

## Healing Pre-Diabetes and Type 2 Diabetes with Nutrition and Qigong

By Celia Jensen, MA, RD, CN

Diabetes diagnoses have risen from 1.5 million in 1958 to 18.8 million in 2010, making it one of the fastest growing diseases in the Western world. In the United States approximately 30% of people over 20 years old have elevated blood sugar. The rapid increase in Type 2 Diabetes has a strong correlation to lifestyle and environmental factors, rather than a genetic cause. So is it possible to lower blood sugar and reduce insulin resistance by making changes from the inside out? Dr. Guan-Cheng Sun and his team at the Institute of Qigong and Integrative Medicine say the answer is **yes**.

Dr. Guan-Cheng Sun designed and conducted studies at Bastyr University, Kenmore, Washington to test his theory that diabetes would respond to the practice of qigong for diabetes. The 12 week, randomized, controlled study showed a significant reduction in fasting glucose and perceived stress in participants with Type 2 Diabetes when engaging in the practice of Yi Ren Medical Qigong. The Yi Ren Medical Qigong protocol for healing Type 2 Diabetes works by teaching individuals how to enhance the energy of the pancreas (which has been exhausted by the overproduction of insulin) and calm the energy of the liver (to slow the production and release of glucose).

### Nutrition and Lifestyle

The impact of modern dietary patterns on metabolic health is becoming quite apparent. The Diabetes-Free program is designed to assist individuals apply the balance needed for their personal wellness. Areas of study will include

- 1) assessing health priorities and practical next steps
- 2) creating individualized diet and lifestyle modifications for optimal health
- 3) providing techniques for success; how to create and extinguish patterns
- 4) educating participants about genetics, epigenetics, physical constitution and how to leverage these
- 5) sorting nutrition facts from fiction and how to know if information is valid
- 6) providing information on supplements, herbs and all the diets.

The Diabetes-Free program will be offered by the Institute of Qigong and Integrative Medicine at the end of March. The program consists of a weekend seminar by Dr. Sun, followed by 8 weekly sessions led by Certified Yi Ren Instructors, Registered Dietitian/Certified Nutritionists, and guest speaker in the fields of Chinese Herbal Medicine and Acupuncture. One hour individual nutrition consult session is provided to each participant.

Each weekly session will consist of 50 minutes of practicing qigong and 50 minutes of practical techniques for the integration of nutrition and lifestyle support.

*Celia Jensen, MA, RD, CN is a Registered Dietitian and Certified Nutritionist and a provider at the IQ&IM Clinic . For more information on their upcoming Diabetes-Free program, visit [www. IQIMclinic.org](http://www.IQIMclinic.org) or call 425-892-2454.*