet as well as picks for the bottom of your cane. If you still feel that the outside is unsafe try indoor activities either with

your neighborhood community centre, with a group of friends or on your own. Starting a walking group around the mall, or even using your own, or a friend's apartment building to walk the halls is a great way to keep moving in the winter. Always wear proper fitting shoes that are appropriate to the activity, environment and weather as well as bringing your blood meter, a healthy snack and water to keep your body healthy and protected.

Past Events:

The fall brought many foot care events, workshops, presentations, and various venues that allowed the program to set up a display and give many informative handouts to the public as well as prizes to those who participated in our new Foot Care Spin to Win

Wheel" game. We travelled to many places in the fall, some of them being; Owen Sound, Ottawa, Renfrew, Bancroft, Hamilton, and Six Nations.

Future Events:

As we settle into the winter months we will continue with our Foot Care Events, some of the places that we will be visiting are; Toronto's Queen West Four Winds Program on February the 11th, Hamilton partnership with ONWA on March 10th (location TBA), and Fort Erie Native Friendship Centre on March 14th. These events run all day and everyone is welcome to come and join in on the fun. More events and workshops may be coming up in your area this season. Be sure to check out Foot Care's website www.soadifootcare.ca for more information and to



Lindsey Cosh

Footcare Coordinator
E-mail: footcare@soadi.ca

view our calendar for details on upcoming events in your area! If your community organization would like to request a clinic, workshop, or presentation, you can do so by filling out a clinic request form on our website or by contacting the Coordinator directly via email.

Foot Care Tips for the Season:

Be aware: Reduce the risk of slipping by walking with your feet slightly pointed outward for balance. Use aids to help keep your balance and traction while outdoors, such as the items mentioned above.

Proper Care: Winter brings dryness to the feet, yet the heavy boots also allow our feet to sweat more. Being aware of your foot condition and adding talcum powder to your moist feet or moisturizing with urea, coco butter or Shea butter will help your dry feet. Be aware of fungal nails, such symptoms can be discoloration of the nail. Change your socks and wash your feet and nails daily as well as using tea tree oil, a natural antifungal will help prevent and control the fungus. Please seek professional care and or your chiropodist if you have any questions or concerns as soon as possible.

Proper Wear: Making sure your footwear has breathable, thermal material such as primaloft insulation, and water resistant, will help prevent frost bite. Keeping your heel low and sturdy with a good traction out sole will give you the support you need in the cold icy conditions.

"At this time of year it is important to ensure we are protecting our feet yet remaining physically active."



Yoga Exercises for Diabetes Helps Manage Blood Sugars

Yoga benefits diabetes in a lot of ways. It is only through actually doing this exercise that you will understand what it can do for you. Many diabetes care providers recommend it for their patients to deal with stress management. And living with diabetes can be very stressful.

There is now a therapeutic yoga which is becoming increasingly popular with medical professionals. This type of exercise is a combination of gentle traditional breathing work, a lot of guided meditation, and healing. Practitioners will create environments where their pupils feel secure and safe enough to sense feelings within their bodies. This type of guided meditation will help a person to learn why they feel the way they do.



Michelle Bouvier—www.hoopnectar.com
Yoga Instructor

This meditative exercise actually started out as a type of spiritual practice in India thousands of years ago now. It was done to prepare the body for meditations. Postures, are just one part of what is referred to as a limb.

The other areas are yamas, (restraints), niyamas, (observances), pranayama (breathing), pratyahara (the withdrawal of senses), dharana (concentration), dhyani (meditation), and samadhi (absorption).

The fitness industry in America began to market this meditative fitness as it traveled west and started to evolve into many types of styles. America thought of yoga as a route that promoted increased body flexibility along with a sculpted physique. Classes that really teach and emphasize these goals are easy to find in some of your gyms or yoga teaching studios.

People with diabetes who experience complications that include amputations, or other chronic illnesses have experienced much emotional relief from meditational exercise.

There was a study published in a medical journal published somewhere back in 2005 that spoke of the relationship between cardiovascular problems, and also insulin resistance. It said that practicing yoga may actually improve insulin resistance in type 2 diabetics, as well as cholesterol and your blood pressure. Why? It has a lot to do with what this exercise does for the nervous system, which is to make these body systems slow and smooth instead of choppy or nervous. As the whole cardiovascular system gets into relaxation patterns, oxygen and nutrients will reach tiny capillaries in your tissues. This positive body response helps the immune system functions, and throws out negative responses to stress.



People with diabetes often feel depressed frequently over their blood sugar control and other body problems. This is another reason why practicing this exercise in a quiet atmosphere which is supportive, provides an escape route for these bad feelings.

Beginning this exercise does not mean you will have sudden great control of your diabetes right off the button. You have to learn brief tranquil moments first, let go of struggles, and let the senses feel emotional healing. This is known as stillness.

Yoga might look nice and easy, but can actually be pretty tough. You can injure yourself quickly but expecting too much too soon. People have been known to injure themselves pretty badly by pushing too much.

Curing diabetes should not be the goal for anyone doing this meditative exercise. Many people do see positive changes in their health for the better with diabetes, but a cure for diabetes as a result of yoga is not realistic the way some people have thought.

The overall goal should be to stress the body only a little each time, just enough so that it makes tiny changes that are helpful. Your tolerance will get better with this type of exercising, but if you expect too much all at once and rush everything, it will set you back further than when you started. So start slowly and carefully!

Diabetics that have had foot problems of many kinds, or amputations can still practice this healing exercise. Every posture can always be tailored to make a disabled person feel better, and postures can still be effective by leaning on a post, or staying seated in a chair. You can use blankets and pillows if you need help with body support. Practicing yoga is great for fitness as well as meditation combined.

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