



If you would like to share something with us at *Conquest*, please contact us by email on **emily@healthpublishingaust.com.au** or mail at: **AMA House, Suite 207, Level 2, 69 Christie St, St Leonards NSW 2065** and be sure to include your full name and address. Privacy will be upheld on all contact information.

## If you can't have a flu shot

I read your article on flu in the Autumn 2013 *Conquest* (page 10), however I have had Guillain-Barré syndrome and have type 2 diabetes. My doctor says not to have the flu shot because the Guillain-Barré can return (I was left paralysed for six months last time and am still getting over it). What other options do I have this flu season?

## Conquest replies

If you haven't had the pneumonia vaccination shot, you should ask your doctor for it. This should not cause the Guillain-Barré to return.

BY D. FORD

## Carbs are the killer

Conquest is beautifully prepared and contains many valuable articles, but warnings needed by your readers to reduce their pain and anger, lower their glucose levels and minimise their complications are not given the necessary prominence.

As you well know, the chief reason for the diabetes pandemic is the consumption of processed refined foods instead of fresh whole foods chiefly of vegetable origin. Those who consume meals such as those recommended on page 21 of Summer 2012 *Conquest* (with carbohydrate servings of 54 and 35 g) inevitable will have high blood sugars. Every edition should have warnings in bold about the typical supermarket products most of your readers consume in their ignorance.

I have a PhD from Manchester University (UK) and another from Michigan State University (US), and have researched type 2 diabetes in several countries. The evidence is overwhelming that excessive use of refined carbohydrates causes thousands of unnecessary deaths every year in every Western country.

Your readers trust you. They regularly read and believe the advertisements in *Conquest* and the good things said about diabetes organisations, but they rise from their perusal unaware of the main truths that should be shouted from the publishing housetops.

## Conquest replies

Overconsumption of highly refined foods may contribute to the development of type 2 diabetes in genetically susceptible people. All advertisements for foods are carefully reviewed and only healthier options within each food group/category are accepted for publication in *Conquest*.

Similarly, only recipes that meet Diabetes Australia's guidelines are permitted in *Conquest*. With few exceptions, these contain minimally refined ingredients. The amount of carbohydrate per serve is a criterion for acceptance. For main meals, recipes must not provide more than 64 g of carbohydrate per serve and snacks must provide no more than 34 g per serve.

These guidelines are based on the average nutrient requirements of Australian adults. Every individual has their own unique requirements, of course. Comprehensive nutrition information is provided for each recipe to enable individuals to decide for themselves if the recipe is suitable or not.



## Blood glucose levels in type 1

I try to manage my type 1 diabetes with dietary control and regular testing of my blood sugar levels with blood glucose meters. I would be most grateful for a detailed, comprehensive article on the use of glucometers and measures of management of diabetes using these instruments. What levels are considered safe and normal? Measurements before and two hour after meals occasionally reveal levels below 4 mmol/L and above 11 mmol/L. Are these dangerous and if so, how does one avoid them?

## Conquest replies

We will run a double-page art on this exact to in the Spring *Conquest*.