White like snow, pure as if innocence

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Ty decydujesz! Nie cukrzyca

NOWOŚĆ!

Minerały Dla diabetyków

Najwyższa dostępna bez recepty dawka kwasu alfa-liponowego (ALA – 300 mg) z dodatkiem magnezu, chromu, cynku i selenu pomaga:
- utrzymać prawidłowy poziom cukru we krwi
- ograniczyć ryzyko powikłań cukrzycowych ze strony układu nerwowego (np. drętwienia kończyn i zaburzeń czucia)

Dzienna porcja (1 kapsułka) zawiera:

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<tr>
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<th>Kilogramy</th>
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<tr>
<td>Kwas alfa-liponowy (ALA)</td>
<td>300 mg</td>
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<tr>
<td>Magnez</td>
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<td>Cynk</td>
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<td>Chrom (III)</td>
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Wyciąg z kory cynamonowca (270 mg) z dodatkiem chromu, cynku i witamin z grupy B wpływa stabilizując na poziom cukru we krwi.

Dzienna porcja (2 kapsułki) zawiera:

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<tr>
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<td>370 mg</td>
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<tr>
<td>Termin 1 (wit. B₁)</td>
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<td>Ryboflawina (wit. B₂)</td>
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<td>Witamin B₆</td>
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<td>Cynk</td>
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<td>Chrom</td>
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Today is the opening to what was left in my life. Who is ready for such an experience? Perhaps, only some of us, yet certainly not those, who do not know how to let bygones be bygones, and leave the years of anxieties and struggling behind. After all, the pursuit of career accomplishment, social contentment and wealth, cost me dearly ... Admittedly we are aware that the fear of failure is the most weighty of all – it steals our health and puts an end to any happiness – but we are still not capable of being in command of it, maybe because others go through it as well. And finally, we attract what we are afraid of.

Whereas, accordingly to an ancient adage, fright is an inverted appearance of faith, namely a kind of belief in evil, instead of goodness!

Then, dreading diseases becomes a magnet for them, though we essentially need well-being...

Therefore, why not allow our hearts to welcome trust in welfare, which is so close around, and just awaits to be liberated from the bland daily routine. It might be the moment, when we realize, that goodness is deep within ourselves, as if a forgotten security deposit for better times. And these brighter times may come right now and may it be the first day of our days still remaining – days of healthfulness, friendship and source of joy, as for tomorrow it will be another first day ... what I wish to be for myself and You likewise.

Danuta Maria Roszkowska
Sleep deficiencies lead to inflammations

As early as one single night disturbed may trigger your immune system to be attacking your own cells and tissues, and set inflammation reactions in motion – we read in the “Biological Psychiatry”.

According to the authors, the scientists of California University in Los Angeles, good night-time rest favours our resistance to diseases, which are based on inflammatory responses, such as heart syndromes, diabetes, some of tumours or auto aggressive disorders, e.g. rheumatoid arthritis.

14 persons took part in a study, 7 women and 7 men. Their blood was tested several times to screen their NF-kB – nuclear factor kappa-light-chain-enhancer of B activated cells, which is involved in cellular responses to such stimuli as stress, bacterial or viral antigens. The examinations were carried out in the morning – as soon as the patients went through full-night sleep, and again, when they were subjected to being awake from 23rd pm to 3rd am.

What turned out was, that the NF-kB factor rose in levels only after the sleepless night, the sound night instead did not end up with NF-kB activated. The incidence, however, was the case of females alone.

-The researchers believe, that sleep insufficiency may also entail obesity, as well as related to it affection. Regrettably, the pace of existence defies education, comments John H. Crystal, and no one can give the answer, whether it is people, who escape time, or life steals it itself.

The source: www.niepelnosprawni.pl

Diabetes drug in cancer combat

The Metformina, a popular diabetes medicine, has been found valuable to stimulate immune system against tumours. The fact, proved by scientists of McGill University and University of Pennsylvania, was demonstrated in tests on mice.

– Our case study breaks new ground and provides evidence, that metabolism mechanisms, which stand for sugar assimilation also determine immunity – explains prof. Russell Jones of McGill University.

It has been discovered, that the Metformina not only reduces glucose intensity in blood, but also inspires immunological cells, the T lymphocytes, to respond protectively. They “memorize” those pathogens, which they had encountered in the past. Thanks to this function, the cells learned how to fight “the known” disease agents.

The source: www.mojacukrzyca.org
The caesarean furthers risks of children’s diabetes

Science provides evidence, that C-section might bring future after effects upon baby’s health – namely might advance diabetes risks. The study, carried out in Belfast, is an analysis of cases from 16 countries, and shows, that infants laboured by caesarean section stand 20 percent more chances to face diabetes type 1. It is important, that practically, the figure of 20% is fairly insignificant, except the disturbing fact, that it can not be accounted for other factors, such as: mother’s age, weight of newborn, or whether she breast-feeds or not.

So far, no one is able to affirm, what the reason behind the discovery is. There is only the hypothesis, that the hospital bacterial flora might affect pregnancy and immune systems of infants. The authors are far from raising alarming voices, just what they attempt is to convince us, that broader investigation of caesarean section is needed indeed.

Sourced from: www.rynekzdrowia.pl

But for the weather ...

The rates of sugar levels in blood is to say the diabetes touchstone. Both under proportions of sugar, as well as over concentrations of it in blood mean states of malaise. But in even chances, it might be weather affecting us. The phenomena is known as hypersensitiveness to climate changes.

The diabetes mental and body complaints are easier to be justified in terms of badly behaving sugars, rather than aura conditions. Yet, is it actually true?

We can not answer it with sheer logic, unless these personal tempers are approached in the way: sudden weather changes and other climate circumstances may tempt stress, what simply is followed by sugar falls or sugar upsurges, as in case of adrenaline, the nervous tension hormone. Headaches and migraines may have a similar effect. Many a person, who stands such weather hyperresponsiveness, suffers depression in autumn, and psychologically it might end in sugar upsets.

The source: www.diabetesindex.de

Anti-diabetes gene has been discovered

The derivatives of sulfonylurea class are in common use in aid of diabetes type II treatments. They are chemical agents, which stimulate insulin releasing from β pancreas cells, sensitize the cells to be more responsive to insulin, and energize transport of carbohydrates to fat tissues and muscles.

The savants from the University of Dundee conducted a study on population of 1073 people within the length of 18 months. The findings were, that individuals, who held two variants of the gene CYP2C9, they reached the optimal sugar levels in their blood 3,4 times more often, than persons, who lacked the one gene variant mentioned.

This CYP2C9 gene has been identified to be in charge of producing the enzyme, which breaks down the sulfonylurea derivatives in liver. That particular gene variant causes the enzyme to be less active, what means our body reacts healthier to medicines.

Sourced from: Onet.pl
The adults, once they recognize how great the sweet addiction is they start getting round to “the business”. Then again, children have a ghost of a chance – their yearly sugar intake outdoes their body mass. It is damaging in effect, to the extent there is barely any likelihood of recovery. The expressions “habit”, “craving” or “dependence” are in fact terms, which dieteticians regard as synonyms, all of which stand immense threat to health. Scientists sound the alarm: sugar is the darkest and principally dangerous item for consumption our civilisation has generated. The ailments related to any misguided-diet, are strictly related to fabricated sugar, altogether to other denaturised groceries, however sugar still remains the main “culprit”. Prof. Yudkin from London University associates nearly 50 co-responsible diseases with sugar, e.g. of arteriosclerosis. He, as a well-known food expert, states it is sugar, not fats, what hides behind atherosclerosis. None of other additive substances is so detrimental, but if they would, authorities would ban them in less than no time, in contrast to sugar. Nevertheless, the position does not show moves. We unswervingly wolf down lollies to delight of still growing sugar industries. It was after the World War II, when the highest peak of sugar commerce was recorded. The sixties saw sugar harvest returned in twice as 100%. Whereas crops of cereal, rice, with produce of milk and meat delivered just 30-50% more in total. Sugar, on the word of professionals, has been graded as an utterly needless nourishment and on the top of that at least as a part of the cause contributing to: - Dental caries, periodontitis and related chronic gum inflammations,

The only sugar, that energises our body systems, is glucose. We can easily and fully supply it from normal, non-sugary products (like bread, potatoes, pasta, rice, etc.). Glucose has got nothing in common with industrial sugar, which “sweetening” our lives devastates health of us.

Snow-white, pure as if innocence

Sadly, it is the marginal share of consumers, who succeed to control eating sugar. In basic terms, we have been habituated to this sweet substance straight since we were born. Sugar became so obvious in our diet, that we lastly lost the taste of it. Being added here and there, practically sugar is everywhere, which means, we are not able to detect it any longer. Most people is aware, that we find it clearly in sugar bowls, bonbons, candy bars or chocolate. But, it is downright impossible to sense sugar in food processed, e.g. beverages, baby diet supplements, granulated teas meant for kids, lemonade, evaporated milk, any musli, paper boxed or tinned juices, cold cut, engineered sauces, champagne, countless number of psychoactive agents, cream cheese, yogurts, et cetera, and so forth.
Misunderstanding of what we eat and how we eat, may also play a role in growth of tumors. We consume excessively large amounts, dreadfully salty, sugary and fatty foods. These dietetic wrong-doings, deeply ingrained since early days, are not to go on unanswered, so the dismal distant consequences are bound to demand, even in 20 years time. English physicians, Cleave an Campbell have conducted a study on how consumers react to sugar and refined flour. They found them to be first and foremost harmful products of our civilization. For the flour starch and factory sugar are carbohydrates, it has been proved, that in excess, they lead to saccharidosis. Seemingly different various diseases are simply symptoms of saccharidosis. This certainty applies to diabetes, heart attacks, obesity, peptic and duodenum ulcer, or either varicose veins. Likewise, for a period of 20 years you may be seriously ill and perfectly unaware, till the symptoms come and it might be too late

At this point, it is no exaggeration to quote another lettered scholarly, doctor Bruker, that commercial sugar and refined flour is “our civilization’s gravedigger”. A case: diabetes. Unmistakably, the disease is diet-dependent, sugar including. In the four corners of the globe, there is already 230150 million of diabetes, but the World Health Organization predict the number to rise fiercely and announce diabetese to be epidemic of XXI century. Statistics show clear it spreads among children and youth. The figures in Poland is 2,5 million, at least of those who has been diagonsed. In the meantime, there is an equal population of diabetes, who are in the dark, simply not knowing. How many of them will be able to avert the concom-

Sugar characteristically comprises what tinfoil does! While it is true that sugar is manufactured out of white beet and sugar cane, still all the vital essences – minerals, vitamins, fibre and the rest – are killed by industrial chemistry and processing. What remains is an empty product – an antitype of nature. Over again, refined sugar, saccharose, CuH220n is nothing more than alcohol, nicotine, or drugs.
itant complications? What share of them will be capable to change their life-style? In one word, is prevention possible?

Health is supreme goodness, luxury of life, stands no contest, especially in front of sugar. Any addiction fight is challenging, but still doable.

Autor: Irena Lus
Foto: Galeria

Sugar pleases everyone. Even if some dietary routines change, it is not sugar. As if a privileged substance, it is ahead of political borders and clime limits, further than tradition and convention. The past century was termed “sweet”, the sugar consumption within the time got higher three times fold per capita. The presence of sugar takes ground away from vegetables, potatoes, cereals other than bread – e.g. grits, gruels.
Rely on Stevia

It was a real quest to find the cure-all-remedy. This was supposed to be phenomenal, as if magic power, like one of the Wizard of Oz, what would heal eternally. Hence, the challengers were called shamans, sorcerers, miracle-mongers on occasions, but they were seldom associated with science as medicos or herbalists. Nonetheless, it was them to explore nature, plants and animals, and learn trees, bushes, fruit, any mushrooms or just blades of grass, to brave diseases and recover people. The present-day medicine examines those leaves and fields, though still the knowledge of fauna and flora is before understanding of diseases.

Caa-che, namely stevia

The story of stevia is not any different. The tiny wort, still hundred times sweeter than sugar, yet recognized by few. Except for Indians of Guarani and Mato Grosso, the habitants of today Paraguay and Brazil, who were familiar with stevia long before conquistadors and sailors of Old World travelled down their lands. They named the species Caa-che or Aza-caa, which in their language stands for “honey leave, sweet plant”. They sweetened dishes, drinks, chiefly yerba mate tea and coffee, chewed it, as paradoxically stevia wards off against tooth decay. Shamans recommended it as strengthening heart, circulatory system, and regulating blood pressure. They applied it at instances of liver ailments, stomach aches, chlorhydia. In turn, the Indian lovelies used it dried and powdered as beauty face masks. Europe, Asia and Far East owe stevia to seamen, who observed it lighter and a good deal more handy when in desiccated and compressed form, as distinct from expensive, heavy sugar or burdensome to store honey. At the moment, thanks to those spiritualists and herbalists, we diabetics can appreciate stevia as a steadfast alternative to all the sweeteners of unspecified source and ill repute. The first official tests concerning diabetes were carried out in Paraguay, the motherland of “the sweet herb”. It was demonstrated, that 25 diabetes adults, who were asked to drink dry stevia leaves concoction, achieved 35% blood glucose reduction straight after 6 hours. During the Second World War, the government of Great Britain were weighing momentous decisions how to supply army and their civil market with sugar and one of their perspectives was stevia mass-production. Impressing enough to review the matter.

Calorie-free, non-toxic

Modern medicine practitioners referred to stevia only at the end of 19 century. The Swiss naturalist Bertoni classified it to asterceae botanic family, when altogether the chemist dr Rebaudi identified the sweet taste factor, hence its scientific name: Stevia Rebaudiana Bertoni. In 1918, Bertoni published his findings, where he asserted stevia ample health-promoting effects and recommended giving up saccharin. The intense sweet tang and delicate herbal hint originate from steviosides and rebaudiosides, which all are glycosides. Apart the deep flavour, stevia features proteins, fat compounds, valuable minerals and microelements like: calcium, potassium, magnesium, iron, chromium, mangan, selenium, silicon, cobalt, zinc. Among the qualities, there are vitamins B, C, beta-carotene, that serve against colds and flu. In experts’ opinion, stevia encloses hundreds more bioactive substances, however not categorized yet. Unquestionably, the key and principal stevia characteristic is calorie-free essence, what is the cause why blood sugar does not go up after a stevia-drink. As an alternative, it helps people to lose weight, since it lessens appetite for fatty groceries, especially sweetmeats. In contrast to sugar, stevia does not set off intestine fermentation. Stevia, being stable to heat, does not decompose until 200°C, so we can liberally apply it to jellies, marmalades, bikkies and cookies. Obviously, it will not develop into caramel, or turn into golden cake or give it crusty feeling. However, the calculation is shocking: two spoonfuls of powdered stevia is equal to a glass of sugar! Other stevia plus points is not only its non-toxic worth, but also bacteriocidal properties, which fact has been proved. Chromatographic techniques allowed to detect, that one of the unspecified stevia compounds organically works against blue pus, the
secretion known to be highly dangerous for people of low immunity, predisposed to hospital infections, or those at risk of cystic fibrosis. A different stevia composite fights urinary tract bacteria and prevents from renal colic, that is kidney stones. In line, cases of diabetes, who substituted sugar and sweeteners with stevia, drank the plant leaves tea, they gave the feedback of well-being. Many a patient of diabetes type I was able to discontinue taking oral drugs, when type II patients managed to keep down insulin doses, all of whom could experience some psychic comfort. Irrespective of which one disease we approach, stevia is a biological antidepressant on its own.

Top secret

Hard to resist and not to exclaim: holy smoke, how on earth the shamans exposed and realized stevia that ahead of Cortés and Pizarro? If we take an insight into interest and business stevia brings about in China, India, Korea, Israel, or Japan, where alone dozens yearly tones of stevia syrup is produced, then the bound to happen question is: why the European Union have not opened the market still?! So far, it is no more than a “pot-herb” bred by hobby under personal responsibility, while we can safely put forward the thesis, that stevia is a real-life blessing not only to diabetes, as the same to the all civilization-diseased. It seems to be some maladjustment, that hardly anyone knows, no institutions advertise it, as if nobody cared to popularize it. Especially when, any doctor understands diabetes to be the most serious of lifestyle diseases! Today medicine is at the position, that apart from insulin, there is no remedy or surgical treatment to exact diabetes therapy (actually, the situation is changing these days, what we did inform about in the last issues of “Diabetes and Health). On the other hand, at the point of the 25th anniversary of insulin discovery (by Frederic Banting and Charles Best in 1922), namely after 80 years, it has been publicized, that essentially insulin is none too effective. For example, in the USA, diabetes is the third of terminal diseases. It is solely behind heart syndromes and cancers. In the face of billions paid out on studies, researches and examinations forward methods and insulin medicaments, the diabetes incidence shows not an iota of decline. Strikingly, counter-productive instead, for how rapidly numbers of diabetics grow. The growth within these days came to 1800%! Therefore, what is the reason our whole continent, counting Poland, we fail to acknowledge it and give ground to public education? Even, the recent decision of USA administration, affirmative to import of stevia, its legal cultivation, processing and trading has remained unanswered. I mindfully use the term “recent”, because in 1991 the Congress formally banned stevia importation, which was practically like the prohibition in times of Al Capone, under allegation stevia is hazardous to health and existence, to great dismay of the medic world. The EU insistently claims, that the up to now investigations are only cursory, so insufficient to introduce stevia into buy and sell traffic. As if, it might be still somehow risky or some way obstructive. Yes, it is indeed, but certainly not to diabetics or any healthful people, it is threatening to the giants of pharmaceutical industry. And that is the crux of the matter.

Janusz Niczyporowicz
Here, we invite to culinary practice on stevia

**GREEN SUGAR** – namely stevia essence
5 50-150 g of fresh or dry stevia leaves is supposed to be brewed up for 10 minutes in ½ l boiling water, then we put it aside for 3 clock quarters, after that we strain it, preferably with a coffee filter. The syrup, explicitly green sugar, serves freshness for weeks. A few drops is enough to sweeten a drink or a dish. he syrup, explicit.

**SWEET-SOUR WINE VINEGAR**
2-3 stevia leaved stem or leaves alone are to be mixed with white wine vinegar. This fusion needs to be placed in a dark place, as a next step. It turns sweet in about two weeks.

**RAW TOMATO SOUP** – served hot or chilled
10 pieces of tomato, ½ cup of fresh and cut herbs: thyme, oregano marjoram, fennugreek, piper nigrum, 1-3 spoonfuls of powdered stevia leaves, 1-2 spoons of olive oil, a touch of ginger, a pinch of salt is what we could do with. We start with parboiling tomatoes and move to peeling them. Afterwards, the herbs, oil and salt is to be blended with the fruit. When puree mass is achieved, we should pour it down with vegetable or meat bouillon, and cook for a while.

**STRAWBERRY ICE-CREAM by Agnieszka Kręglicka**
1 1 kg of strawberries are about to be liquidised, then we approach stevia leaves and infuse them, sieve them and leave all to cool down. We couple everything together. The fruit mousse goes into small cups to be frozen.

**OAT COOKIES**
2 glasses of flour, 200 g of oat flakes, 2 eggs, a handful of shredded walnuts, almonds, free choice of desiccated coconut, a spoonful of stevia syrup, a taste of soda and salt, 125 ml of oil is the ingredients we need. We have to mix it all with a dash of water and then form cookies on a lubricated baking tin. The time it should rest in the oven is 10-15 minutes. One can have a try of fancy and manage without water. The technique is as follows: we roast the flakes on a dry frying pan, along we ought to pound an egg with the syrup and some milk. Having mixed all plus a scintilla of baking powder we add lemon juice and whipped egg white. After gentle stirring we shape cookies and bake them about 20 minutes.
Commonly, people are aware what aspartame or “a sweetener” is, when they see it listed among the ingredients of such labels as “light” or “zero sugar”. The diabetes individuals are exceptionally sensitive in this respect. Whereas, the truth about aspartame is as mysterious as the scent of Alfred Hitchcock criminals. Aspartame is a trade technical name of many food products, to quote the most popular, that is NutraSweet and Sugar Free. The compound was discovered coincidentally by James Shatter, what happened in 1965, when he tested an anti-ulcer drug for GD Searle Company. The preparation was admitted to be applied in dehydrated consumer goods in 1981, and permitted to be used in gassy drinks in 1983. Actually, the leading case took place in 1974. Scientists almost immediately realized how severely this sweet substance can ruin our bodies, if consumed in a long run. At one time, “the Nexus” magazine (2/1998, in the article “Bitter reality of artificial sweeteners” by Mark D. Gold, translated by Miroslaw Kościuk) published harrowing news. Only need to cite the tiny portion: “Aspartame is the trigger of 75% negative reactions to concurrent food additives”, instances of which were directly reported to the USA Food and Drug Administration. Multiple of these responses is literally serious, for example acute epilepsy attacks, and among them fatal ends, what in February 1994 was recounted by the Department of Health and Human Services. The rapports provide evidence of 90 symptoms aspartame can produce, and some of them are: headaches/migraines, dizziness, cerebrovascular strokes, nausea, numbness, muscular contractions, gaining weight, skin rashes, depression, weariness, irritation, tachycardia (rapid heart muscles movements), insomnia, eye-vision complaints, losses of hearing, heart palpitations, breathing problems, speech/articulation disorders, losses of taste, fits of anxiety, noises down ears, memory disturbances and pains of bone joints.

In opinion of the experts, who have been investigating aspartame, this item of consumption may initiate and exacerbate diseases like: brain tumors, multiple sclerosis, epilepsy, chronic fatigue syndrome, Parkinson disease, Alzheimer disease, amnesia, lymphoma, congenital disorders, diabetes. The actual composition of aspartame is: aspartic acid, phenylalanine, and methanol. James Phyllis Balch is the author of the book “Prescription for Nutritional Healing”, and ranks aspartame to “chemical poisons”. In spite of everything, the reagent is hidden in countless of products and camouflaged with unknown trademarks and does win markets of consumer goods, where adults and children end users seem to be one and the same. The commercial growth of aspartame might be a staggering material for a thriller story, probably giving ground only to the Watergate scandal: deception, counterfei, bribery and corruption of bureaucrats, congressmen and scientists, whose silence on aspartame was endorsed lavishly, in form of fellowships and placements, impressing enough, as they could earn far more than a president of USA. The legalization of aspartame was exercised at the very top level. Donald Rumsfeld, a friend of George Bush
family, the then secretary of Defense, he was all together the chairman of directors in the Searle Company, precisely when the validation of aspartame was pending. While, Arthur Hull Hayes, who was appointed the principal of Food and Drug Agency by Ronald Reagan, and was responsible for rendering aspartame legalization, was forced to leave his position, after it was revealed he had been unlawfully benefited. On leaving FDA, he directly got employed in the very Searle Company, farther more in public relations division, in the function of a senior adviser on health.

To say, it is just the tip of the iceberg, for the lobby group care and make the sweeteners’ giants certain. What is out of sight is more often than not 80%. This is far above the ground competition, extra players are not welcome, stevia by the same token. In the USA, Canada, Australia and New Zealand ordered a sanctioned regulation, binding stevia products to dietetary supplements, not to sweeteners.

It is high time indeed, that European Union should really wake up, hope they would soon enough, before it is not too late. Urging hot air, that the so far studies on stevia are undersupplied is sheer nonsense for the business sake. Especially, in the face of the new swine influenza vaccine, which had not been completely tested yet and is entering the market. So, we do have an authoritative precedence!

Janusz Niczyporowicz
Appetite for awareness

I do not know a person, who would make a complaint on our initiative and movement. More and more often I am posed before the question: what is the right of entry to the Thursday Dinners at Diabetes? When I explain how easy it is to come along Warszawska Street in Białystok, to the office of our Diabetes Association, and simply ask for an invitation, people react astounded. W Being on vacation is a fairly good time to weigh up the yearly “working” performance. And I am truly convinced, that right next to “Diabetes and Health” editorial successful efforts, we find Diabetes Thursday Dinners as an equally successful happenings. The television and radio publicity has become another one plus point, we had not expect before to take place. Nevertheless, the first and foremost accomplishment is, that at the Dinners, we managed to popularise preventive medicine, promote healthy life-style and social orientation. Our aspiration to learn living with diabetes, in self-esteem, as well as in discipline, the same within society, was met and appreciated.

Learning by playing

The initial idea of the Thursday get-togethers was to advance commonplace healthy diet, and also, to introduce diabetes with general principles, ahead of the old-wives’ tales. For the fact, I attended the dinners from the very beginning, I am able to share now, how all has changed and developed.

I can remember the opening dinner. It was in a restaurant, where rows of chairs and tables were arranged as if for a conference, and along the stage was ready for artists of the Sarakina band. The first meeting went beyond planning and the venue had to accommodate more guests than invited, and more than the house could provide seats for. The decision was to move to adjust. The new place is of greater space, we can gather in number of 120 people, but again it grows filled to capacity.
The Sarakina are the musicians, who in my opinion were the top personality of the dinners’ art shows. Certainly, it does not mean, that any other singers and actors were not good enough, for they all did serve us respectable “artistic desserts”.

Fined and multifarious programmes in the menu each time. There was a choir of police officers, the vocalist of the blues Brothers and Sisters, an Okudżawa ballads performer, an instrumentalist, who played a saw and many different tools, even utensils. And altogether, sung poetry was always one of the most impressing themes, as for instance Paweł Szymański once presented.

On another occasion, professor Marian Szamatowicz teamed up our artists, and cutely sidestepped the role he was given. Namely, he was supposed, in pair with prof. Ida Kinalska, to prepare a dish of lentils. Instead, he seized a guitar and did express genuine sensitivity of Bulat Okudżawa.

Why in this brief résumé of the diabetes events we do accent the artistic aspect of them? The answer is humanness, what we understand as body, mind and any culture to be involved.

**Plainly on problems**

As it was already mentioned, the educational aim was the leading one the Diabetes Association put forward. The Thursday Dinners’ repertoire stood proof of lectures on diabetology, dietetics and podology. Prof. Maria Górska from University of Medicine in Białystok, and her assistants, familiarized us with the glycaemic index and diets based on it. The knowledge received relates not only to diabetes, but to anyone, who cares for healthfulness, good fit and good looks.

Pretty interesting was the speech of Ida Kinalska. She did bring it home to us, that diabetes may give rise to ischaemic heart disease. Another out of the ordinary instruction was the slide show of dr Anna Popławska-Kita, giving us a touch of imagination on diabetes foot complication. If any person, who was then unaware how risky the setback is, he or she could evermore memorize it thanks to the pictures, to be thoughtful before any malpractice, to prevent any tiniest foot cuts or abrasions.

The issues are important and serious, but brought into the light simply, even frivolously. There was not an intention to motivate by rousing fears, but inspiring sensitiveness and alertness. There was every attempt to wake up any hope, and get across the message, that by making any possible effort we may render diabetes life easier and far more comfortable.
**Angelic hosts**

Undoubtedly, the style and methodology of the Thursday Dinners at Diabetes is this dynamic, that caused the event to develop cyclical, to the point it is not quite the thing not to frequent it. Every month new members joined up our association, for someone somewhere told them it is wonderful get-togethers, and they are really eager to learn something, to listen to good music, and they do want witness those, who appear on daily front pages “bustling round cooking pots”.

Alike, new and new persons, whom our editorial team of “Diabetes and Health” dubbed Angels, are still growing in number. These are those individuals, who advocate and stand fast our idea of the monthly Thursdays at Diabetes. The Białystok University of Medicine workforce, the representatives of the local medical and social institutions and media altogether are not just authorities, but every kind of support. This is them – the Angels – and they were paid our gratitude with painted old wood figurines of angels, made by the artist Aleksander Grzybek.

**Any person feels like cooking**

Probably not before long the time will come, when it will turn disgrace for not having performed being a chef at our Diabetes Dinners. We should not hesitate and recollect, who have already been privileged to do so: this is the professors Ida Kinalska, Maria Górska, Marian Szamatowicz, the director of Podlasi Museum Andrzej Lechowski, the chairman of Białystok TVP branch, the representatives of NHS and PFRON medical and social care establishment, the spokesperson of Białystok Police services Jacek Dobrzyński and the actor Ryszard Doliński. Among them, the vice-president of Białystok Tadeusz Arłukowicz and the University of Medicine principal Adam Karluta. This is just a few examples of those, who were willing and ready to give us an act of their culinary talents.

I am certain, that all who are in the know will keenly be awaiting our Thursday event. As one might expect, they are to question, who will stand at the command of pans and pots. Who, this time, is about to be introduced by our “adept” Master of Ceremony Dariusz Szada-Borzyszkowski? What a topic is going to be the centre of attention?

Patience is all we need. It is right in a little while. I am acquainted enough to say, that the General Editor, the originator of the idea, is arranging the program as early as now.

*Text: Dona
Photo: Maciej Bogdański*
Zdrowe gotowanie w Systemie Zeptera
NIEZASTĄPIONE ROZWIĄZANIE W WALKI Z NADWAGĄ I CUKRZYCĄ

W ciągu ostatnich lat drastycznie wzrosło liczeba przypadków nadwagi i otyłości, zwłaszcza wśród dzieci. Jest to wynik tendencji do nieprawidłowego sposobu odżywiania i niezależnego poziomu aktywności fizycznej, co w przyszłości może prowadzić do dalszego wzrostu prawdopodobieństwa chorób, takich jak: choroby układu krążenia, nadciśnienie, cukrzycy typu 2, raka, móżdżgu, niewydolne wątroby, zaburzenia mięśniowo-skrzelowe oraz zaburzeń psychicznych, które przyczyniają się do otyłości.

Mamy przygotować potrawy w zdrowy sposób wykorzystując przyrządy do gotowania firmy Zepter. Nie wymaga to wielkiego nakładu pracy, ani wysiłku. Gotowanie bez wody sprawia, że produkty zachowują swój naturalny smak, aromat i kolor, a za najważniejsze, witaminy i sole mineralne. Śmiało możemy też zaszczytnie zapewnić, że z dodatków soli, dzięki czemu zmniejsza się naszej serce nadciśnienie. Potrawy są smaczne, smażyace, a bogate w wartości odżywcze zapewniają właściwe zasadażenie i harmonię w naszym zdrowiu.

Doświadczone można w naszych kuchniach piec, grilówka, czyniąc przy tym swoje zdrowie. Wybierając z dalszych podstawowych smaków możliwości pozwala na zmniejszenie ryzyka rozwoju wielu czynników chorób, a zdecydowanie mniej kaloryczne potrawy zapewniają odpowiedni kawalernierze naszej sylwetki. Dodatkową zaletą, naskorzycy Zeptera jest możliwość gotowania kilku potraw na jednym źródle ciepła, co pozwala zasobie czasu i energię. Zadbaj o zdrowie, zacznij od przeciwdziałania diabli. Zastosowanie najnowszych technologii, od kilku dekad jest gwarancją długotrwałej, niezastąpionej rozwiązań w walce ze zdrowiem w firmie Zepter.

Obejrzyj Firma Zepter oferuje nie tylko doskonale narzędzia – kolekcję naczyń Masterpieces, dzięki którym można przygotowywać smaczne i zdrowe posiłki, ale także specjalny program żywienia, który odpowiednio zrozumieć się o zdrowie swoich klientów. Każdy właściciel naczyń ma wyjątkową możliwość skonsultowania z programu Dietetyk i zastosowania diety stworzonej specjalnie do jego potrzeb (np. nadwagi, cukrzycy).

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ZEPTER – JAKOŚĆ, STYLI I NIEPRZEMIANY WARTOŚĆ
Thursday Dinners at Diabetic’s
from backstage

Many a person, many a time reminisces the famed Thursday dinners at the king Staś’, the last ruler of Poland. The only thing is, what was the legendary occasion on about? What kind of food and drink was preferred at that time? What was the then table manners and service? We need not to forget, that the taste and etiquette of eating changes just alike as fashion or social decorum. Thus, let us review the matter from the perspective of 18 century courts and chateaus, straight from behind the kitchen door.

Eating, drinking, pipe smoking

During the Kingdom of Poland, the noble class of those days they ate more than enough, heavy fills and fatty satings. The customs of eating were of any nature: “out of hunger, out of habit, because of boredom, for the sake of fun, in favour of companionship, or so as to impress others”. Eating was well-liked and much-conversed about. Not strange enough, the upper-class of the days passed their time paying visits. They invited one another frequently and hosted each other in a sumptuous and opulent style. As the old saying goes “Anything what one can afford”. The feasts stretched in time for hours and hours, because the ample of dishes was unworkable to the inexperienced servants. The wealthiest and high-standing of all lost their fortune as per the maxim: “Run in debt but blow your own horn”. So as to regale guests, they ordered most expensive spices, rare delicacies or choices of splendid wines. Almonds, cloves, nutmeg, ginger, pepper, saffron, pistachios and pine nuts were liberally spent. The rich of rich could offer dear asparagus, truffles and appetizing apricots, peaches, and oranges. The magnates, anyway, were so well-off to rise exotic fruit in their own conservatories. Outdoing themselves, they ornamented tables and adorned dishes to the point it taxed flavour before looks.

Table cover, table-ware

The preparations started on not otherwise but from the table. One of the principles was laying table with a cloth, if not, it would be a discourtesy. In the Old Polish houses they placed layers of textiles, one over another (the bottom lined with net or colored fabrics, the top with a white material), all this for the reason to be able to change each cloth after each dish completed. The next of concerns was tableware. The splendour of it was the face of the family affluence and respect towards guests. In practice, sizeable pans and platters were positioned at the centre of the table, followed by as many plates, cups and goblets as it could be comfortable enough. Since the times of Saxons, it was glass goblets, very often imported from Bohemia. In the age of Stanislaw August they also turned to national manufactures. As a matter of cutlery, landlords provided only spoons, guests were required to bring knives and forks, and in case visitors did not own it, then they were forced to borrow it from neighbours or make it by means of bread crust. By dint of such state of affairs, spoons shown against-thievery inscriptions like: “This is my guard – my Master punishes hard”, or “Donot hide me under your sleeve as I will leave”. The sophisticated homes did care to set plates with spike-tipped buxus wood
sticks, so that invitees could toothpick. The best of table-ware, silver coated, was always rested at the heart of the table, it was where most noble visitants were seated, further away pewters and tins. Later on, faience and posh porcelain became popular, so soon in 17 century luxurious china, glass and crystals reigned those grand tables.

Dinner served

Finally, the key subject matter, namely menu. By and large, typical breakfast was soup on warmed beer, together with honey, ginger-race, eggs and white cheese – the description of which Adam Mickiewicz expressed in “The Mister Thaddeus”. This paired with coffee, as its popularity grew within 18 century. After some time only, there was proper morning meal served, which is sauerkraut stew, rashers, sausage, brawn, kinds of pâté and cold cut, butter, radish.

Dinner was commenced with soup – among which the leading were broth, beetroot one and bullion, but there were also wine and beer-based – such as cabbage soup, barley soup, pea or sorrel soup, not to mention those long-forgotten like hemp or poppy seed ones. On special occasions, there was rare capers soups or rice soups mixed with raisins. In turn, the second course was dished on roast-meat, chops, tripe, poultry (for instance goose with cream and dried mushrooms, chicken jointly with liver, capon with caviar, turkey), it was quite common to eat veal, cooked grey or white, along with mutton. Meat was always served in company of sauces, some colored with seasoning, some not, as horseradish dressing. De luxe set of choices was game menu, chiefly birds: pheasants, fieldfares, wood grouses, hazel hens, if not finest fish: carps, salmons, trouts, sturgeons. Aristocrats treated themselves with oysters, snails or frogs. Amongst relishes was crawfish, or extraordinary fancy of wild fowl combs, or “partridge legs’ tips browned neatly above wax candle”. To cite farinaceous food, they ate noodles, dumplings, crêpes and pasta. On the other hand, potatoes were few and far between. In 18 century potatoes were set apart for festive occasions only. There was 2 reasons behind it: firstly, as an out of the country commodity potatoes were high-priced, secondly – were thought to be unpalatable, troublesome and not healthful. The moment the dinner was finished, dessert started. The selection was plentiful indeed: fruit, nuts, raisins, figs, cheese (homely assortment turned in a while foreign), custards, jellies, compotes, sweetmeats, jams. Within the variety there was also French cakes, layer cakes and doughnuts.

Culinary ideas and images

In the prosperous households, it was important to decorate tables and beautify dishes. They expected to impress their guests or to play a trick on somebody. Gilding and dying, intricate shaping, using authentic feathers, hairs and furs was in practice then. Cooks inventiveness boiled down to win a known dish into another new one, for example to figure meat into carp or pike, or the other way round. One of cookery stunt was “capon full in cruet” (the stripped capon skin was placed in a bottle and filled with eggs, what being boiled inflated to the brim), or “uncut fish, fried at its head, roasted inside with ragout and sauce on its tail”. However, some more cruel mischief happened to come to pass: chickens, intoxicated with alcohol, were plucked being still alive and grilled a touch. The creatures were served on platters as if normal, but the moment they were stung with a fork they jumped fiercely up breaking out and flabbergasting guests at the time. It took much longer and
more difficult to inscribe fruit with a coat of arms, numerals or writings. They had to glue a piece of stencil paper on fruit skin before hand, in summer. As it was growing and ripening, the glued patch remained lighter.

**Beer, wine, how about water?**

Insofar as beverages, alcohol was the first preference and consumed in many a form. Drinking pure water was believed as weird and triggering diseases, of course not among those the poorest. The elementary tipple was beer. Home-made manufacturing was cheaper and less per mill. The most valued in then Poland was “wareckie” brand (brewed in Warka in Mazowsze land). After that, in 18 century, it was English beer to be trendy, particularly dark porter, called stout. More and more beer was being imported and domestic makes got superseded down to mob and rabble. Not before 17 century had it been, when wine was familiarized. Hungary labels were certainly favourites, toky foremost. To a lesser extent they drank Spanish and Rhenish wines (ones that went with sugar, attributable to acerbity) and Italian in-between. French trade names gained recognition in 18 century, but on account of general fascination with France and their culture. The richer met the expense and welcomed champagne. It was waited on as “an emphasis”, which indicated closing feasting. Vodka was initially a sporadic spirit, judged rather to be medicine and kept in medicine cabinets. Some time passed and people started to have vodka before dinner, with the aim of boosting appetite and digestion. Flavoured vodkas, ones ablazed, dubbed “petite sweetie vodkas” were used in small amounts at breakfast together with gingerbread. To say, it was the fondness of the fairer sex. In 18 century, sweet vodkas played already first fiddles, to quote such essences as: clove, almond, aniseed, cinnamon. Generally, drinking was favoured before eating, fittingly to the proverb: “A human soul can not surplus appetite, yet can drink it over”. Throughout dinner banqueters they endlessly proposed toasts, refilled glasses, and even happened to invent a legless goblet, named “hobby”, which was about to be passed on and on, for the fact it was impossible to sit it. “Drunkenness turned into commonness, approvingly received routine, nearly socially binding” - wrote Bystroń.

At royal table

In the age of the king Staś, the debauched Old Polish revelries ceased in the face of overseas trends, what was reflected in moderation and finesse. Gestation rather than gluttony prevailed. This is the period chronicled, when sobering up have effect all over the country. Beer is graded down to the plebs, wine and champagne is elegance. The king himself then drinks water while dining. He takes the liberty of everyday morning cup of chocolate, and his cup of tea in the evening. Royal menu is graceful and assorted, even though not equally grandeur and lavish as haute cuisine of magnates. The king is an enthusiast of French cooking, then again steadfast to native food. The sovereign often reproached barons and lords so as not to pay that much admiration to the foreign fare. In the middle of his favourite foods was oysters, mutton and ... plums. Purportedly, the regal gardener knew a certain technique how to preserve fresh plums all winter long. Relating to the Thursday Dinners, menu was less important, than meeting people and conversing. However, it befell a legend, what it was “hazel grouse curiously filled with back fat” or “popiel” (in Polish) – old Hungarian wine, that exceptionally strong, that “king does not touch it, but treats others with it, still with tiny a glass”. To mention further on, they had taste for old polish borsch with ear-dumplings, colourful cold cut, pies and savoury pickles. To herald the dinner ending two butlers were to appear and bring in two silver trays. One was with three plums on, the other with a letter. The king never opened an envelope, as for it was just a symbolic act to tempt quests to draw to a close. By this royal table of Poniatowski, this circle of companionship engendered a new style of dining, where discussing food was societal get-together and education in one. There, one of the frequenters was a fore-runner of healthy diet, a poet, Stanislaw Trembecki, who aired temperance as a basis of healthfulness. “Hunger is the best chef, salt the tastiest of spices, water the most healthy drink”.

Ewa Szarkowska

Foto: Galeria
Recipes

BEER SOUP with cream and farm cheese
W The first step is to boil ½ l of beer, necessarily in an enameled stew-pan (together with free choice of root spices), then we add ¼ l of thick, slightly sour cream. In the next move, we need to condense the soup with chafed egg yolks and 8-10 decagrams of sugar together, plus honey. At that time, we line a plate with crushed farmer’s cheese and pour the soup on it. In a separate bowl we can serve bread croutons browned with butter.

HORSERADISH SAUCE
Z The start is roux, out of 4 decagrams butter and 3 decagrams flour, which is to be spread in a glass of broth, jointly with 4 spoonfuls of grated horseradish. We can lace it with lemon juice or alternatively with sugar. The pulp now is supposed to be cooked for another 5 min. The moment our sauce has thickened is the time to add half a glass of double cream mixed with 2 raw yellow yolks. Then, we are about to heat the blend up, preventing it from boiling all at once. When still hot, it goes on the top of meat.

OLD POLISH BEEF-OLIVES on mushrooms and cream
The beef meat, preferably loin, is to be sliced across the fibres into tiny rashers, tenderized, dusted with freshly ground pepper and quickly fried on both sides in butter. In turn, 6 decagrams of mushrooms are about to be cooked soft in ¾ l of water, and cut into narrow bands. When all this done, we settle beef collops in a saucepan, interposed with mushrooms and moisture it with well-salted mushroom stock. At that time, we close the lid tight down and stew it gently for 20 min. After this completed, we rest 1 kg of peeled, sliced potatoes in the saucepan, which we cover down again, shake attentively and continue cooking. As soon as potatoes are ready, we are free to enhance it with ¼ l of sour cream and a full spoonful of wheat flour. The last thing to do is to simmer it more, some about 10-12 minutes.

ROAST LAMB or mutton filled with ham
A broad slice of lamb/ mutton shoulder or haunch (1 kg) is thought to be cleaned down, poudereed and shaped square, then salted and peppered, then lastly rubbed with chopped garlic. Next in turn is to line the meat evenly with filling, and to roll it tight with some cotton thread. The roast is about to be browned all round in hot butter, and after this it is to be cooked under a lid in oven, still moistened from time to time with cream. The filling is to consist of: 15 decagrams of cooked ham, 5 decagrams of stale bread roll soaked in milk, 5 decagrams of butter, and glazed onion. In a simple way we mix the minced ham, bread roll, butter, onion with finely chopped parsley and one big egg. What follows is forming it into consistent mass. A touch of fancy it might be to add mushrooms altogether.

SAFFRON MILK CAPS PANNED
We select some fairly sized, wholesome milky agarics, which we need to rinse, strip them of rootlets, before we place it gill-up in hot butter on pan. It is enough to fry it full blaze for a few minutes and rotate it gill-down. At first, the mushrooms is more than likely to release juices. Nonetheless, we have to watch the moment, when butter improves in clarity and gains intensely orange colour, as it is the time we pinch it with salt and dash to serve it. Quite worthwhile is to do so straight on frying pan. As an alternative, we can prepare saffron caps briefly cooked and blended with cream (a half of glass), and dine it with buckwheat groats or potatoes.

The recipes issued from “Old Polish cuisine” by Maria Lemnis and Henryk Vitra.
A shadow against a background of a day immersed in the sun – a haven for eyes exposed; there amongst navy blue of a night diamond-like pure light – a talisman for happiness – a portent of a dawn. There above a bland surface of brick walls an azure panel of sky. Just as in my diabetes existence – assistance, hope, life impulses is what I derive from any edition of “Diabetes and Health” magazine. The periodical provides evidence of the truth, that familiarity with a disease is far more advantageous than fighting it. Notwithstanding natural, many a deep-seated aversion to what we perceive treacherous and impossible to forget about. Since, the ability of oblivion is a way of being, a kind of escape beyond, regardless of the fact the affliction is still present. A man chronically ill, vulnerable, left without any support, is not capable of experiencing joy, for he or she feels different to others, sentenced to the medical condition and its confinement. Reading the magazine, and awareness of all the people involved and their commitment, is a therapy and creates a sense of collectivity. It inspires joyfulness to come true or at least defies my illness giving form to it. Also, this published knowledge assures, that chronic diabetes does not have to mean isolation or reduce one’s self-esteem or quality of life. The syndrome just transposes the aspects mentioned. Prevalence of a disease, that by-and-by becomes one with the whole being of a patient, should not be understood as a disaster and misery, but as a run of small wins – those most enduring and valuable, for achieved individually, in personal confrontations. Not surprisingly then, we need to allow for the fact, that everyone of us is unique, what means that each medical approach should be adapted to a given case. It is because diabetes mellitus is a disease foreign to human nature, like an enemy, that can not be ignored. Otherwise, the enemy is about to impair, devastate, deprive identity and integrity, kill in word, especially that it is an enemy for life. By way of grasping and capturing any signs of health, “Diabetes and Health” sensitizes patients and their families, that there are potentials for success within all areas of life. Travelling through the pages of the magazine I do not get tired by dint of the questions raised contrasting health and illness. Actually, it works in reverse, the contrast dissolves, filling me with variety of aspects, just as colour can offer multiplicity of hues and tones. I recognise, that even a withdrawal from a preference, for instance relaxing, as for given circumstances necessitate some of my intervention, for example injecting an extra dose of insulin or undertaking some physical activity, it can be advanced with acceptance, absorption, as if bidding farewell to something, so as to welcome something else. Rather than wallowing in grief and backdown, for a good, peaceful, pleasurable day has just gone and a worrisome one has already shown, we can save the yesterday beyond the time course, vitally join the chain of life as a sporting link, and hopefully look forward to another beautiful day. This one, which I experience as shackles is equally worthwhile. Hence, I greet it as it is, to learn suffering, striving, so as to feel satisfaction as a final point, out of my strength, determination, grace and solace. Since passing is pejorative to what I yearn for. When still, it translates into positivism of what besets me, what I dislike or dread. For it is a stigma of good and evil in one, joy and sadness all in all. My existence, as typography of these magazine pages is the same good and bad, joyful and sad, and encompasses worldliness and eternity likewise. Diving into reading, I can nearly hear music flowing towards me, from words and a planet of timeless matters open in front of me. The sphere develops out of my consciousness, for I can see the need and capability to think and act, to sight, create and contemplate beauty and relationship with nature. I embody a kind of transitional gate, based on imagination and will, a passage from illness into healthfulness, from various forms of imprisonment into open spaces. The present letter is supposed to be an expression of gratitude and thankfulness. I believe, it is..

Lila, Bielsko Biała

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Autorka opublikowanego listu otrzymuje od Redakcji zestaw kosmetyków Firmy Laboratorium Kosmetyków Naturalnych FARMONA sp. z o.o.
I experience something, that barely anyone does – apart from my wife I have another life companion, one that I “have to” or at least should be watchful over, the one inhabits me. I thought, that there was no breakout from her, that she was merciless and consistent, and at times totally unpredictable. It took sugar merely a few hours to damage my blood vessel, reins, eyes, nerves... This was my fault. One or another supper consumed after 9 p.m., too much vodka at a wedding reception, and discipline and determination turned slack. I know it was me to be blamed.

I trifled the situation. I naively forgot, that one can not willfully perceive the moment of losing consciousness. After morning injections of insulin I suspended breakfast far too long. I repeatedly got away with it, but not this time...

My muscles impaired, vertebrae dislocated, and a half-year sick leave is a testimony what followed further on – hypoglycaemia, for the initiated 26mg/dl. Today, I realize that it was a blessing in disguise regarding the consequences.

By and large, insulin is a serious issue. It sets blood sugar to drop, whereas sugar is as essential as oxygen. If such a drop goes below the specified level it practically leads to a collapse, and very often muscles’ blockage. If there is not a person, who is able to aid, it may become critical...

Nevertheless, there is a way out and anyone can moderate diabetes syndrome. It is scheduled, stabilized lifestyle, nutrition, balance between physical activity and rest, frequent pricking and systematic screening.

I decided some changes...

In my personal case, the situation has changed. I abandoned the belief, that this other she is continuously with me not giving me an inch of space. I parted her for good, and whatever I do, going to work or having a walk with my family, I do not think of her anymore, she is still in me, but not in my thoughts.

Wojtek, Warsaw
The maxim “Laughter is health” is old common knowledge. American scientists provide evidence, that laughter contributes to diabetes therapies, for it reduces overpressure, advances good cholesterol levels, downgrading risks of heart attack. The findings are supposed to be introduced soon during the yearly 122nd American Society of Physiology conference.

A study on 20 diabetes individuals has been carried out by researchers of Loma Linda University in California. The selected diabetes patients had been diagnosed with hypertension and hyperlipidemia (metabolism disorders’ syndromes, manifested by high levels of cholesterol and triglycerides in blood). The medicine they were administered was standard anti-diabetes drugs, as well as antagonistic toward hypertension and hyperlipidemia ones. Half of the diabetics were additionally doctored 30 minutes of watching movies and TV, most of which was comedies and satirical programmes.

Those diabetics were under exact supervision of scientific workers for 12 months, during which time they were examined with regard to adrenalin and noradrenalin levels, cholesterol concentrations, immune cytokines deficiency and C-reactive proteins degrees, as for all those, if in excess, may be warning signs before heart failure.

Not later than after 2 months passed, the group of patients, who could enjoy the funny and joyful sessions, they performed change for better in every single one statistic. Again, after one year went by, they stood 26% more of good cholesterol, while the clinical control group patients just 3%. Respectively, their amounts of damaging C-reactive proteins dropped in 66%, in comparison with 26% in the control group.

Dr. Lee Berk, who was in charge of the study, he stresses how beneficial positive emotions are, how advantageous true laughter, optimism and hope are altogether, that he recommends it fast to feature any diabetes and metabolic syndrome treatments with approach of amusement.
Doctor Bruce H. Lipton, a biologist, a long-standing lecturer of many a university in the USA, he attends examining cells, as the precursor of epigenetics – the science of exploring how genome inheritance takes place, if the genes inherited do not behave/express like copies of the DNA matrix. The scholar in his book: “Intelligent body cells, as if life experiences, they pilot our genes”, he wrote: “Our modern understanding of the universe encompasses non-corporeal spirit now – physical energy may influence tangible human body, the same as spiritual energy, namely psychic, may render it via brain. Insightful studies allow us to believe, that human soul is to be found not only in the head of a man, but thanks to the code of signals practically in whole flesh and blood. It has been proved, that emotions are not merely body responses to stimulus of environment; spirit is self-consciousness on its own and is able to emit “extrasensory molecules”... In view of that, it is worth to learn how to activate positive life perception and heal body in poor health, what in case of fallacious command of feelings may bring the reverse, when hale and hearty body falls ill.

Relying on the experience, the scientist gives us an idea, that people can knowingly control their reactions to impulses from without them. Also, human beings are able to alter old behavioural patterns, given that they “defy” their individual subconsciousness, which is a challenging task indeed. - Our behaviour runs our natural balance and bionetwork, accents doctor Lipton.
- In medicine, the effect nocebo (subject’s pessimistic expectations towards therapy), may be equally powerful as the placebo effect (subject’s positive psychological response to inert drug applied). Especially when, the diagnose made might be the very deprivation of hope.

As distinct from Newton comprehension of physics, whereby they concentrated on matter – body, the new approach – quantum physics – views life globally, matter and spirit as strictly interrelated. It was Einstein to say: “We introduce spirit back to science, since it is energy. Spirit, mind is

“All those should feel ashamed, who benefit from the marvels of science and technology without a single reflection, and spiritual sensitivity, just as a cow does not fathom anything out of botany’s, no matter what plant it guttles in bliss”.
Albert Einstein (1879-1955)
sphere, and it is where body is formed. Energy conditions matter, even as being invisible.”

So, what is the alternative viewpoint of the new science? Doctor Lipton enumerates: “Every living cell is like any bacterium, each one stands less or more 1.4 V. Taken alone it is not impressing, but 50 billion of cells within a body multiplied by 1.4 V gives 70 billion of electricity units per one person only. By workout and meditation for instance, humans are able to focus this energy, called Chi for example and employ in a restoring health process”.

The smallest units of matter possible are not actually psychical objects as such, but forms of matrix, its structures, or as in view of Plato - ideas, which can be interpreted sensu stricte only in the language of mathematics.

Werner Heisenberg (1901-1976)

In the author’s estimation, all depends on the type of the biological functions, that are being directed and controlled at a given moment. In principle, the question is dynamics of proteins, which is recognized to be a quantum-powered engine. He explains, that if light contacts protein, and the phases meet, then the protein turns activated. If the phases do not meet up, proteins remain inactive. In other words, human body vitals that are in control of proteins, are life-force. And, we are back to square one. Life-force is life drive. .

- If you happened to be healthy in every respect, and now you are not anymore, then you may be prompted to ask what the reason it had been behind. There are three potential causes, states dr. Lipton, which is bodily injury, toxin or sense - soul. Suppose, we agree the first two are not the case, then soul, a single deceitful intimation or thought is enough to set off breakdown. This is how disease assails. .

- And he concludes - if only you are able to transform your negative thoughts, and relieve your spiritual world, you are capable to alter biology. Today our planet is poorly ill and sick, as for it suffers the very soul.

It is awareness to be the dynamics, that creates reality out of quantum featurelessness. Reality comes into being only when an observation outcome reaches observer’s perception.

Eugen Wigner (1902-1995)
Obuwie profilaktyczno-ortopedyczne dla wrażliwych stóp

Dr Orto SYSTEM

Obuwie dedykowane jest osobom ze stopami wrażliwymi, w tym cierpiącym na zespoły stopy cukrzycowej, a także osobom ze stopami reumatoidalnymi. Modele Dr Orto posiadają cechy funkcjonalno-zdrowotne: kształty i wymiary wnętrza obuwia są dostosowane do wymagań bolesnych i nieefektywnych stóp.

www.drorto.pl
Infolinia 0800 13 09 00
Diabetes mellitus is the most seriously life-threatening disease of today civilization, so seriously that is affirmed epidemic. The World Health Organization estimations is, that in 1985 there was 30 million diabetes individuals worldwide, when in 2000 – 171 million. In line with the International Federation of Diabetes up to date reports, it is global 230 million of diabetes patients, where in Europe alone 25 million. In Poland, we acknowledge 2,5 million of diagnosed diabetes persons, and expect as many again of those, who are unaware they are diabetes ailing.
The central subject area of this year symposium was problems and studies of diabetes epidemiology, the strategic of which was unsurprisingly prevention, regular treatments and potential medical complications’ treatments. Among other particular issues, gestational diabetes was discussed, diabetes of children, youth and elderly next to it, questions of diabetes psychology and education were raised, further other concerns were grounds of overweight and obesity, the role of diet and physical exercise, or surgical interventions and pharmacotherapy as some of alternatives. We reviewed the diabetes foot condition in detail, as it is one of the main interests, as for the podology science is a little known discipline in Poland. The foot nursing is vital, before disease forces it gangrene. We compromised the educational offer and proposed separate sessions to doctors and patients, as well as combined it with collective ones. The gathering “Diabetological education” closed this year’s symposium to end.

Education and culture is the “heart” of diabetological care system. It answers for effectiveness and safety of diabetes treatments, whereby it proves to be essential and inseparable feature of our approach. Within this kind of edification, there is a need to create a specific profession, namely one which is about ability of guiding pedagogy and psychology in everyday life – a diabetes educator. In Poland so far, there has been instituted not a single diabetes bylaw in this respect, therefore employing such a person is optional, not mandatory. The National Health Fund do not sign up contracts of special private consultations. The access to medical attention in our country spans from none to well-conducted local initiatives (a few exceptions). The MZiOS is an authorized body, set up in August 2005 for development of national health policy towards prevention and general diabetes treatment. The director, prof. Krzysztof Strojka is a state advisor on diabetology, and what he and his team aims is defining clear-cut ways in the direction of diabetes education in Poland. Elsewhere in the world, education is an accredited procedure, performed by professionals.
O U R  P A R T I C I P A T I O N

Najlepszym Produktem Diabetologicznym Roku 2009 zostały soki pomidorowe firmy Victoria Cymes.
Glukometr One Touch Select firmy Johnson&Johnson Poland Sp. z o.o.
Miano Najlepszej Firmy Branży Diabetologicznej Roku 2009 – Przyjaciela Lekarzy Diabetologów i Chorych na Cukrzycę uzyskała firma Roche Diagnostics Polska Sp. z o.o.
Plebiscyt na Najlepszy Produkt Leczący Otyłość Roku 2009 wygrał Suplement Diety Zuccero Gold firmy FA LANGSTEINER.
Ponadto przyznano nagrody w kategorii sprzęt rehabilitacyjno-diagnostyczny, lek. Specjalne Wyróżnienie Targów uzyskała firma FHU Tadeusz Miszczak za SUPLEMENT DIETY HEARTOF GOLD FORMULA BY TODA.

Przyznano również specjalne puchary:
Przyjaciel Diabetyków 2009 – Pan Mariusz Borkowski z Firmy Bioton
Przyjaciel Diabetyków 2009 – Pani Prof. dr. hab. med. Irena Ponikowska
Przyjaciel Diabetyków 2009 – Pan Prof. dr hab. med. Władysław Grzeszczak
Za 20-lecie działalności na rzecz Polskiego Stowarzyszenia Diabetyków – Prezes Andrzej Bauman
O U R  P A R T I C I P A T I O N

Nagrodzona przez konsumentów!

Teraz w nowym opakowaniu

Wyjątkowe pieczywo, jedyne z całymi ziarnami słonecznika lub dyni, z płatkami owsianymi bez użycia drożdży, wypełkane wyłącznie na bazie naturalnych składników idealne dla osób ceniających zdrowy styl życia.

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Oddany przyjaciel w drodze przez całe życie ...

- jest kalibrowany do osocza zgodnie z zaleceniami PTD 2008

- Jest rekomendowany przez Polskie Stowarzyszenie Diabetyków

ZESTAW DO POMIARU POZIOMU GLUCYDZY WE BWYM
DIAGOMAT
w trase o Twoje zdrowie

Diagon complaint
Bieszczadzka, ul. Dąbrowskiego 62, 65-605 Bydgoszcz, Polna
www.Diagon.com
Cukrzyca jest chorobą, z którą można prowadzić długie, dobre życie. Trzeba jednak wiedzieć jak to robić – konsekwentna, właściwa samokontrola, znajomość zasad zdrowego odżywiania, aktywność fizyczna, to tylko kilka ważnych kwestii, które determinują jakość życia diabetyka i możliwość „radzenia” sobie z chorobą w codziennym życiu. My jesteśmy o tym przekonani, dlatego na łamach „Cukrzyca a Zdrowie” konsekwentnie, systematycznie przekazujemy materiały w tym zakresie. Tym razem chcemy dodatkowo Państwa zmotywować do dokładnego zapoznania się z materiałami edukacyjnymi oraz przesłania nam odpowiedzi na kilka pytań z tej tematyki. Zapraszamy Państwa do wspólnej przygody, podczas której Państwo zapoznają się z materiałem edukacyjnym zamieszczonym na kolejnej stronie, wytchną umbierny poniżej kupon konkursowy, odpowiedzą na znajdujące się na nim pytania, uzupełnią swoje dane, podpiszą i wysłają do nas na adres:

Redakcja „Cukrzyca a Zdrowie”
ul. Warszawska 23
15-062 Białystok
Z dopiskiem „KONKURS”

Za poprawnie udzielone odpowiedzi wyślemy na podany przez Państwa adres

glukometr DIAGOMAT firmy DIAGNOSIS Sp. z o. o.

Wśród Uczestników, którzy nadeślą odpowiedzi na pytania zawarte w 3 kolejnych wydaniach magazynu medycznego „Cukrzyca a Zdrowie” rozlosujemy 3 aparaty do pomiaru ciśnienia krwi marki AND, model UA-631. Wyłącznym sponsorem naszego Programu Edukacyjnego jest firma DIAGNOSIS Sp. z o. o.

SERDECZNIE ZAPRASZAMY DO UDZIAŁU !!!

PYTANIA KONKURSOWE

1. Typowe objawy wysokiego poziomu glukozy we krwi (hiperglikemii) to:
   a) przypływ energii, wzmożony apetyt, rzadkie oddawanie moczu
   b) osłabienie, zmęczenie, nadmierne pragnienie, częste oddawanie moczu
   c) wysoka temperatura, ból głowy, bóle stawów

2. Prawidłowa glikemia powinna wynosić na czczo:
   a) 60-110 mg/dl    b) 150-160 mg/dl    c) 180-200 mg/dl

3. Samokontrola dla chorego na cukrzycę jest:
   a) niepotrzebna   b) nie ma znaczenia   c) bardzo ważna

IMIĘ ........................................................................................................................................................................
NAZWISKO ..................................................................................................................................................................
ADRES ......................................................................................................................................................................
Regulamin Programu Edukacyjnego „Świadomy Diabetyk” zwany w dalszej części „Regulaminem” określa warunki, zasady uczestnictwa oraz nagrody w Programie Edukacyjnym „Świadomy Diabetyk”, zwany dalej w treści Regulaminu „Programem”.

Program jest przeznaczony dla Uczestników posiadających dostęp do czasopisma zawierającego zestaw pytań i kupon konkursowy, lub dostęp do strony organizatora www.cukrzycaazdrowie.pl, gdzie dostępny jest kupon konkursowy.

W trzech wydaniach czasopisma „Cukrzyca a Zdrowie”, ukazujących się w okresie realizacji Programu drukowane są zestawy pytań. Każdy zestaw zawiera 3 pytania nawiązujące do informacji zawartych w treści danego numeru czasopisma „Cukrzyca a Zdrowie”.


Nagrodą za dostarczenie na adres Redakcji w terminie od września 2009 r. do końca marca 2010 r. kuponu konkursowego z poprawnymi odpowiedziami na pytania z wybranego numeru magazynu medycznego „Cukrzyca a Zdrowie” jest aparat do pomiaru stężenia glukozy we krwi DIAGOMAT, który zostanie wysłany do Uczestnika Programu w ciągu 14 dni od daty jego zakończenia. Jeden Uczestnik może otrzymać tylko jeden aparat do pomiaru stężenia glukozy we krwi DIAGOMAT w trakcie trwania całego Programu, niezależnie od liczby przesłanych kuponów konkursowych.

Wśród Uczestników, którzy nadeszły odpowiedzi na pytania zawarte w 3 kolejnych wydaniach magazynu medycznego „Cukrzyca a Zdrowie” zostaną rozlosowane 3 aparaty do pomiaru ciśnienia krwi marki AND model UA-631. Losowanie aparatów nastąpi w ciągu 14 dni od zakończenia Programu, a lista laureatów, którzy wylosowali ciśnieniomierze zostanie opublikowana w kolejnym numerze magazynu medycznego „Cukrzyca a Zdrowie” oraz na stronie Redakcji www.cukrzycaazdrowie.pl.

Biorąc udział w Programie, Uczestnicy wyrażają zgodę na zbieranie i przetwarzanie podanych danych osobowych przez Organizatora w celach promocyjno-marketingowych związanych z Programem, zgodnie z Ustawą o ochronie danych z dnia 29 sierpnia 1997 r. Organizatorem Programu przysługuje prawo wglądu do swoich danych i ich poprawiania.

Płćen Regulamin Programu jest dostępny w siedzibie Redakcji oraz na stronie internetowej www.cukrzycaazdrowie.pl.

Self-control is an expression of exceptional importance to diabetics. This sphere of self-discipline is three main areas: systematic screening of blood sugar levels, following a required diet and taking care of physical activity. Many a diabetes person declares, that high blood glucose levels are not disturbing facts. They say, that they do not experience worry as a direct reaction, and are not troubled with its drawbacks. The misjudgment can not be furthered. Obviously, when glucose levels in blood are too far above, the symptoms must ensue: weakening, fatigue, diposis – overly thirst, frequent urine voiding. It is a common knowledge, that patients, who do not screen their blood glucose concentrations regularly, just take up measures when situation turns serious, they play with fire and hazard their life towards critical chronic complications, what might end fatal.

One of the most vital goals – likely to be fulfilled – is constant 24h glucose quantity stabilising, best
when closest to the normal. To be certain, what the exact condition is, we have to monitor glycaemia everyday at home, that is, we need to perform self-examinations. If self-control measurements prove fitting glucose concentrations, it proves the right direction in therapy. In case, the measures bear out to be incorrect, then, in consultation with the doctor, it is easier to make a right decision to adjust treatments.

Approved glycaemia on empty stomach is estimated as 60 to 110 mg/dl (0,6-1,1 g/l, which is 3,3-6,1 mmol/l), after a meal consumption it can go up to 150/160 mg/dl (1,5-1,6 g/l, that is 8,3-8,9 mmol/l). If blood glucose concentration surpasses threshold of kidneys (precisely 180-200 mg/dl, equal to 10,0-11,1 mmol/l), then glucose is emptied with urine.

GLYCEMIA SELF-CONTROL

It’s a most immediate and accurate method to keep in check the course of one’s diabetes. Chiefly, it is practical for:
- Detecting daily glucose fluctuations (24h glycaemia profile) and altering practices in progress;
- Assessing glycaemia in atypical circumstances: throughout fever or during unusual physical exercising;
- Recognising the kind of glycaemia, that habitually is symptomless or scarce of warning signs.

At present, it is simpler to carry out a test, just on a blood drop from a finger. This is possible, owing to hardly-traumatising needles, and automatic, fast-operating glucometers, that exact spot amounts of blood and memorise past trials.

PREVIOUS TESTS RECORDING

Crucial, both for patients and their doctors, is documentation of tests results, to be precise in writing it down in self-control books, which enables apt communication and consequently apt decision-making. The self-control note pad should be run on the beat, relevant and critical information kept up, in neat and succinct manner.

GLYLATED HEMOGLOBIN

The proportion of haemoglobin and glucose jointly is the marker of average glucose concentration in blood within last two months (appropriate rates, that vary down to a method and a laboratory, is from 3% to 8%). In spite of the fact, that determining glycated haemoglobin is very useful, as for it lends support to domestic glycaemia try-outs, it still does not allow to verify hourly glucose flux, likewise it can not replace day by day glycaemia profiles, which are conclusive in therapy options-making.

Ed., compiled on: www.cukrzyca.org.pl

Self-control books improves exchange of information to be able to recognise individual cases of patients.
When it is advised to conduct blood sugar levels controls (glycaemia) and urine sugar levels checks (glycosuria)?

- Firstly, on empty stomach;
- Straight after any bigger or smaller meal;
- Past any physical exercise;
- At night, on suspicion of night hypoglycaemia or significant hypoglycaemia on empty stomach;
- Next to total urine daily collections.
Healthy Eating

It is spring and summer, when we take going on a diet into account. We fervently pursue our goals, often via shortcuts, and often to our own detriment. Admittedly, drastic methods and draconian diets bring immediate results, but short-lived, and ones, that fail to leave us in good health. Ideal and above all safe approach is to compose diets, that are based on foods glycaemic index. Some effort is enough to slim down, reduce fat tissue and moderate BMI Body Mass Index, but first and foremost to mind our very health and protect it against potential risks of diabetes, so grave a disease of our civilisation.

A mystery word – glycaemic index

The term glycaemic index GI was introduced in 1981 and was addressed specifically to diabetes patients, while the broader definition was pioneered by PAO/WHO not before than 1997. With the aid of glycaemic index we are able to identify what sort of food is to change glucose levels in blood and to what extent, and the GI stands for carbohydrates only, because neither proteins nor fat elevate glucose levels in blood. Higher concentrations of blood glucose is called glycaemia. Average glucose intensity is 4.5-5.5 mmol/1, whereas a meal rich in carbohydrates may lift it up to 6.5-7.2 mmol/1. The principle is: the higher GI of a product is, the faster glucose rises straight after consumption.

The state of human body produced by lower than normal blood glucose is medically named hypoglycaemia, whereas hyperglycaemia is an opposite condition, this is when blood glucose upsurges, which complaint is very disadvantageous. During such an instance human body reacts self-dependently, so as to restore glucose to normal. Pancreas at this moment starts to release insulin, thanks to which glucose reaches muscular and adipose tissues. The hormone has overpowering effects on metabolism, as for example it causes fat to deposit. In sum up, eating foods of low glycaemic index results in slower spreading of glucose, what in consequence causes limited insulin secreting, what in turn triggers muscles to use body fat reserves, and to lose weight at the same time. In word, one can regard this optional extra diet as prophylaxis against diabetes type 2.

Unidentified disease

Hyperglycaemia is an outcome of undiagnosed or ill-controlled diabetes mellitus, very dangerous and insidious disease. It might be symptomless even 10 years long before it gets detected. In substance, we ascertain three types of diabetes (type 1, 2, and gestational), however it is the type 2, that makes up 85-95% of cases. The most crucial of diabetes mellitus warning signs is elevated glucose concentration in blood. Depending on the degree disease has developed, blood glucose may fluctuate straight after a meal or whenever. Among other disturbing signs, there are pollakiuria (frequent urine voiding), aggravated need for liquids, polyphagia (immodest eating), ketonuria, eye-sight dysfunctions and overly dehydrated skin. Whereas type 1 diabetes patients inherited it down generations for the most part, it is a comforting fact, that would-be risks of diabetes type 2 can be minimized through right and proper diet, allowing for nutritional omega-3 fatty acids and ample dietary fibre, dutiful physical exercise and good body mass in the end. Within the American Diabetes Association’s guidelines of prevention and protection, they advocate moderation in drinking alcohol also, since it proves.
harmful if in excess. Invariably, low glycaemic index food products is imperative and essential pattern of eating. High GI answers for not only diabetes type 2 vulnerability, but also for setbacks of obesity, cardiovascular disease probability, and the same for tooth decay, and some cancers, that may come into being and progress.

See what you eat

Realistically, it is nigh-impossible to memorise all GI values of every single one food item, however it is worth to keep in mind a few basics and tailor one’s own diet. Either, it pays to know, that raw, unprocessed food embody much lower glycaemic index, than any cooked, stewed or fried. Unconditionally, diabetics should refrain from white bread in support of wholemeal, rich in fibre, alive with vitamins and microelements bread, that decreases blood glucose volume. Food fibre on its own delays chemical reactions of carbohydrates metabolism, and what’s more it helps glucose to penetrate cells. Even such a prosaic characteristic as the time length of being eating is of some importance. The quicker we labour food the sooner glucose gets absorbed in blood. Three-section food pyramid may come in hand and relatively guide us around glycaemic index and we can learn what food to be towards to. All food family has been divided into three categories: low glycaemic index (55 or less), average index (56-69) and high glycaemic index (70 and more). The base of pyramid is fruit, vegetables, legume grains, lean meat, fish, and low-fat dairy. The next level up is semi-processed cereal produce: pastas, grits, corny flakes and brown bread. At the top of those two stages we find white bread, potatoes and sweets. This last level is a kind of conformity, as for dietetcians suggest to rule it out from the list of options. Nutritionists recommend these products, that stand not more than 60 GI. For example, pineapple is 59 GI, grapefruit 25, after that natural sugar-free yogurt is simply 15.

Some uplift

It is not an easy undertaking to customize a diet, especially ones that are optimal in vitamins, minerals and nutrients. Furthermore, life in haste and colloquial fault of time means we are not able to outperform it and prepare best possible home meals, notwithstanding best intentions. Then, diet supplements appear to be the rescue. These are pharmaceutical confections, that afford health promoting elements in condensed form. Systematic intakes of them advances entire human body system. Anyone, who is interested to take preventive measures and even out blood glucose, is
Welcome to try out ASA’s Diabetamid. The offer is directed to already established diabetes type 2 patients (as an adjunctive therapy to the pivotal pharmacological treatment), the same as to those, who are perfectly healthy and are earnest to secure their future. The Diabetamid enhances transport of glucose on the way to cells, regulates insulin activity, complements chromium and biotin deficiencies. The preparation was enriched with chrome and biotin, as well as with approved extract of ginseng and fenugreek. Chromium has its influence on insulin generating, improves storing of glycogen glucose in muscles, and what is vital in diabetes treatments and prevention, it inhibits fat depositing down subcutaneous tissue. The latter of components – biotin – heightens sensitivity to insulin, what is beneficial stimulus on enzymes during glucose metabolism.

To determine such a particular diet, namely one that goes in accord with the laws of low glycaemic index and in pair with glucose stabilizing supplements is an ideal resolution for any person. This kind of alternative plays a role in losing weight, and in due course in minimalising risks of civilization diseases, e.g. cardiovascular disorders and diabetes mellitus, and to all intents and purposes in caring of the very health.

Zródl: www.female.pl
Fats, next to carbohydrates and proteins, are essential, multi-performing nutrients in human body system. First of all, they compose condensed energy substance (reserve material). Fats (also termed lipids) constitute 10-15% of male body mass, and 15-25% of female body mass, and function as hypodermic adipose tissue (energy supply) and internal organs shelter.

**Fats in human body:**

- Serve (at the side of carbohydrates) as the central source of energy (fats provide twice as much energy than carbohydrates and proteins, as for 1 g of fat delivers 9 kcal, whereas 1 g of carbs/proteins gives 4 kcal)
- Afford elemental unsaturated fatty acids, which is ones, that are not generated by human body system
- Are the base environment for fat soluble vitamins (A,D,E,K)
- Are the foundation of any membranous cell structures
- Are components of body fluids
- Take part in formation of compounds, that bear features of tissue hormones (prostaglandin, thromboxane, prostacyclin), and their various properties (for example, thrombus-preventive)
- Are progenitors in the synthesis of adrenal cortex steroid hormones and sex hormones.

We can distinguish food fats into animal line (lard, back fat, bacon, butter, cream) and plant line (soybean, sunflower, corn, rapeseed oils, olive oil, margarine), or into following categories:

- Saturated (mainly animal ones)
- Unsaturated (abundant in plants)
  - Monounsaturated (olive oil, erucic rapeseed oil)
  - Polyunsaturated: omega-3 (chiefly from sea fish: mackerel, salmon, tuna, sardine, herring) and omega-6 (soya, sunflower, corn, grape-seed oils).

Excessive ingestion of fats (sated ones in particular) can cost overweight/obesity, and worst still cardiovascular diseases. The Polish Association of Diabetes advocate diabetes diet of fat 30-35% calorific value. Saturated fats are supposed to remain as less than 10% of calorific value. Patients, whose medical condition is cholesterol concentration of LDL>/100mg/dl ought to lower these fats to 7% of the value. Monounsaturated fats should cover 10%, while polyunsaturated ones 6-10% of diet calorific value (omega-3: 1-2% and omega-6: 5-8%). In practice, in case of 1500 kcal diet, the proportion of fats is to be about 450-525 kcal, which is 50-58 g,

- Sated fats, that should deliver less than 150 kcal (ab.16g) or 105 kcal (ab. 11,5g) for people, who stand higher levels of LDL cholesterol,
- Monounsaturated fats of 150 kcal (16g),
- Polyunsaturated ones of 90-150 kcal (10-16g)
Normal cholesterol share in diet is not supposed to exceed 300 mg/d, however for persons who surpass LDL≥100 mg/dl, cholesterol intake should not go above 200 mg/d.

Cholesterol comes from animal fats and serves important purposes. It is a constituent of all membrane structures and a substrate in synthesis of steroid hormones (sex hormones, corticosteroids), of bile acids and vitamin D. This is to say, that fats and cholesterol perform many a function in human body, therefore it is reasonable so as not to exclude it from eating habits. Equally sensible is temperance, for overindulge prompts warning cholesterol intensity in blood serum, what is likely to lead to arteriosclerosis and cardiovascular diseases (ischaemic heart disease, arteriosclerosis of lower limbs, acute myocardial infraction, stroke).

In order to reduce bad cholesterol fractions in blood, it is necessary to keep a tight rein on animal fats: lard, back fat, cream, butter, goat and sheep cheese, whole milk, fat farm cheese and the margarines called hard (in hunk). We need to recognize how plentiful in cholesterol giblets are (liver, kidney, brain, tongue), and animal skin and eggs altogether. What we can eat instead is mon- and polyunsaturated fats, especially sea fish omega-3.

Human body system is not capable to synthesize any of indispensable unsaturated fats, hence we have no alternative than supplementing them. Polyunsaturated fat acids fulfil a range of functions:

- Are principal cell components
- Perform hipolipemic and anti-atherogenic roles – control transport of lipids in blood and metabolism of cholesterol, decreasing cholesterol concentration in plasma
- Inhibit aggregation of platelets, what prevents against thrombus formation
- May normalize arterial blood pressure
- May possibly embody anticancer properties

**Constitution of fat in 100 g of the following products:**

Bacon – 53 g of fat, in which 18,56 g of saturated fat, and 66 mg of cholesterol altogether
Common salami – 53,7 g of fat, in which 17,56 g of saturated fat, and 107 mg of cholesterol
Oils (corn, rapeseed, sunflower, soya, olive oils) – 100 g of fat, in which 5-15 g of saturated fat, but 0 mg of cholesterol
18% cream – 18 g of fat, in which 11 g of saturated fat within, and 56 mg of cholesterol
Sweet butter – 73,5 g of fat, in which 50,2 g of saturated fat, and 220 mg of cholesterol
Butter – 75 % g of fat, in which 15 g of saturated fat, and 1 mg of cholesterol
Walnuts – 60 g of fat, in which 6,5 g of saturated fat, but 0 mg of cholesterol
Yellow cheese – 23-32 g of fat, in which 14-21 g of saturated fat, and 71-100 mg of cholesterol
Chicken egg yolk- 28 g of fat, in which 8,7 g of saturated fat, and 1062 mg of cholesterol
Chicken egg white – 0,2 g of fat, 0 g of saturated fat, and 0 mg of cholesterol
Pork chop – 24 g of fat, in which 4 g of saturated fat, and 86 mg of cholesterol
Chicken chop in breadcrumbs - 16 g of fat, in which 7,5 g of saturated fat, and 100 mg of cholesterol
Cod in garlic sauce

1 100-120g of cod fish
1-2 garlic cloves
½ spoonful of dried chilli
½ spoonful of powdered pepper
1 spoon of olive oil
1 spoon of parsley leaves
Juice of ¼ lemon

Cod meat is supposed to be sliced into 3 pieces. We prepare an ovenproof basin and line it with a single layer of the fish, which in turn is thought to be sprinkled with ground garlic and moistened with olive oil. Then, we place it in the oven, that had been warmed up to 220°C. The dish is about to be roasted for 15 minutes, until it gets supple. Before eating, the last act is decorating food with some parsley and a touch of lemon juice.

Feeding value per one portion:
110 kcal
Proteins – about 20 g
Carbohydrates – 0 g
Fats – about 3 g

Chicken stewed in vegetables – 6,4 g of fat, in which 2 g of saturated fat, and 27 mg of cholesterol

It is very important, so as not to forget, that there are so called hidden fats, namely those, that are enclosed in products, which we do not associate with fat, e.g. saturated fats in sweets or any kind of bakery (e.g. puff pastry), or chips, etc. Conversely, nuts or almonds principally nourish with mono- and polyunsaturated fats.

Fat in due proportions helps to stay fit and in good shape, and aids to regulate serum cholesterol to required concentrations, all of which serves against arteriosclerosis, and diabetes.

It is very useful to read labels and pay attention to feeding values of the products we consume. In spite of everything, it might appear worthwhile to buy a book of food values (including ready-made dishes), so as to make well-balanced choices.

The text content and footnotes: Edyta Adamska
Nutrition expert
Pork chops with herb sauce

120-140 g of pork loin
Salt and freshly ground pepper
1 spoonful of olive oil

Herb sauce:
½ spoonful of Dijon mustard
½ spoonful of rice vinegar
1 spoon of olive oil
1 spoon of finely shredded olive fruit
½ spoonful of drained cut caper bush
1 spoon of fresh sliced tarragon or ½ spoon of dried tarragon

What we start with is preparing balm cream, mixing mustard and vinegar, stirring it steadily and little by little blending it with oil. Then, we need to bring capers, olive fruit and tarragon together. Meat loin is meant to be placed in-between two sheets of tinfoil and beaten down to 0.5 cm ply. Next after, we sprinkle pork with olive oil and season it with pepper. Lastly, we roast the dish in the oven or electric grill. The pork chops are supposed to be well done and topped with sauce.

Food value per one portion:
Approx. 300 kcal
Proteins – ap. 30 g
Carbohydrates – ap. 1 g
Fats – ap. 20 g
Saturated fat acids – ap. 6 g
In response to numerous inquiries regarding insulin glargine (Lantus), we are to introduce here the Standpoint of the Polish Diabetes Society, The Standpoint of the Diabetology Consultant of the State who has been appointed to investigate the alleged negative after-effects of insulin glargine, the Press Release of the European Medicine Agency, and altogether the Standpoint of the American Diabetes Association referred to the results of researches published in “Diabetology” magazine.

The PTD* official opinion on safety of insulin glargine (Lantus)

On the 26th of June, the websites of the “Diabetology”, the monthly periodic representing European Association for the Study of Diabetes (EASD), published the outcomes of 4 analytical tests on the subject of various approaches to diabetes type 2 treatments in relation to neoplasmic diseases. The conclusions derived from 2 case studies, carried out in Germany and Sweden, may suggest, that applying the glargine, a long-effect analogue of human insulin used in diabetes type 2 therapies, might entail some minor risks of cancer prevalence. The authors of the account point, that it is more likely to be breast cancer. However, the other 2 of case studies, provided by scientists from Great Britain, do not confirm the argument.

Diabetes type 2 typically correlates with obesity and insulin-resistance, and the incidence of tumours among this group of patients is more frequent, than in general population. It means, that any of these researches concerning methods of diabetes treatments aligned against risks of cancers, should be meticulously planned and adapted to rigorous clinical requirements. The reports of the analysis do not stand the capability of prospective trials, but instead, in most part, are merely records from insurance companies’ registers. This kind of investigation gives no ground to be able to establish cause-effect relationships in-between observable facts. The persons responsible for the medical information given, they admit, that their case studies are not adequately up to standards and any binding deductions would be unfounded and invalid. Still, the problem raised in these works is vital enough to elaborate further decisive examinations to resolve the matter.

In the face of the up-to-date data, the Polish Diabetology Society find no reasons to bring any changes to the present establishment of facts, and consistently recommend insulin therapies, including those on glargine preparations or other insulin analogues. The PTD (eng. PDS) advocates treatments on glargine all the more in cases when metabolic diabetes stabilisation has been achieved. This standpoint is shared by the European Association for the Study of Diabetes, American Diabetes Association, and European Medicine Agency. Any substantial approvals will be possible only the moment advanced scrutiny has been completed.

Governing Body  
Of the Polish Diabetology Society  
7 lipca 2009 r.
The long-effect insulin analogues have not been featured in the drafts of reimbursement specifications, that was reported by the officials of the Ministry of Health. Diabetes patients and diabetologists are disappointed, that the department of state withdrew the promises they had made.

Insulin analogues play a very important role in treatments of diabetes mellitus, for the preparations prompt insulin levels to reach normal blood concentrations, what enhances outcomes of therapies and quality of day-to-day life of patients, and all the more lightens the risks of interrelated complications, such as loss of eye-sight, nephropathy, or diabetes foot syndrome, all of which more often than not lead to crippledom and death.

Poland is the only country in Europe, where insulin analogues are not reimbursed, whereas even governments of Africa do return money for the insulin medicines. Contrary to repeated formal pledges of the department of health and manifold attempts of diabetes organisations, the administration decisions have proved unfavourable and insulin long-lasting preparations can not be expected to be refunded.

At present, the cost of insulin analogues comes down to several hundred zlotys per month. The circumstances of diabetics’ livelihood are quite critical, regarding the fact, their pensions amount to 600 zł to 1000 zł monthly. In consequence, it is certain, few of the ill who can afford it.

What is the reason behind the pronouncement of the authorities? Especially, if we take into account, that the prices of the advanced analogues are only 20 zł higher than prices of the reimbursed outdated ones. If patients passed into the long-effect insulin drugs, they would not need the insulin medicines, that have been used so far. Then again, significantly convincing is the fact of the macro economical scale savings, that are generated thanks to the reduced numbers of diabetes complications. Administering the complications, that arise far more often in cases of patients who are on other insulin than analogues, is more expensive than analogues themselves. These patients, who remain fairly fit, and capable to function both at home and work, in contrast to those, who are handicapped due to the complications, do not produce financial loading to the state budget. Understanding the situation in micro scale, meaning the position of individuals, is mirror-like. Defying the complications on the strength of the analogues, people are capable to lead moderately satisfying life, whether it is personal, social or occupational sphere of everyday existence.

And today, what is the answer of the Ministry of Health? The press office says, that
To breathe more freely

Day after day, minute by minute, we fuel our bodies with life-giving oxygen. We aspirate it from the air by a very complicated system: respiration, that delivers oxygen to the bloodstream and out of there releases carbon dioxide.

The air inhaled via nose and pharynx travels to lungs through trachea and bronchus towards bronchic cells. In the cells, which are interlaced with tiny blood vessels, there an exchange takes place, blood receives oxygen leaving carbon dioxide, which is a side-product of body cells functioning.

The respiratory system cleanses itself on its own. The miniature nose hairs serve as a filter, that blocks dust and dirt coming from the air. There in the mucused trachea (windpipe) other pollution particles are arrested.

In order to favour our health and wellness, we are far better to be eating vegetables and fruit five times a day, for the produce strengthens the immune system. It has been found, that the there vitamins C, E and beta-carotene not only protect the air passages against infections, but also scavenge free radicals, these are molecules, that are by-products of oxidation or atoms we breathe in from the contaminated air. Additionally, the vitamin C combats some of respiration bacteria and stimulates airways to expand and ease taking breaths. In turn, the vitamin E, apart from its antioxidant performance, plays a significant role in safeguarding lungs. For instance, oxygen together with vit. E is administered to preterm infants to save them from harm of chronic respiratory disorders. Professional sportsmen know the plus points of the vitamin very well. They experience excessive oxidation, that may create cell damage. Hence, they supplement the organic compound.

Another antioxidant, the vitamin A, plays a big part in the process of cell regeneration, particularly those, that constitute the protective mucous membrane, which is the investing tissue of lungs. Some groceries are specifically rich in these defending organic chemicals. Fresh fruit (citrus ones mainly), vegetables and their juices are the source of the vitamin C, while vegetable oils, olive oils, bran, groats, green leaf vegetables, pears, nuts and yolk afford the vitamin E. The vitamin A is enclosed in fish oil, dairy, spinach, liver, carrot and apricots. As an alternative, the beta-carotene is supplied in orange, red, yellow and dark green coloured

What we need is hope, it is what the ill motivate their lives with. Here, in Poland, there are 2,5 million of diabetes patients, and some 2 million have not even been recognised yet. Year after year more and more of the population acquire diabetes, while there is no system of methods established for prophylaxis, timely diagnosis and preventing against the complications. As a result, people discover their conditions far to late, then they do not know where to turn to, and what follows is, that they consult too many doctors, who actually are not experts in the field. Poland, in comparison to other developed countries, has the highest rate of growth of diabetic com-

a relevant certificate is waiting to be issued by the Assessment of Medical Technologies Agency. However, an assent of the Commission of Drugs Management, is also pending. Accordingly, it begs the question, whether there is any prospect, that the insulin analogues will be finally found in the diabetics’ basket after all the alterations? – the department have not given a reply.

W
fruit, e.g. carrot, red pepper, mango, apricots and peaches.

Other supporters of our healthfulness and lungs are minerals, magnesium and zinc. The magnesium lightens the respiratory system up in a straight line. Deficiencies of this organic compounds make people breathe heavier. Instead the zinc reduces duration of colds.

We can find magnesium in processed cereals, vegetables, nuts and whole-wheat bread. In case we need amounts of zinc, then lean meat, liver, sea food, yolks, cereals and legumes come in useful.

Also, why not to mention those plants, that promote health in general. Namely, onion, garlic and any other herbaceous perennial flowering plants, that are virucidal. The present-day studies prove the old beliefs; in unison with tradition, principally garlic, is used as a medicine, since it contains chemical compounds, that clear air passages and relieve productive cough. Altogether, garlic, thanks to its antibacterial and antivirus properties, is an effective agent to challenge colds, hay fever, and other respiratory system infections.

A breakthrough of recent years is the discovery of soya characteristics. What has been ascertained is, that the substances covered by soya beans protect against some kinds of cancer, including cancers of lungs and throat.

The conclusion is simple: so as to breathe liberally we are just about to consume vegetables, fruit, and these products, that are beneficial in respect of lungs.

Maciej Lutka
My papery friend! I left you to dwell in-between silence and noise, harmony and disruption. I positioned you among light and darkness, joy and sadness. Amid sacrum of gardens and profanum of streets. Between tears of meaninglessness and eternity. Finally .. amongst my everyday life and someone else’s. Now, I resort to you, for all the colours have gone out. There is no returns to the sameness of the world and people, and even of one oneself. If it only would be possible ...

The dead-fall of time and disease is hermetic. It determines my life, is it to be so, or not? I know the answer. Awareness, sense of grievance renders my existence dual – it is as if I was two beings in one – internal and external, each of different worlds, different realities, conditions and rules. They are familiar with one another, but can not co-exist. It is for the abyss of absolutism parting them. Even at the point of an illusory coming close, the inner sphere turns lustreless, whilst the exterior flamboyant.

Dear diary, your pages are like life, each one has its hues, for I promised it to be so. I do not question it, because if there is some discrepancy there must be some adequacy next to it. This page will not be melancholic like abridgement of opinions and devotions is. It will be affected with my lukewarm sadness, and initialled with L – the start of my name. Because you are mine, like a particle of my existence. Notwithstanding, the disease I suffer from is widespread, and defined, it develops in me. Just like the moments when I am loneliness surrounded by a multitude of people. This isolation, even if known so well is absolutely different. I can remember, that I had already titled a page with L, but I do not repeat myself, for life and people continually complement one another.

This year summer rejects and defaces anything what was awaited, it threatens and thwarts. Disease can be an element and destructive likewise. Life does not offer a choice. Yet, not all is lost, as reason with me;

I will hide the smithereens of clock discs in a clepsydra. They will blaze with golden reminiscences and dreams. Perhaps, I will be able to decipher the code of sadness of those, who had already experienced another distinct existence. Mine and theirs will become one and then it will reveal its sense down to its smouldering end. Dispersing, even if for an eye blink, it will restore my freedom. Somewhere, in a nook painted with a chiaroscuro of a fresh glance, in a passage of elusive aroma, I will reveal my presence. Away from the centre of the city, where packed arteries are absent, the two dimensions will become one again.

I will ask a pond lily to tell me the secret of everlasting essence of breaths’ purity. And I will meet a lily in a garden, which possibly will send me and others a flowery smile. And, I will capture the feeling, that in a crevice of senses I can live with her and live it the way she does.

I will secure this page like a petal together with the previous ones. It will become a golden imprint on the background of blackness. Like a discrete design to worldliness.

The Author: Okrena
The medicine of ancient Greece

The literature of antique Greece provides evidence, that Greeks must have been some fascinated with accomplishments of Egypt and Babylon civilisations. Then, it should not take by surprise, that the Hellenes developed great a lot out of the heritage, many a time introducing their own perfections. Not differently to the prehistoric cultures, the beginnings of medicine in Helladic homeland associated religion. As far back as the “Iliad” is dated, we can find there quotations, how Gods were involved in the area of interest. Their exact touch with the world of humans exerted conflicts ordinary mortals fought. On occasions, even Gods sustained wounds. However, their healing takes place as if by design. Nevertheless, people who met God favours, they could expect immediate “medical attention”. Originally, it was Apollo to be the God of medicine. In time, the role was appropriated by Aescul, the son of Apollo and Coronis. He received his education from the legendary centaur Chiron, and owing to his supernatural capabilities, even of raising from the dead, he was chastised by Zeus. At the end of the day Aescul acquired immortality and became one of the Gods, and his realm .. medical art. His shrines were the centres of medical activity. The ill attended pilgrim-

ages, served oblations, to earn recovery or some relief in the least. There was born a science of curing by interpretations of dreams. Contrary to potential pretences the approach was fairly rational. The state of being sleep was induced on the strength of particular herbs, what supposedly eased treatments.

Initially, it was magic that prevailed the cult of Aescul, but within years evolved more and more reasonable. The duty of the priest Aescul was keeping a vigil on the sacrifices in his sanctuaries and guarding religious rituals to be observed. In case of need, the patients of poorer health received some support during baths and some counselling. The sacred foundations of Aescul were locations, where doctors obtained education. At first, the exclusiveness of educational background accrued only to those, who belonged to the lineage of the god. Nonetheless, soon after they admitted scholars, who were not the god ancestry. There were some well-known centres of enlightening, for instance in Knidos or Kos. What changed in time was the fact, that progressively there was more and more secular practitioners. Teaching relied on an apprenticeship under authority of a master. The scholarship was payable, with the exception of Aescul line. All the aspirants were required to be knowledgeable about philosophy and mathematics. They attended lectures, studied medi-
Doctors enjoyed respect and status. Some selected practitioners achieved positions of municipal or state specialists. There was also a grouping of martial experts.

The scholarly progress widened. The unquestionable crisis came to pass on account of Hippocrates. Admittedly, he as a historical figure is not unreservedly ascertained, and many of the scripts credited him, including the famous Hippocrates Oath, probably are not his authorship. However, his name bears one of the most material discovery in the history of medicine, namely that disease is a natural incidence, and not a miraculous occurrence. The pathogenic reasons, in turn, are inherited in the environment. He is thought to practice direct observation on daily clinical basis, and recommend diet and hygiene as prophylaxis. He distinguished 4 fluids human organism embodies, so called humours. It was blood, yellow bile, black bile and phlegm. The liquids afford healthfulness on the condition they are equal in proportions. Treatments were supposed to be conducted by means of natural processes, just as disease itself is engendered. The healing centre in Kos, which is where Hippocrates descend ed from, proved a great ethos of work. The imperative principle was the maxim *primum non nocere*.

The next phase of the progress concerned events on the arena of politics, which was the conquest of the Persian empire by the Alexander III of Macedon. After his death, Alexandria, a city erected by him, became the largest capital of the Ptolemaic dynasty and significant centre of science. There were two far-famed doctors of Hellenic époque, who were associated with Alexander the Great. One of them was Herophilos from Chalcedon (ab. 335-280 A.D.). He was considered to be the father of anatomy, for as a result of the post-mortem examinations he was able to identify several internal organs. He was particularly attracted to brain, which he regarded as the centrum of nervous system. The other co-founder of the medical school in Alexandria was Erasistratus. He specialised in surgery and heart diseases. He advocated health promoting diets. The doctor also contributed to discoveries of anatomy, analysing blood circulation, glands and nervous system.

Marcin Szachowicz
Compiled on:

*De la magia a la medicina moderna/Ruy Pérez Tamayo.-1994*
*The history of medicine edited by Tadeusz Brzeziński.-2000*
*Dictionary of Egyptian civilisation/Guy Rachet.-1994*
*Dictionary of Greek civilisation/Guy Rachet.-1998*

"Hippocrates – a Greek doctor, endowed with the agnomen “the father of medicine” was one of the most eminent precursors of medicine
In the course of a starvation diet, whether it is forced or voluntary, human brain draws "power feed" from muscles. It is not fat, because adipose tissue decreases. We are aware, that in any extreme situation, while awaiting to be rescued, it is vital so as not to waste energy, then one should not take up any desperate actions, but remain almost stand-still. Globetrotters, travellers, and those who frequent endurance sites know it, that it is hit or miss, if they will receive some support or not.

In the answer to hunger, the majority of human tissues react burning fats instead of glucose, however the scientists in Antipodes discovered, that brain is fuelled with glucose generated from muscle proteins, which are broken down in liver. It was also proved, that deliberate short-run starving serves brain filling capacity and helps to get rid of toxins deposits. Unfortunately, such a therapy is not any beneficial to diabetics.

Teachers expect pupils to be looking straight in their eyes during examinations. The latest studies provide evidence, that it is supposed to be exactly the reverse. It turns out, that direct eye-contact inhibits concentration and thinking. It is pretty normal for the elderly and older children to look aimlessly at a given spot in the space, while solving a serious problem. Then again, quite a lot of people, including teachers, regard it as a sign of indifference or disrespect. Scientists demonstrated the results of their study during the British Festival of Scientific Association in the Great Britain. Exhaustive account was published in the "British Journal of Developmental Psychology". A group of vicenarians were subjected to the research. They were asked questions on mathematics. The participants were trained, so as to look ahead, not towards the interviewers’ eyes. It turned out, that there were more correct answers when people did not focus on one’s face. All the more, looking into eyes throughout tests distract us so greatly, that we tend to cease rational thinking. The conclusion is, that teachers should encourage pupils to sidetrack their eye-sight, instead of rebuking them for it.

When people can sense they are being observed they conduct themselves more honestly – even when they can see who is watching them, even when it is just someone on a poster. A panel of scientists of Newcastle University monitored how much money people place in a “box of truthfulness” in the academic canteen. The try-out stretched in time to 10 weeks. It appeared, that they inserted three times as much funds when a placard with some eyes on was positioned nearby the box. The subjects did not perform such manners when it was flowers on.

Probably, it is a matter of subconscious brain reaction to an image of one’s faces and an impression of being viewed.

Researchers claim, that arranging this kind of communication can promote social uprightness. In any case, the idea is not any new – in the novel “Nineteen Eighty-Four” by George Orwell, cities were covered with effigies of leaders and the admonition “The Big Brother is watching you”.

In the answer to hunger, the majority of human tissues react burning fats instead of glucose, however the scientists in Antipodes discovered, that brain is fuelled with glucose generated from muscle proteins, which are broken down in liver. It was also proved, that deliberate short-run starving serves brain filling capacity and helps to get rid of toxins deposits. Unfortunately, such a therapy is not any beneficial to diabetics.
To sniff diabetes

Dogs’ sensitive sense of smell is exercised by humans for many a purpose, also in science. It is expected, that the animals are able to detect cancers in one’s urine, or foresee an upcoming fit of epilepsy of a person they happen to take care of. At present, researchers in Belfast University are testing these creatures, if they know how to sniff out diabetes.

Dr. Deborah Wells reminds anecdotes of such dogs, that can become aware of the fact, that at the given moment its owner is to experience blood sugar going down.

What do dogs teach us?

In Poland, there is affluence of memorials to outstanding and eminent people, but do we not happen to need some statues of less distinguished living beings? The dog is a companion of human beings from the dawn of history. It bestows us with unreserved loyalty, unconditional love and attachment. What can we do in return? We can learn how to enjoy someone freely just because she or he is around. One can simply rejoice at a sight of a person, or a tone of her or his voice. It is what we can be taught by the “Happy Dog” in Kaziomierz Dolny – namely an animal, that is loved and nurtured by all of us. The multi-raced dog welcomes there inhabitants and tourists alike. It convinces, that there is space for any gadabout it happens to be.

Samoyed diabetic

There is many a dynamic, that may lead to animal diabetes. The first one to mention is race. Some dogs, as Samoyeds, Miniature Schnauzer, Miniature Poodle or Pug are more susceptible to this disease. In case of cats, Birmans are more liable to it than others. Another risk-factor is sex. Diabetes effects bitches two times more often. In turn, male gelded cats are more disposed than females.

In the Kapitoliński Museum, we can find a bronze statue /V century A.D/ depicting the she-wolf feeding Romulus and Remus, the legendary founders of Rome. In turn in Cracow, there is a statuette of a faithful dog Dżek, that could not fail to remember his owner, who passed away to a better world. As in another instance, in Białystok, the dog Kawelin greets people walking round the Planty park. This dog race is known to be eager to be giving contentment. The dogs are gentle by nature, learn fast, and more often than not are trained to accompany people disabled. If owners are able to employ the skills and willingness to work, the dogs are pleased. Even at age advanced, they are eager to play and have fun, meet family and strangers wagging their tails, or approach children and all the world in friendly and comfortable ways. In a word, give a hug to your dog, or bear hug with a monument. Except a real dog is bees’ knees.

The golden retriever

“Happy Dog” was created by Bogna Czechowska

The author: J.N.
Microorganisms are living beings, they exist everywhere. There is not a single surface or a spot on this planet, where they could not acclimatize and inhabit. Thanks to their multiplicity and adaptiveness, they make their home in all of environments. So far, it has been 5000 of bacteria species discovered, 1000 thousand types of fungus ascertained, and still it is not considered to be the final classification.

After many years of determined studies, the professor Teuro Higa, a scholar of Ryukyn University made an astounding discovery – he combined the most important strains of oxygen- and non-oxygen bacteria. In this way, he developed a foundation for various product known as EM – Effective Microorganisms. He started his work dividing microorganisms into three classes. The first one is dominating type of microorganisms, which intensively aim to be creating and sustaining life. The second category also comprises dominating microbes, but ones that engender decay, rotting, diseases, and death. The third is passive ones, that can support the other two, regenerative and degenerative, depending on which one of them outweighed.

The EM technology enables relieving regenerative bacteria, and on the strength of it we are able to restore poorly barren soil back to health and vitality.

P Professor Higa laboured the EM formulations principally for the needs of agriculture, for the purpose of infertile soils, so as not to recourse to apply artificialis, that are not neutral to natural environments and end-users. The studies revealed, that capacities of these microorganisms are all but unlimited, recovering arable areas they reinforce immunity of harvests, and overcome weeds, diseases and pests. The EM preparations serve animals alike, bolster their resistance, so antibiotics and vaccines are uncalled for. These formulas eliminate mould and stench, and pig or poultry fattening farms do not reek round surroundings. Likewise, the specimens get rid of impurities in fish-breeding ponds, swimming pools, or toilets.

The heart of EM technology is EM-1, a liquid solution containing Effective Microorganisms. It is supposed to be proliferated with water and cane molasses medium, and EM-A active ingredients.

**How to obtain EM-A?**

We mix 50 ml of EM-1 together with the medium (cane molasses) and then we execute it with water (preferably mineral still) up to 1 litre. The solution is meant to rest in a plastic bottle for a week in temperature of 25-27°C. EM-A is ready the moment overpressure ceases.
The product is supposed to be consumed within 14 days. Important! Both EM-A and EM-1 are to be kept in a chill, dark place, but not in the fridge.

The preparation EM-A, as well as EM-1 are thought to be used diluted, e.g. 20 ml of EM-A is optimal for 5 litres of water, yet other proportions are possible, as 20 ml EM-A per 10 l of water (1:1500), or 10 ml EM-A per 10 l of water (1:1000).

It is worth to remember how many microorganisms are enclosed in EM. For this reason, it is advocated to spray our gardens regularly and evenly.

Microorganisms rely on the coexistence between soil and produce, they generate vitamins, enzymes and hormones plants absorb. These substances are organic antioxidants and disinfectants, and it is what strengthens plants all the more. All in all, supplying our gardens with EM-A, we are able to breed so healthful vegetables and fruit, that they would be that tasteful as genuine tomatoes, carrots, lettuce, parsley or cucumbers are. Exceptional enough, that we are bound not to find such goods in the supermarkets. And, gratifying flowers and greenery around the house are impossible to overstate either.

Compiled by M. Lutka
Let us imagine, that we are sitting in front of the TV set and are watching a football match Poland versus All the World. We are leading 2:0. Well, the score speaks itself, so moments of relax for love nor money, since we are far closer to have a heart stroke, feeling as if we have just shovelled a wagon of coal. All this, because we have been jumping up our favourite armchairs for an hour as soon as the first goal was achieved, because during a break we were running like a tiger round an arena, biting nails to the last blood, hoping that adrenaline would not flow down our noses. The final 10 minutes we spent in the toilet, for we anticipated nerves to challenge our contractors. We were shutting ears with stoppers, so as not to learn, that the Rest of the World, in masses, ruthlessly, brutally against human rights, attacks the Republic of Poland.

What does a cowboy need when on empty stomach?

It was supposed to be so agreeably. The press announced the match, we (us fans-masculine gender) showed promise to lighten up. Instead, one could moul by the skin of one’s teeth. A deceit in broad daylight. Here, enticed with a would-be pleasure, we underwent an ordeal, what could easily kill an elephant, only if he could know any of what is God, Honour and Homeland, or being a football supporter to the boot.

We can change a scenario, and we imagine watching a western, or a movie about man’s men with hats on and guns in holsters, one for hard men in armchairs. Them, in saloons, are sampling glasses of whisky without a wink, we are exercising favourite beer; they are banging their mugs as forcefully as mike Tyson does, we, cushioned in our comfy chairs, are emptying more beer. The western heroes go to play poker, we play on family nerves, cause now, in a minute, there will be a tear jerker or a melodrama screened. One moment ...

Behold! There is a crowd scene, that is they stop the card game, leave the venue and a brawl takes place all-out. More and more curious, we make ourselves comfortable, at last it is not us to be any beaten. But then, the witless sheriff turns out to be a killjoy, for instead of chasing villains, he decided to separate them and wasted bullets firing up the air. What follows is, that an amusing fellow appears, wearing a Scottish suit, a tie and pince-nez as a must. He looks like a scholar and confident in some of arts. It clears out, that he is well-versed in medicine. In no way he is about to dress smashed noses and black eyes. The character is not an idiot.

He is a merchant, and sell an all-cure remedy. He waves with a small bottle of some parsley hued liquid, certainly of some alcohol content, mixed with mint and a few drops of opium. Applying a placebo is a horse of different colour, cause there are occasions, when it works equally effectively, as a proper drug does. This western strip refers to very reality. Before Coca-Cola dominated its market, it had been considered as a panacea. We can not rule it out, since we do not know how much caffeine and sugar was comprised then. If a cowboy, who had gone over a top the other day, received sugar and caffeine on empty stomach, it would relieve the nasty
syndrome of the following day, which is revolting hangover. It is how the legend has developed.

However, in the whole non-hollywood world, there were thousands of swindlers, who preyed upon people’s dream of panacea to cure each and every one complaint or disease.

The well famed bath lotion of a certain Luisa Bonnore was supposed to heal rheumatism, measles, cholera, paralysis, syphilis, epilepsy and some other atrocities. What it exacted was purgation only, for soap solution it contained. Another concoction known to the West, which was created by a certain William Radan, appeared to be the most effective like nothing before. It healed everything, except mutilated limbs. Some of the medicines was based on knowledge of the East. It was believed, the same in Europe as in America, that it might be beneficial to observe the tradition of China, seeing how vast their population is. The snake oil made of Chinese enhydris, namely the tiny sea snake living on fish, alleviates painful joints in actual fact. Whereas, a great deal of snake ointments or mixtures were of no medical use, but still sold like hot cakes, for the reason very many people were simply naive. The investigation, conducted in 1917, on behalf of the American government, revealed what constituents such potions enclosed. Scientists took on the anvil the famous oil fabricated by Clark Stanley, the self-styled Texas King of Rattlesnakes. “Right and proper for humans and animals”, the catchword went, and the linimentum was to cure congelation dermatitis, rheumatism, snakebites, all of what was a real pain in the neck of trappers. While, such a medicine was composed of mineral, pepper, turpentine, camphor, and vestigial quantities of animal fats, most likely of ox. Stanley then was imposed a fine of 20 dollars. In turn today, the far-famed bottles, he retailed his prescriptions in, are highly rated by collectors. Given that it helped anyone anyhow, it must have been a kind of placebo effect. Normally, most of patent medicines served in a different way and on a different source – mainly alcohol or psychoactive reagents, such as novocaine or cocaine, and opiates, like morphine, codeine, thebaine or noscapine. Accordingly, it should not spring a surprise, that these alkaloids afforded instant relief. Except that, the upshots grow less and the doses are to be multiplied till one becomes an addict.

For instance, the Indians of South America chewed leaves of coca for its narcotic essence and revitalising effects. It was in the 19th century, when it was managed to market such an unconventional remedy in mass scale. The remedy was the elixir by Lydia Pinkham. It was thought to heal every one of ailments: from sleeplessness and menopause complaints up to depression and cancers. It was available since 1875, and the American, who branded it, made a veritable fortune. And, many more years after her death, the company consulted their clients posing Lydia Pinkham. The herbal elixir is still obtainable, and one can have it for eight dollars a bottle or a packet of tablets, what serves a monthly treatment. Nobody knows, how it works for making money. I know, that I am better to employ some sauerkraut juice to work out my blood sugar upsurge. Then, better still to switch off the TV set.

Janusz Niczyporowicz
działanie:

Srebro jest naturalnym czynnikiem antybakteryjnym, dlatego odzież firmy Dermapol uwładnia jony srebra, skutecznie zabijając drobnoustroje i ograniczając w ten sposób liczne infekcje skórne. Łagodzi ból i stany zapaźalne, pomagając tym samym przywrócić skórze jej prawidłowy wygląd i kondycję.

Wolne od szwów powierzchnie oraz dobrze dopasowane obuwie są koniecznymi warunkami dla optymalnej pielęgnacji stóp diabetyka. Taki właśnie komfort zapewniają srebrne skarpetki i podkolanówki BEST4feet®, w których zastosowano technologię miękkiego szycia i płaskich szwów.

Wszystkie właściwości srebrnego włókna zostały przezbadane klinicznie i są w 100% naturalne.

zalety:

- 12% zawartość srebrnego włókna w naszych produktach:
  - wspomaga proces gojenia się ran,
  - termoreguluje
  - pobudza krążenie
  - zapobiega zakrzepom
  - likwiduje grzybicę stóp i przeciwdziała nowym infekcjom
  - likwiduje nieprzyjemny zapach potu

![Diagram]

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Produkty Best4health® można kupić przez Internet, korzystając ze sklepu internetowego na www.dermapol.pl lub w wybranych aptekach i placówkach medycznych.
Pielęgnacja skóry dla diabetyków

Aby żyć pełnią życia

www.AAtherapy.pl

Dermokosmetyki stworzone z myślą o pacjentach chorych na cukrzycę. Zalecane do codziennej pielęgnacji i profilaktyki zmian skórnych pojawiających się w następstwie tego schorzenia.

Stosowanie produktów poprawia komfort życia każdego dnia.

Spowiedź, jak możemy Ci pomóc...
Zapytaj Elektrę: tel. (022) 430 2805 • e-mail: AATherapy@interia.com.pl
Preparaty dostępne tylko w aptekach.