

Rainbow Diet works for diabetes too

Rainbow Diet – works for diabetes too!

Cases of Type-2 Diabetes are growing dramatically in our modern world with over 380 million cases predicted in the World by 2025. Medical recommendations include combining drugs with losing weight and a low-fat diet. However, according to research in the Annals of Internal Medicine, the recommendations are not as successful as eating a Rainbow Diet!

Researchers (we have covered their work before) from the Naples Department of Geriatrics and Metabolic Diseases looked at the diet because of its high content of 'bad fat' controlling foods (like fish oils, olive oil, nuts, seeds, lignans and lycopene in tomatoes). They then put the Rainbow Mediterranean Diet up against the normal medical recommendations within 215 overweight patients who had just been diagnosed with type-2 diabetes and were divided into two groups.

Eating the Rainbow Diet significantly delayed the need to take drugs – after 4 years only 44 per cent of Rainbow Dieters needed drugs compared to 70 per cent on orthodox low-fat diets.

The Rainbow Diet group lost more weight even though they ate the same number of calories and took the same levels of exercise!

Type-2 diabetes, being overweight and poor sugar control are all linked to increased risks of cancer.

(The new, Second Edition of Chris Woollams' book, The Rainbow Diet will be launched on July 20th 2010 [click here](#) to read the review of the first edition)

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