



## Oats for diabetes



Oats can effectively lower blood sugar levels – a knowledge that has been forgotten in recent years. But more and more diabetics are now relying on oat days – with convincing successes.

Oats are rich in B-group vitamins as well as iron, magnesium, phosphorus and zinc. Vitamin B1 supports the nervous system and promotes concentration. Vitamin B2 is important for metabolic processes as well as for skin and nails. Vitamin B6 is needed by the body for the formation of the red blood dye hemoglobin and the production of the body's own happiness hormone serotonin.

Less good than its ingredients and their effects, it is known that oats also have a beneficial effect on blood sugar levels. The oats do not directly influence the high values. Rather, it improves the sensitivity of the cells to insulin, so that the body itself needs less insulin to organize the sugar balance. The hormone insulin ensures that sugar enters the body's cells and can be used as an energy supplier. This so-called insulin sensitivity is impaired in type II or age diabetics, so that blood sugar levels increase. In the long run, the increased sugar destroys mini-vessels and leads to problems in the heart, kidneys and eyes.

### The positive effect of oats

Oats, on the other hand, lower blood sugar levels. Apparently, even a few oat days can make a difference. However, there have been few good studies to date that deal with the positive effect of oats on blood sugar levels. However, diabetics who had been given two days of oat food were demonstrably more likely to form adiponectin, a hormone of abdominal fat tissue, after four weeks, which has a beneficial effect on metabolism. The hormone also positively affects metabolic syndrome. This syndrome is characterized by obesity, high blood pressure, increased blood lipid levels and insulin resistance. It is considered the most important risk factor for coronary artery disease and atherosclerosis.

The increase in the hormone adiponectin was particularly high four weeks after the oat days. Therefore, it is usually recommended to have two oat days every four weeks. The oats are boiled in water for ten minutes in the morning and served with almonds and cinnamon, cooked in vegetable broth at lunchtime and in the evening and refined with chives. The starch contained in oats is slowly broken down into sugar in the body after the meal. It leads to a slow and shallow increase in blood sugar, so less insulin is needed to regulate blood sugar levels. The valuable oat fibres support this insulin-saving effect. Insulin resistance improves in about 70 to 80 percent of patients after an oat cure. This positive effect has now generally been observed in whole grain cereal products, as ongoing studies confirm. Many patients, according to the testimonials, can even reduce their medications. Even difficult-to-adjust patients with significant blood sugar fluctuations benefit from oat foods.

In the case of diabetes, however, oat days should not be carried out on their own, but necessarily under medical supervision. This is because the oat diet can cause blood sugar to drop so quickly that the medications need to be adjusted quickly.