



WELLSAID.

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Managing Diabetes

THE FACTS

Each year, 1.7 million Americans, ages 20 and up, are diagnosed with diabetes. People with diabetes have high levels of blood glucose (also called blood sugar.) If left undiagnosed or untreated, diabetes can lead to heart disease, stroke, kidney disease, blindness, and other health problem. That's why it's important to manage your diabetes ABCs: A1C (blood glucose), blood pressure, and cholesterol.

STEPS TO MANAGE DIABETES

Learn About Diabetes

Type 1 Diabetes – Your body does not make insulin. This is a problem because you need insulin to take the sugar (glucose) from the foods you eat.

Type 2 Diabetes – Your body does not make or use insulin well. You may need to take pills or insulin to help control your diabetes. Type 2 is the common type of diabetes.

Talk to Your Health Care Team

About how to manage your A1C, blood pressure, and cholesterol. Know your ABC goals, and track your progress.

Learn How to Live with Diabetes

You may have heard people say they have “a touch of diabetes” or that their “sugar is a little high”. These words suggest that diabetes is not a serious disease. That is not correct. Diabetes is serious, but you can learn to manage it.

People with diabetes need to make healthy food choices, stay at a healthy weight, and move more every day. They also need to take their medicine even when they feel good. It's common to feel overwhelmed and you may know the steps already but it's important that you follow them and stick with it over time.



Cope, Eat Well & Be Active

Stress can raise your blood sugar. Learn ways to lower your stress. Try deep breathing, gardening, taking a walk, meditating, or listening to your favorite music.

Make a diabetes meal plan and choose healthy foods. Eat foods with more fiber like whole grain cereals, breads, crackers, rice or pasta. Of course, fruits and vegetables are always good for you.

Set a goal to be more active most days of the week. Twice a week, work to increase your muscle strength.

Stay at or get to a healthy weight using your meal plan and moving more.

See your health care team at least twice a year to find and treat problems early. Once a year, be sure to get a dilated eye exam and a complete foot exam.

<https://welcoa.org>

“You never know how strong you are, until being strong is the only choice you have.” - Bob Marley

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Do It Yourself

<https://www.ecowatch.com/>

Avocado Foot Softener

2 Tbsp cornmeal
2 Tbsp mashed avocado or avocado oil
Mix ingredients in a small bowl until a paste forms. Massage into feet/toes. Rinse with warm water and dry thoroughly.

Strawberry Hand and Foot Exfoliant

8 to 10 strawberries
2 Tbsp apricot oil (you may substitute olive oil)
1 tsp of coarse salt, such as Kosher salt or sea salt
Mix together, massage into hands and feet, rinse and pat dry.

Simple Homemade Sugar Scrub



2 cups turbinado sugar
½ cup coconut oil
2 Tbsp honey
1 Tbsp vanilla extract or an essential oil
Mix sugar and honey in a bowl. Add coconut oil until sugar mixture is well soaked. Add vanilla. Store in an airtight jar.

No-Nonsense Daily Scrub

½ cup finely ground oats
½ cup finely ground almond meal
Liquid (water or witch hazel for oily skin, milk for dry skin, rosewater for any skin type)
Grind up oats and almonds separately, then combine well. Place a small amount, approximately 2 tsp, in your hand or a small dish. Add a bit of the liquid to the scrub and combine well, letting the oats absorb the liquid. Lightly scrub your face with the mixture, moving in an upward, circular fashion. Let the scrub dry for a few minutes, then lightly rinse with warm water.

Tailor your scrub to your skin type by adding these ingredients:

Oily skin: 2 Tbsp fine sea salt, 2 Tbsp finely ground dried peppermint, and/or 5 drops of rosemary essential oil.

Dry skin: 2 Tbsp powdered milk (full-fat, if possible), 2 Tbsp finely ground dried calendula, and/or 5 drops chamomile essential oil. If you have very dry skin, try using full-fat cream as the liquid you use to wet the scrub.

Combination skin: 2 Tbsp cornmeal, 2 Tbsp finely ground dried chamomile, and/or 5 drops lavender essential oil.

Pre-Workout Nutrition



NOVEMBER IS

PANCREATIC & CANCER

AWARENESS MONTH

DID YOU KNOW?

Just 5% of pancreatic cancer patients survive 5 years

26 people are diagnosed with pancreatic cancer every day

24 people will die of pancreatic cancer every day



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