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Fall '14 תשרי תשע"ה

VOLUME VIII, ISSUE 1

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FOREWORD

ד"ס

Dear Readers / Members / Friends,

The important laws of Jewish living have been like scattered gems all through Mishna and Gemara, until the holy Rambam came along and strung it all together in the precious necklace known as Mishnah Torah. Finally, there was a practical and comprehensive Halacha-reference to guide people on their day-to-day obligations, compiled in an organized and structured manner.

Decades passed, and numerous responsa and chiddushim were added to the Rambam, resulting in many more scattered gems throughout thousands of Torah-pages. Along came the Baal Haturim and arranged these gems in sparkling order, benefitting his generation and all generations since with the clarity of his encyclopedic Halachic work.

The same pattern repeated itself throughout the ages. About five hundred years ago, Rabbi Yosef Karo stepped up to the task by authoring the Shulchan Aruch, which once again maps out a clear direction in Halacha from among the many writings and insights that were collected since the Tur was published. A generation ago, the saintly Chofetz Chaim went in the footsteps of his great predecessors and arranged the Mishna Brura, much in the same fashion. And today, when further more has been written and discussed about Halacha as it pertains to our day and age, competent scholars are compiling new sefarim that cite the bottom-line Halacha for us.

In a similar vein, our "laws" of fasting with diabetes have gone through various formats. The pamphlets we published fifteen years ago usually discussed the topic at length. Some years, we summarized most of the points but elaborated on certain information. Other years, we explained the concepts and principles behind our instructions, while still other years we crammed in lots of information in the shortest version possible.

This year, we believe we've reached the point when all has already been said, written and explained. Now is the time to compile a practical "Shulchan Aruch" that focuses on the bottom line, without going into the nitty gritty details. In this pamphlet, we run through all the "laws" in a step-by-step manner, omitting the reasoning behind it. Some readers may not understand why we give these instructions, but our goal is not to explain everything. Our objective is to present the dos and don'ts of fasting with diabetes in a nutshell. Those who want an in-depth discussion on the topic are welcome to read all previous articles that we published in the past. The "Gemara-kup" among you will find more than enough content to dissect, discuss and digest. For the rest of you, this concise, practical "Shulchan Aruch" is just what the doctor ordered.

Since our publication is geared for those dealing with type 1 and type 2 diabetes, we also included an amazing article to help you stick to your low-carb lifestyle even during the Yom Tov season with its multiple seudos. While some people may choose to be more flexible during Yom Tov, it is still important to place personal boundaries and stay within the parameters of healthy eating. This is the time of year for introspection and self-improvement – not self-indulgence and personal neglect. This article is here to cheer you on as you stay disciplined and focused.

Although we certainly must give the food we eat its rightful importance, it plays only a minor part during these holy days. As you spend those lofty hours davening and shaking the heavens, please have in mind our members who are in the age of shidduchim, and pray that these wonderful boys and girls should find their zivugim easily and speedily.

Wishing all of you a healthy and sweet year,

Rabbi Hirsch Meisels



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— YOUR — YOM KIPPUR SURVIVAL GUIDE

*This article can
save your life!*

Imagine the scenario: It's almost Yom Kippur and you're somewhat distracted, involved in thoughts of teshuva and repentance. A young child approaches you and wonders, "Excuse me, but why are you so serious today?" You proceed to explain a bit about the nature of Yom Kippur; that it is a day of cleansing and closeness that requires much forethought.

But the child remains puzzled. "Yom Kippur? But didn't you do teshuva last year already?!"

Silly child! You're thinking; how does last year come in? It's been twelve months and I have so many new deeds to examine and improve... so much has changed and I have so much to work on...

It's the same regarding our special Yom Kippur preparations. The fasting experience presents a renewed and different challenge each year and for every individual with type 1 diabetes. Are you planning to fast this year? And how will you prepare this time so that you manage the day without serious blood sugar mishap?

We present this article so you can get not only updated information, but also the crucial basics on fasting with diabetes. We hope you've already read up on it last year... but make sure you're prepared all over again!

Survival Rule #1: KNOW THE DANGERS

Insulin and glucose are the key players in diabetes. They also have starring roles in any person who is fasting. This is what happens: During a fast, the sugar-deprived body will begin releasing glycogen, which is sugar stored in the liver, in order to keep nurturing vital organs. After about 20 hours of starvation, we begin burning fatty acids for energy. This produces a potentially dangerous by-product called ketones, which is naturally eliminated with the help of insulin. So our Creator has designed us to keep insulin at just the right levels during a fast: lower than usual because no glucose is being ingested, but high enough to transport glycogen into cells and to keep ketones at bay.

Now we can begin to understand the dangers faced when attempting to fast with type 1 diabetes.

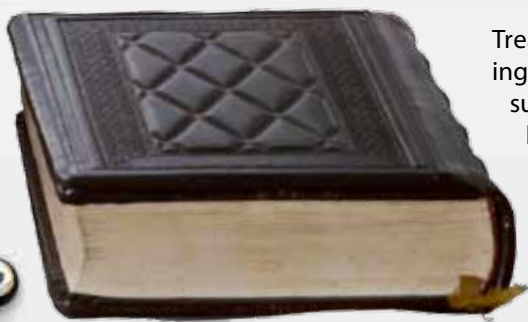
Too much insulin on board:

When you inject your own insulin, the most obvious risk associated with fasting is the danger of having too much insulin and no food on board. This can quickly lead to a low blood sugar which will force you to


eat... on Yom Kippur. In addition, how does our body cope with hypoglycemia? By releasing glycogen- the liver's stores of glucose. This is the same valuable sugar that is released during a fast. So if you are fasting, beware: Your body will have less glycogen to help you get out of a low blood sugar. Without glycogen's assistance, a regular episode of low blood sugar can quickly turn dangerous. This risk persists for several days after a fast, while the body slowly builds new stores of glycogen.

Too little insulin on board:

It is clear that type 1s need to take less insulin on a fast day. But this leads to the second great danger of fasting: that of having too little insulin in the body. On a fast day, too little insulin is just as dangerous as having too much insulin in your blood! A steady, though subdued, infusion of insulin is needed to tackle the glycogen your liver will be slowly releasing. If your insulin levels are too low, you will actually have high blood sugars during the fast. And even more frighteningly: Insulin is needed to assist in the breakdown of ketones, which will be




present during prolonged fasting. Ketoacidosis is the very serious and potentially fatal condition that results when ketones are present in the body without enough insulin. (This can occur even when blood sugar levels are not high.)

 **The dangers of dehydration:** When you are dehydrated, your blood is thicker and more sluggish. This can lead to both high and low blood sugars in ways you may not have considered. Firstly, because sugars will be more condensed in the blood, you may get false high blood sugar readings. Your body does not need insulin; it needs water!


On a fast day,
too little insulin
IS JUST AS
DANGEROUS
as having too
much insulin
in your blood!


Treating these high readings with an infusion of insulin can result in very low blood sugars. Conversely, because blood flow to subcutaneous tissue will be decreased, your insulin may not be efficiently absorbed. You will also find it more difficult to lower blood sugars during dehydration because your body will be unable to flush the excess glucose out as it normally does. And finally, beware that if your sugars were recently high, then you are at greater risk for dehydration because your body has probably eliminated more water than usual in an attempt to pour out unwanted sugar.

 **Other unknowns:** Over many years of listening to the first-hand accounts of so many type 1s who fasted (or attempted to fast) on Yom Kippur, FWD has concluded that there must be additional unknown factors involved in fasting with diabetes. Your body may respond unpredictably and in ways unexpected. So follow the rules, remain on constant alert, and at all times, heed the advice of your Rav and your doctor!


Survival Rule #2: DON'T EMBARK ON THIS TRIP WITHOUT PERMISSION!


Many of us will be able to fast successfully, with the help of Hashem. However, there are some things you must remember before you can attempt to be a part of that happy group.

 **This discussion is about Yom Kippur... only:** Rav Weismandl shlit"a, who provides Rabbinic guidance for FWD, is unequivocal in his stance that type 1 diabetics may fast only on Yom Kippur and that they may not attempt to do so on any of the other fast days.

 **You cannot make this decision on your own:** Because of the serious risks involved, every single type 1 who would like to fast on Yom Kippur must get explicit and specific permission to do so, from both a doctor and a Rav who knows them well. Past experience is helpful, but you still need to get the double go-ahead before you can consider fasting this Yom Kippur. Realize that life circumstances change, as

do details of your diabetes care, and sometimes it's the small things (like nursing an infant or recent difficulty with blood sugar control) that can have a huge impact on your chances of fasting successfully.

 **Who's a good fasting candidate?** You can consider fasting this Yom Kippur if you're under relatively good glucose control as determined by your doctor. The right candidate is preferably an insulin pumper whose basal rates cover true basal needs only (and not food intake), or somebody on a well-structured regimen of multiple daily injections (which will probably include a non-peaking insulin such as Lantus). Realize that fasting will require extra commitment, preparation, and the understanding that food will need to be eaten if blood sugars fall below a certain threshold.

 **Some type 1s cannot fast:** Although highly uncommon, there are some people who simply cannot fast at all. Their bodies seem to be exceptionally sensitive to ketones and to developing ketoacidosis, and fast days can be deadly for them.

Because of the
**SERIOUS RISKS
INVOLVED,**
every single type 1
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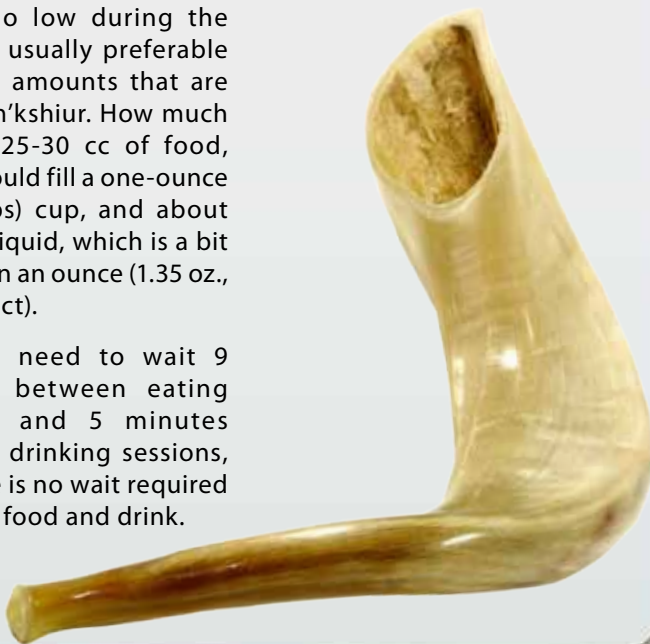
All About
PACHOS M'KSHIUR:

The halachic concept of "pachos m'kshiur" refers to an amount of food that is so small that it isn't technically considered 'eating' according to the Torah. If you are not able to fast this Yom Kippur, or if your sugars go low during the fast, it is usually preferable to eat in amounts that are pachos m'kshiur. How much is that? 25-30 cc of food, which would fill a one-ounce (schnapps) cup, and about 40 cc of liquid, which is a bit more than an ounce (1.35 oz., to be exact).

You will need to wait 9 minutes between eating sessions and 5 minutes between drinking sessions, but there is no wait required between food and drink.

Some poskim rule that the food and drink should be pre-measured and prepared before Yom Kippur begins.

The laws of brachos are complex, but generally, one bracha rishona suffices for all foods (with that blessing) which are eaten within a 72-minute span. A bracha acharona can be said b'dieved. And one more important reminder: Kiddush is not made on Yom Kippur!



Survival Rule #3: PREPARE, PREPARE, PREPARE!

All of klal yisroel prepares for Yom Kippur in body and in soul, but for us type 1s the preparation takes on extra scope. For best results, include all of the following on your "must-do" list:

To discuss with your

doctor: With your doctor's help, decide what your blood sugar target will be throughout the fast. Most likely, the goal will be higher than usual as you want to avoid going low, so you might aim for sugars in the 130-150 range. You also need to decide what will be the low and high cut-off points that will mean you need to take action. At what point will you break your fast and eat something? When will you correct with insulin and how much will the correction be?

As Yom Kippur gets

closer... Begin hydrating yourself by drinking eight glasses of water daily, starting up to a week or two before Yom Kippur. To ensure adequate glycogen stores for the fast day, Dr. Zwickler recommends that you take extra care to avoid

a low blood sugar from three days prior to the fast. Now is also the right time to stock up on two diabetes supplies you (hopefully!) rarely use: ketone strips and a glucagon kit. The strips will help you decide how seriously to take a high blood sugar, while the glucagon is an item your family should know how to use in case of severe low blood sugar.

It's Erev Yom Kippur!

Set aside some time on this special day to plan exactly when and how you will reduce your insulin for the fast. Now is also the time to prepare the food you will need to eat in case your sugars hit the predetermined low threshold. Make sure your CGM (Continuous Glucose Monitor) is fully recharged and that you have standard glucose monitors available as a back-up. Food, insulin, a meter, and an unexpired Glucagon kit must be available in Shul as well, if that's where you'll be spending some (or most) of your day.

Eating for a successful

fast: On Erev Yom Kippur, try to eat mostly protein-rich foods which require small doses of insulin.

Don't give in to temptation and overload on carbs, especially during the last meal of the day. Remember that each insulin bolus you administer will linger in your blood for hours and even a slight overdose can cause you trouble later on, as you attempt to fast. If you are insulin resistant (as is usually the case with type 2 diabetes), you want to be especially sure to limit carbohydrates on Erev Yom Kippur. This will help prevent an unpleasant, sudden drop in insulin resistance during the fast, which can be accompanied by physical symptoms such as nausea and lightheadedness.

Our Best Advice on Lowering Insulin for the Fast:

How, exactly, should you go about adjusting your insulin rates for the fast day?

Our favorite tip: refer to insulin and glucose records from last Yom Kippur to help you figure how to lower your insulin doses this time around. There's nothing like learning from your own experience! Although we assure you that your experience this year will not be the same as it was last time... still, a glance at last year's records will help you get

**OUR
FAVORITE TIP:
refer to insulin and
glucose records
from last Yom
Kippur to help you
figure how to lower
your insulin doses
this time around.**

into the mode and make some preliminary decisions about your fasting insulin rates.

There are two ways for pump users to program insulin changes for Yom Kippur: Either by preparing a separate fasting basal profile, or by scheduling temporary basal changes about every three hours throughout the fast day. Both techniques require constant monitoring and adjustments during Yom Kippur, although we find the second method somewhat safer and simpler.

The formula remains the same: You will need to lower your insulin rates by 10% immediately at the start of the fast. Then, lower by an additional 10% the next morning (about 7:00 am), and keep reducing your

Today, we are privileged to have an **UNBELIEVABLE TOOL** called the **CGM** which tracks sugars constantly and with almost no need for fingersticks.

regular basal rate in 10% increments every three hours thereafter. You will be taking about 50% less insulin than usual by the time the fast day wears to an end.

We also recommend that you resume regular basal rates about an hour before the end of Yom Kippur to give yourself a head start in combating post-fasting high blood sugars.


If you decide to preprogram your fasting basal changes, you can use FWD's unique tool dubbed the "basal calculator". This is a Microsoft Excel spreadsheet which is programmed to change your regular basal rates according to the formula we specified earlier, although it can be customized as well.

Despite your careful preparations, you will still need to make insulin changes and decisions in real time, as the fast day progresses; that's why we

recommend that you administer all changes in the form of temporary basal rates. One last reminder: Never suspend your insulin entirely during a fast!

Survival Rule #4:
NO RULE CAN REPLACE THE USE OF COMMON SENSE

It's true: Making it through the actual fast day is all about using your knowledge, caution, and good old common sense. Having said that, here are some basic rules to follow on Yom Kippur itself.

 **Check, check, and keep on checking:** You cannot fast safely without performing constant blood glucose checks, at least every two hours and when you feel unwell. Today, we are privileged to have an unbelievable tool called

RULE #4

the CGM (or continuous glucose monitor) which tracks sugars constantly and with almost no need for fingersticks. This wonderful device has both halachic and practical advantages over old-fashioned glucose monitoring and is definitely preferred on Yom Kippur. Remember that even if you will be eating pachos m'kshuir, your food intake will be very different than on a regular day and you will need to keep closer tabs on your blood sugars.

 **In case of high blood sugar:**

Dr. Maclaren recommends that insulin should only be given if blood sugars rise above 200 mg/dl, and even then, correct very cautiously using half of your regular correction ratio. (For example, if you generally give 1 unit of insulin for every 50 mg/dl above target range, today you would give only 0.5 unit of insulin.) Dr. Zwickler recommends checking for ketones when sugars peak above 240 mg/dl. Small ketones can be safely ignored, but moderate ketones indicate a "safek pikuach nefesh" (i.e. potential threat to life) and must be diluted by drinking water pachos m'kshuir. Large ketones

must be flushed out of the body with large amounts of water, and the situation must be monitored carefully until ketones and blood sugars return to safer ranges.

 **If blood sugars go low:**


If your sugars dip below the predetermined number (probably about 70 mg/dl) then food must be eaten. Please don't try to be wise by drastically lowering- or eliminating- insulin, or by waiting "just a little bit longer" to see what will happen. Two rolls of winkies, which will probably be enough to raise blood sugars, are still comfortably within the limit of "pachos m'kshuir".




**Pay special ATTENTION
to avoid lows in the days
following Yom Kippur,
when your liver's stores
of glycogen will be
depleted due to the fast.**


Survival Rule #5:
**IT'S NOT OVER
WHEN IT'S OVER**

Just a few short pointers to bear in mind once Yom Kippur departs:

 All people experience a certain degree of high blood sugar after a fast day, as their bodies acclimate to the influx of carbohydrates. To avoid very high glucose spikes, eat slowly and lightly and favor protein over carbs. Keep drinking to rehydrate your body. Many type 1s find that they require an additional bolus of insulin to counteract the inevitable resistance.

 We've mentioned the role of glycogen in raising blood sugars during a fast day

and when experiencing hypoglycemia. Pay special attention to avoid lows in the days following Yom Kippur, when your liver's stores of glycogen will be depleted due to the fast.

 Although you've worked hard until now, take an extra few moments to record the insulin and glucose rates that worked for you on this Yom Kippur. You'll thank us for this advice next year! ■

* Those with type 2 diabetes who do not take insulin can fast as usual. It is important to find out, though, if any medications should be discontinued. Some medicines can cause low blood sugars if they are taken without food. In addition, be extra careful to avoid overloading on carbohydrates before and after the fast.

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FESTIVE FESTIVALS

for the Low Carber

BY H. S.

If you live in the Northern Hemisphere, then you know that when school starts and there is the scent of autumn in the air, the High Holidays can't be far behind. And while young and old as well as those from both hemispheres enjoy this special period, sticking to your diet, no matter what it is, can be tricky. But for those pursuing a low carbohydrate food plan, the festive season full of 'Have a Happy and SWEET New Year!' can be a special challenge.

Yes, I know one of the holidays, the holiest day in our calendar, is marked – and even celebrated – by abstaining from food. That is why, for many on a low carb diet, the easiest holiday to celebrate during the High Holy Days is Yom Kippur. Abstaining from eating completely, there is no temptation to eat a high – or

low – carb food. But aside from that day, the Yomim Noraim are pretty food-centric, and anyone maintaining a particular way of eating can struggle with taking part in the festive mood around the Yom Tov table while staying on their food plan.

But we low carbers can do it! Despite the fact that part of the Rosh Hashana and Sukkos holiday tradition is to eat sweet foods, we can celebrate and enjoy a festive period while maintaining our low-carb food plans.



"Have a Happy and **SWEET** New Year!"
can be a special challenge.



As
i
n
every
aspect of
our lives, you
should discuss
any particular con-
cerns with your local
rabbi and doctor. Holiday and
tradition notwithstanding, your
health is your health and that
takes the top spot in determining
what you can eat. Tread very, very
carefully, choosing the lowest-
carb fruits and vegetables to add
to your meat choices, if you don't
have your physician's approval
to up your carb limits; but if your
doctor has given you the green
light to eat a little more flexibly
this time of year, let's see what we
can cook up.

Rosh Hashana

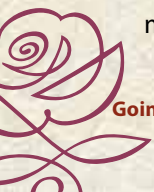
If you've experienced the yum-
miness of holiday cooking, Rosh

Hashana meals are probably
in the group you remember
most fondly. Reminiscent of
the changing colors of the
season and autumn's sweet-
ness, these holiday meals
represent not just the food
but the flavor of beginnings
and hope as well.

Many people begin their meal
with several symbolic foods.
While dipping challah in honey
doesn't have a low-carb sound
to it, a tablespoon of the golden
sweetener has just 17 carbs. If you
don't want to raise your carbs so
much so quickly, a teaspoon of
honey will still satisfy the urge
and deliver honey's unique flavor
when you dip a slice of apple or
small slice of challah into it. Just
remember, a dip is just a dip –
and not a smothering! If you can,
choose one that uses whole grain
in place of some of the white flour.
Yes, even whole-wheat challah is
still bread, but it contains more
fiber which increases satiety.

APPLES, APPLES EVERYWHERE

Apples are quite traditional and
one of the carbier fruits available.
Nevertheless, an eighth of a large
apple contains just 4 carbs. If you
eat a new fruit on the second
day of the holiday, starfruit, also
known as carambola, is one of the
best choices (unless you've been
nibbling on carambola through-
out the season!). One ounce packs
in just 1 gram of carbohydrate.





Other symbolic foods add little in the way of carbs: Pomegranate seeds (an ounce has just 5 carbs), fish, spinach, carrots, even black-eyed peas...none of these add a lot of carbs to the day's count, depending of course, on preparation.

THE MAIN EVENT

If your tradition calls for celebrating the holidays with beef, there are lots of ways to prepare a brisket or roast without adding many carbs. Banish the cranberry sauce, which many cooks use to add a sweet tang to their meat, adding canned fruit preserved in water (peaches, pineapple or apricots), this, too, can be used to impart sweetness (with fewer carbs). Add a sprinkle of ground cinnamon and paprika for balance or a bit on ground sage, and your meat will be lightly sweet and delicious.

Chicken and turkey are also good choices. A roast chicken basted with juice of ½ an orange will add negligible carbs to your meal while infusing a lovely scent and subtle citrus flavor. Place the squeezed orange ½ in the bird's cavity to intensify the effect. This slightly sweetened chicken is a hit throughout the

year, but is particularly apropos at Rosh Hashana.


To make even more of your chicken efforts, place large pieces of sweet potato, onion, zucchini, celery and garlic under and around the chicken in a lightly oiled roasting pan. Sprinkle with a few rosemary branches, a dash or two of seasoning (salt, pepper or a spice blend) and the orange juice, and you'll have a delicious, festive platter of richly flavored vegetables and meat. Don't care for zucchini? No problem, carrots, chunks of butternut squash, and leeks work well too. The same dish is equally delicious with the juice of 1-2 lemons, but of course, not as sweet.

Another savoury-sweet chicken dish adds the perennial favorite flavors of garlic with Balsamic vinegar. Balsamic vinegar is naturally sweet and is one of the few



A teaspoon

of honey will still satisfy the urge and deliver honey's unique flavor when you dip a slice of apple or small slice of challah into it. Just remember, a dip is just a dip - and not **A SMOTHERING!**



There is way more to a
holiday meal
than the main course.
Side dishes round out
the meal and add to the
festive mood.

vinegars that contains carbs. Nevertheless the depth of flavor it imparts is often worth the few extra carbs to your day's total.

Marinate cut up pieces of chicken in a mix of 1/4 cup balsamic vinegar, 1/4 orange juice, lemon juice, or water; 1/4 cup oil, 1/4 teaspoon black pepper, pinch of salt, about 3 cloves of garlic, crushed and diced fine, and a few teaspoons of lemon or orange zest. The juice and vinegar won't add many carbs, but the taste is rich and special. Add a shake of soy sauce for a slightly more Asian flavor.

BEYOND THE MEAT

There is way more to a holiday meal than the main course. Side dishes round out the meal and add to the festive mood.

One of the easiest ways to bring sweetness to a vegetable or starchy side dish is with dried fruit. If you can find them, currants add a little sweet without

overpowering the flavour of the other ingredients. Try adding a 1/4 cup to a cabbage salad or hot or cold rice dish. Finely chopped apples or a few tablespoons of pomegranate seeds can be used as well.

An autumny vegetable side that is perfect for the season: roasted vegetables. Place chunks of acorn squash, carrots, broccoli, red peppers, zucchini, sliced fennel, and quartered onions that have been tossed with a bit of oil and sprinkled with salt, pepper, or seasoning mix in a shallow roasting pan and bake at medium-high heat until lightly browned. Add 1/8 cup pomegranate seeds or dried, diced, unsweetened dried fruit to the cooked veggies. Serve hot, warm, or cold! (No problem if you don't like fennel, or squash. Any combination is fine.)

Serve sautéed fresh quartered mushrooms, cooked with a bit of onion and fresh garlic, with fresh rosemary. Festive, delicious, and super low carb.

AND THAT'S NOT ALL

In keeping with the festive atmosphere, one of the prettiest desserts is a platter of thinly sliced,





peeled citrus fruit. The beautifully colored circles look beautiful. Use whatever you can find that is fresh: pink and white grapefruit, different varieties of oranges, tangerines. Peel, slice thin, and arrange festively on a large platter. Garnish with mint leaves, sliced carambola and/or pomegranate seeds.

If you can find low-carb pareve chocolate, melt about 6 ounces and stir until smooth. Dip in up to one pound of fruit; the drier, like strawberries, the better. Place the dipped fruit on a wax-paper-covered tray to harden. Serve cold to oohs and ahhs by the chocolate lovers in your crowd.

Yom Kippur and Sukkos

People who fast on Yom Kippur have the pre- and post-fast meals all figured out, like athletes before a competition. You likely eat the same thing you have been eating for years, and I wouldn't think of interfering.

Sukkos meals can take the same direction as those enjoyed on Rosh Hashana, just eaten outdoors.

While the mood is festive and the focus is on the sweet aspects in life as we approach the holiday season, those following a low-carb food plan can rejoice as well. Yes, we may not be eating cups of honey and pounds of sugar. But there are lots of ways to add low-carb sweetness to our meals and increase the festiveness of the holiday table as we wish our friends, 'Have a HAPPY and SWEET New Year!' ■



One of the

PRETTIEST DESSERTS is a platter of thinly sliced, peeled citrus fruit.

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Invitation of a Lifetime: FWD EVENTS 2014

WHAT? FWD Junior Girls' Event

WHEN? February 16, 2014

WHAT HAPPENED? 30 girls, aged 4-13 years, learned that having diabetes is not just 'okay'... It's a downright privilege!



What's it like to be an 11-year-old with diabetes and celiac disease? "It's hard," asserts Mrs. Horowitz*, "My daughter really works hard, with a mostly positive attitude, and I always give her credit. But the FWD girls' event transformed her way of thinking! All of a sudden, diabetes was 'special'... a privilege!"

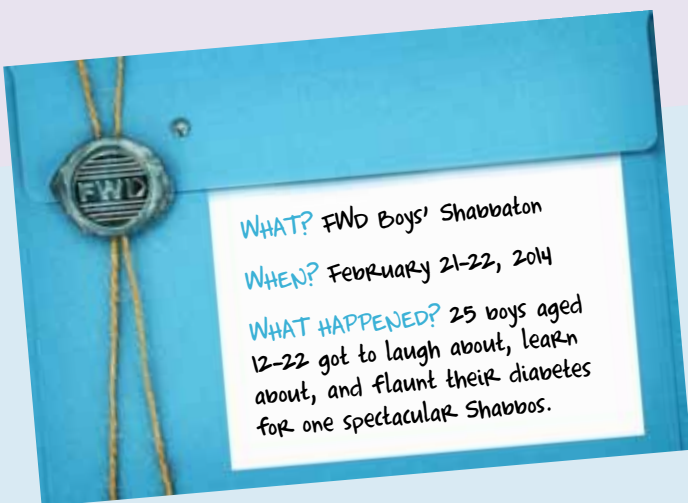
Multiply this attitude shift by 30, add two dedicated coordinators, a packed program, a handful of volunteers, and one special organization. What do you get? The FWD Junior Girls' Event; an afternoon packed with activity, friendship, and pure delight. "My daughter is still talking about it," says Mrs. Freund*, who oversaw the entire event along with Mrs. Horowitz.

To accommodate the diverse ages, the children were divided into two groups with activities and programming geared especially to each. The younger bunch watched a professional puppet show while the older girls decorated wristlets with multi-colored rhinestones. The little ones did plaster painting while the bigger ones let loose with a terrific session of aerobics and dance instruction. "The dancing was an unbelievable hit!" says Mrs. Freund enthusiastically, "It was incredible to watch so many girls- different backgrounds and different ages- become one solid, fun-loving group!" It was the highlight of an afternoon with many highlights that left a permanent impression on the way these young girls view their condition.

And it wasn't only the kids who came out uplifted. Their mothers got a chance to mingle too, and to network over salad and fruit. They were even treated to a roundtable discussion with Rabbi Meisels and several diabetes educators. Adult volunteers and the aforementioned professionals did much informal schmoozing with the children, answering questions, and making sure each child was gaining the maximum possible.

A lot of work goes into coordinating an event of this magnitude, and both Mrs. Horowitz and Mrs. Freund admit that it wasn't easy. However, each one shared the identical conclusion: "My daughter couldn't stop thanking me; she was so grateful!"

The gifts of friendship and a positive attitude are priceless.



invited to join the recent boys' Shabbos, along with my wife, as a counselor. Finally, I got to witness an FWD Shabbaton firsthand!

The Shabbos was wonderful! All the minyanim and activities took place

In the words of Eli*, a type 1 adult who joined the Shabbaton as a counselor:

I had been in touch with Rabbi Meisels for years and spent many hours in phone conversation with him as a teen. Still, I never got a chance to attend any of the FWD Shabbatons. It was a special opportunity for me when I was

in the Meisels' home. The Shabbos meals were held at a Shul a block or two away. Another counselor, who is currently training to be a CDE, also attended with his wife.

What was so special about that Shabbos? It gave the boys an opportunity to connect with other boys from all over the world who were going through the same experiences. We enjoyed sitting



around the Shabbos table, telling stories that everyone could relate to. We joked around and played games, trying to see who could guess the carb content of some of the foods on the table. During that magical Shabbos, each boy was able to feel that he wasn't "different". No one had to hide their condition; everyone enjoyed being completely open about their diabetes. Even when the meal officially ended and the food was cleared, the boys wouldn't budge. They continued to schmooze into the wee hours of the night, laughing, exchanging stories, and sharing diabetes tips with each other.

Instead of bringing in a medical professional to talk to us about diabetes, Rabbi Meisels said that each one of us had unbelievable lessons and pointers that we could share with all the other boys. Everyone living with diabetes is a "professional"! We therefore had panels throughout the Shabbos, with each boy getting a turn to serve as a panelist. We all sat around posing our questions to the current panelists and listening intently to what each boy had to say.

It was so special to be able to spend Shabbos with Rabbi Meisels. He made us feel com-

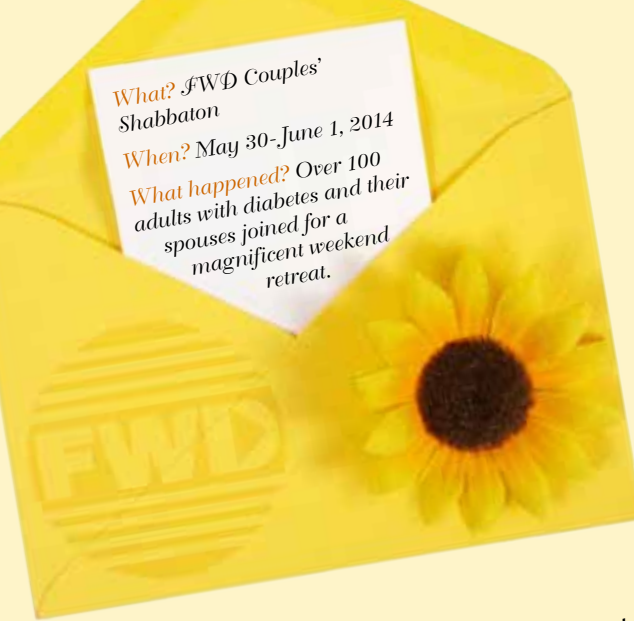
fortable with our condition and gave us chizuk in a way that only he could. His cheerful yet serious approach to diabetes is something that everyone gained from. Rabbi Meisels explained to us how managing our health is actually part of our avodas hashem and he carefully dealt with the issue of diabetes management on Shabbos and Yom Tov.

Many boys undertook new "kabalos" in terms of their blood sugar control. One boy told me, "I never realized that people take their diabetes so seriously! It's time for me to tighten my control."

I think the greatest thing about this Shabbos was that each boy finally felt understood. Everybody realized that he wasn't the only one struggling to manage his diabetes. We all have the same ups and downs, and that alone gave each boy tremendous chizuk.

For years, I had heard all about FWD's "famous Shabbatons", but actually experiencing this Shabbos was unbelievable... way more than I could have imagined. I am very grateful to have had the opportunity!

**EVERYBODY
REALIZED THAT HE
WASN'T THE ONLY
ONE STRUGGLING
TO MANAGE HIS
DIABETES.**



*What? FWD Couples'
Shabbaton*

When? May 30-June 1, 2014

*What happened? Over 100
adults with diabetes and their
spouses joined for a
magnificent weekend
retreat.*

Our third couples' shabbaton took place at the end of May at the luxurious Stamford Plaza hotel in Connecticut. So what's it like the third time around? "All I can say is 'wow!' ... they seem to be getting better and better!" says one participant. And in the words of another: "It's times like these that truly make me happy and proud that I have diabetes."

The memorable Shabbos was launched by Rabbi Meisels with a welcoming speech themed, "Just one Shabbos, come and join with me!" And we did... we joined the friendship, shared in the opportunity; we gave and learned and grew.

The event boasted top amenities, outstanding cuisine (as usual!) and a delicious indoor pool. Hamezamrim, the acclaimed

choral group, sweetened the tefillos and seudos Shabbos with their soaring voices. Members had the once-in-a-lifetime opportunity to meet and learn from Dr. John Walsh, author of diabetes classics Pumping Insulin and Think like a Pancreas. Dr. Walsh, who was flown in from California, had much to teach even the most seasoned of us, and made one member quip, "he showed me how little I know!"

Neesha Ramchandani, beloved diabetes educator, added her uniquely warm and knowledgeable touch to the women's workshops. We were also privileged that Dr. Don Zwickler, acclaimed endocrinologist in Rockland County, joined us for Shabbos together with his wife. Dedicated doctor to several in our group, Dr. Zwickler enhanced the Shabbos with professionalism and a true "heimishe" touch. We were proud to present a plaque of recognition to him and his devoted wife.

A highlight of this Shabbaton was also the presence of Rabbi Eziel Tauber, famous author and lecturer from Monsey, NY. In his straight-forwarded and captivating manner, Rabbi Tauber

WHO COULD PART FROM GOOD FRIENDS AND A PROGRAM LIKE THIS?

reconnected us with the spirit and mission of our lives. It was a Shabbos as uplifting as it was educational and as stirring as it was just plain fun.

Who could part from good friends and a program like this? We were glad to stay for a hilarious skit on motzaei Shabbos and then a presentation by exercise instructor Fred Hahn on Sunday afternoon.

"I am amazed that even after so many years with type 1, I still ALWAYS learn something or pick up some useful tip [from a Shabbos like this]," shares one senior FWD member. It's hard to say if we gained more from the medical professionals or just from talking to each other, but either way, the information gleaned and attitudes gained will remain with us and part of us forever.

We quote Dr. Zwicker in offering thanks to Rabbi Meisels, "You and your wife have created a beautiful 'family' which goes far beyond your own children." And what a family FWD is!

There was once a 15-year-old girl with diabetes. She had no friends her age who could understand life on insulin and the CGMS. She had a difficult time checking her blood sugars and counting her carbs in

camp, while her friends were living it up and having a blast. She did, though, have a most devoted mother who understood her struggles and knew exactly what she needed: An FWD event to meet others her age who could relate to her challenge.



DESPITE THE SHORT
25 NOTICE, ABOUT
HIGH-SCHOOL
AGED GIRLS JOINED.

And that's why Mrs. Weiss* jumped in to arrange this year's teen event. "The purpose of this gathering was two-fold," she elaborates, "I wanted my daughter to get to know others her age that have diabetes. (All her FWD friends thus far were significantly younger than her.) And I was especially interested in pulling this off in June, as I wanted to boost the girls' motivation for good control during the camp season."

The event she coordinated was remarkable. Despite the short notice, about 25 high-school-aged girls joined. Programming included a short speech by Rabbi Meisels and a lively, interactive panel starring three young women in our group. The panelists, some of whom had benefitted from FWD events during their own teenage years, led relevant discussions with humor, tact, and the unrivaled benefit of first-hand experience. In fact, laughs Mrs. Weiss, "the girls just couldn't get enough of this opportunity. They surrounded the panelists and wanted to hear more and more. They literally would not let them leave!" Blood sugar control in camp was one of the topics discussed; others included continuous glucose monitoring and

navigating relationships when diabetes is involved.

By the time a local dance instructor arrived, the girls were already deep into discussion and discovery. There was so much to say; so much to hear! For the first time, Mrs. Weiss was able to listen to her daughter freely discussing glucose meters, carbohydrates, and A1cs with like-minded peers. Among the attendees was even one girl just a grade older than her daughter, and in the same school! There was friendship and good feeling all around, and nobody wanted to leave for home.

But the story doesn't end here. Two weeks into camp, Mrs. Weiss received a frantic call from said daughter. She had suddenly discovered that she was out of insulin! Before a rescue operation could be launched, they remembered: she now had an FWD friend right there in the same camp. The sense of security and relief was profound.

There was once a 15-year-old girl with diabetes who had no friends who understood her. Then she attended an FWD teen event. ■

*As always, all names are fictitious. However... you know who you are! The efforts you invested into FWD's event will be long remembered. And thank you for taking the time to contribute to this article.

SWEET MOMENTS

MAZEL TOV CORNER

Members and their wives upon the birth of their baby

GIRL 270 2567

Members and their husbands upon the birth of their baby

BOY 61 69 72 754 765 858 2788 3150 3393

GIRL 71 557 2364 2865

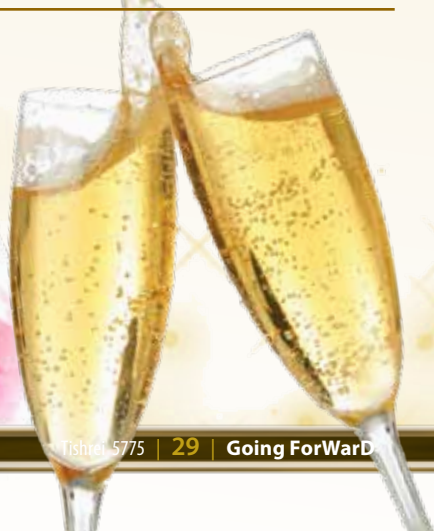
Members upon their Bar Mitzvah

2328 3468 4660 4669

Members upon their engagement and Marriage

BOY 1187 2700 3029

GIRL 283 796 842 2795 3220 2343



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FWD INTERNATIONAL: SPOTLIGHT ON LONDON

Hatzola of Stamford Hill was searching for the perfect speaker for their annual dinner. The past few years had seen a string of comedians entertaining their crowds, but they felt London was ready for more; they wanted somebody who would add stimulation and substance to their mega event.

And so they invited Rabbi Meisels to London.

THURSDAY, JANUARY 30TH, 2014:
A MESSAGE OF HEALTHY LIVING FOR LONDON JEWRY

The Hatzola dinner was a record success. "We prepared food for a crowd of 2,000 people," shared one organizer, "but towards the end of the evening we were totally cleaned out. Not a morsel of food remained!"

Touted as a "first-ever health awareness lecture", Rabbi Meisels's address held an estimated 1,000 listeners spellbound. He approached the topics of obesity and type 2 diabetes from the original angle of "Non Alcoholic Fatty Liver Disease

(NAFLD)". This little-known but widespread phenomenon, which affects even young children today, is the direct result of consuming too much fructose and unhealthy fats, as well as certain medications. Rabbi Meisels offered practical advice on diagnosing, treating, and preventing this and other metabolic conditions.

The lecture garnered an incredible amount of interest and positive feedback from all segments of the audience, including medical professionals who attended in honor of Hatzola. Its important and much needed message continues to make waves.

SHABBOS, FEBRUARY 1ST, 2014:
**A FWD SHABBATON...
ON THE WRONG SIDE OF THE ATLANTIC?**

Run under the auspices of FWD and hosted locally by the Satmar Bikur Cholim, "Sweet Circles" is a diabetes support group promoting friendship and education for type 1 children and women in London and beyond. This very active branch of

FWD was founded by Mrs. R., mother of a type 1, and Bassi* who is diabetic herself. (See our interview for a fascinating glimpse behind Sweet Circles.)

These dedicated organizers took advantage of Rabbi Meisels's presence in London to arrange a first-ever diabetes Shabbaton on that side of the ocean. About 15 girls, from as far away as Manchester and Gateshead, enjoyed a Shabbos of camaraderie, carb counting, and shared confidences. The meals were elegantly hosted in the dining room of Mrs. R. and the heartfelt effort of the event coordinators was apparent in each detail of the Shabbos, from centerpieces to souvenirs.

The Shabbos featured a packed program including games and discussions, Q&A sessions, and a Shabbos afternoon program which stretched past Havdalah. Rabbi Meisels enhanced the Shabbaton with several appearances, sparking excited discussion and debate each time.

"I found it so inspiring to meet so many girls... and hear about how each of them manage their diabetes in their own wonderful way," says Baila*, a participant at the Shabbaton. She also reminisces about the wealth of specific information Rabbi Meisels shared that Shabbos: "No medical professional can give us experienced advice on how to manage diabetes on Shabbos... No doctor can give us tried-and-tested tips on fasting... During the Shabbos, we spoke about various different topics [and gained so much] practical information on living with diabetes."

There was a shared euphoria in the air as the girls simply relished in each other's understanding and comfort. As they solidified into one tightly-knit group, each girl gained vital support and knowledge that would change the way she viewed her diabetes. Some were talking openly about their condition for the first time; others were discovering halachic information and medical options they never knew existed. It was a life-transforming event.

In the aftermath of this highly successful event, Sweet Circles is eagerly discussing future Shabbatons. Stay tuned to hear more from our London members, who live up to their slogan: "injecting and connecting"!



**WE WELCOME OUR
SWEET FRIENDS IN THE UK ON BOARD
AND HOPE TO HEAR MORE FROM YOU IN THE FUTURE!**

MOTZAEI SHABBOS:

A NEW BRANCH OF FWD IS BORN!

While Sweet Circles had been reaching out to girls and young women for a full year already, there were no similar resources yet for adults with type 1. Friends With Diabetes UK debuted on motzaei Shabbos when Rabbi Meisels joined over 60 members in London for a melave malka. Adults with type 1 and also the parents of children with diabetes were present for this monumental evening. A press release by Satmar Bikur Cholim describes the affair:

“On Motzei Shabbos, over 60 adults joined together at the Bobov Hall for a Melave Malka. The event was the first of its kind in the UK and a unique opportunity for people who are living with diabetes to come together with others in the same situation. The chair [emcee], a father of one of the children with diabetes, welcomed the participants. A special welcome was extended to new members, some of whom had travelled from North West London, Manchester and Gateshead. He thanked the anonymous sponsor who had funded the Melave Malka in memory of his parent, who had suffered from diabetes at a time and place when little support was available and the condition was compounded by severe stigma.

“The atmosphere was charged as Rabbi Meisels introduced himself and explained how wonderful it

felt to witness the outgrowth of his US-based support group which has now reached the UK, and how delighted he was by the monumental achievements of reducing stigma and enabling people to come together to support one another. He also described the necessary conditions and aptly compared this to the voice of the Shechinah which could be heard through the Keruvim but not outside of the Ohel Moed. In the same way, the openness and willingness to share must be contained within the group and the commitment to confidentiality is the highest priority. This was followed by a lively Q&A session involving all the participants

“In a display of Hakoras Hatov, Rabbi Meisels was presented with a plaque thanking him for his contribution and for the lasting impact of his insight and inspiration.

“As the event drew to a close, participants lingered over hot drinks with a renewed commitment to join future events and to continue to support one another.”

We welcome our sweet friends in the UK on board and hope to hear more from you in the future! ■



SNAPSHOTS OF LONDON EVENTS



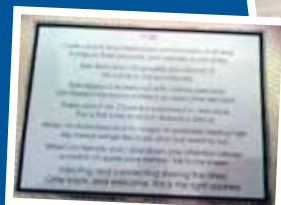
HATZOLAH DINNER
THURSDAY, JANUARY
30TH, 2014

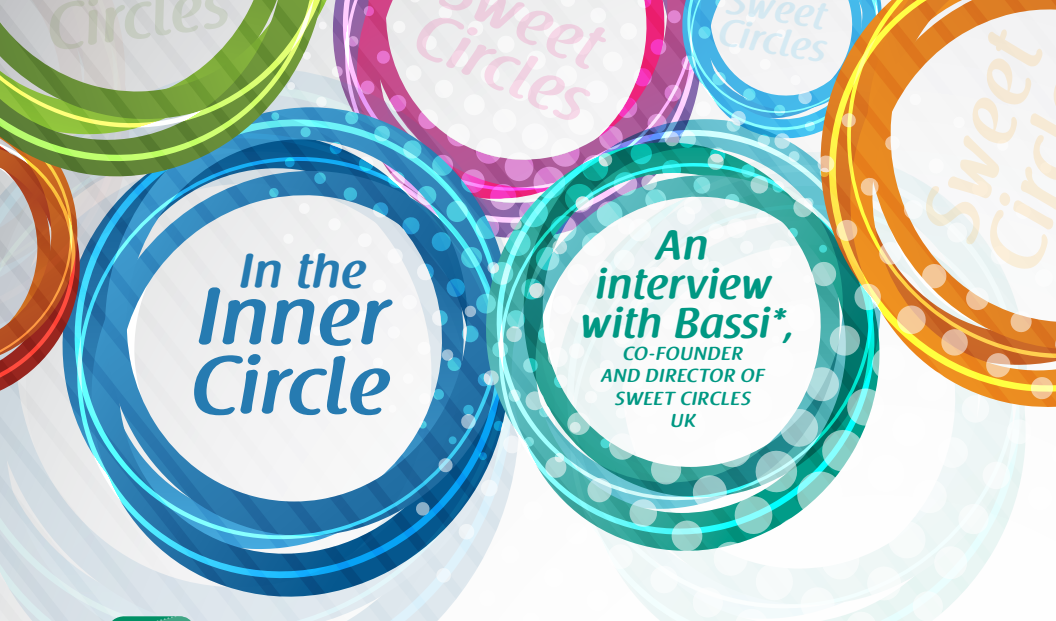


SWEET CIRCLE
< CHANUKAH PARTY
SHABBATON >
HYPO SWEET TREE



MOTZEI SHABBOS
MELAVA MALKA





In the Inner Circle

An interview with Bassi*,
CO-FOUNDER
AND DIRECTOR OF
SWEET CIRCLES
UK

Going Forward

Mazel Tov, Bassi, on your recent engagement! I think our readers will be fascinated and touched to hear how somebody so young has made a difference in the lives of so many people. Can you share the early beginnings of Sweet Circles?

Bassi

I was diagnosed with diabetes at age 14 and for the next few years I struggled to deal with this new reality; I did not know any other girls my age who shared my diagnosis. Everything changed for me when I apprehensively boarded a plane three years ago... to join the Friends with Diabetes girls' Shabbaton in Monsey, New York! A new world opened up for me! Besides coming back with a whole circle of special friends and a lot of new information, I returned home with the passion to share what I had gotten with other diabetics here in London. I joined forces with Mrs. R., who had long been talking about establishing a support group for her young type 1 daughter, and we founded Sweet Circles together.

Rabbi Meisels, who is the real impetus behind our group, gives us ongoing support and information. We are also very grateful to the Satmar Bikur Cholim here for donating their money, facilities, and resources for our continued success. People turn to Bikur Cholim for help with all kinds of medical issues, and so they are often able to refer newly-diagnosed type 1s to us.

Going Forward

What kind of activities does Sweet Circles arrange?



Bassi

Every newly-diagnosed member (unfortunately too many, lately) receives a welcome pack with beautifully-coordinated gifts, so they straight away feel they belong.

We have monthly get-togethers which are always highly anticipated. I often receive phone-calls from girls who are wondering: "When is the next get-together?!"

We usually do an activity according to the time of year. Tu B'Shevat we did fruit carving, Chanukah we had an adorable doughnut decorating and carb counting activity, and we've also made jewelry and other interesting crafts. We play informative games, have Q&As about different diabetes topics, and we share tips and advice. We catch up on each other's latest personal experiences (school, how the new pump is working, etc.) We laugh together and cry together.... We always have a hard time going home and we usually finish an hour later than the planned time!

We also hold more major events, like last winter's incredible diabetes Shabbaton. We recently had a major trip to the London Aquarium, which some girls from Manchester joined. It was a wonderful trip, and we even combined the fabulous day out with a shower party for one of our girls who got engaged.

We distribute our own newsletter every few months, written by one of the girls, which records recent events, news, and Mazel Tovs.

Members receive packages before yomim tovim containing time-appropriate gift items. While our meetings are for girls only, these packages are sent out to young boys as well. Each gift is hand delivered to the recipient, making everybody extremely proud to belong to the Circle!

Going Forward

Wow! Wow! Wow! That sounds like a lot of fun and so meaningful too. It must require incredibly hard work on your part.

Bassi

Baruch Hashem, I feel very privileged and honored to have a part in the Sweet Circle! We are such a close-knit group and we feel so attached to each other. Even though we're different ages and attend all types of schools, we feel like one!



Going Forward

It does sound really beautiful! FWD has always placed a strong emphasis on protecting the privacy of its membership. How do you ensure complete discretion in a group that sounds like one happy family?

Bassi

I'm glad you asked because one of our main priorities is confidentiality.

All our members know not to greet each other on the street (if we are with other people). This can actually be quite challenging, and sometimes looks like this: Two of our members meet in public. Each ignores the other and keeps a straight face, only to burst into laughter upon arriving home. Then we call each other, arguing over who had a harder time controlling her smiles!

Even though it can be quite funny, we take this issue very seriously. For example, we do not share photos of events and trips, even among group members.

The importance of maintaining complete confidentiality is something I picked up from Rabbi Meisels when I first joined FWD and it's still something we're extremely careful with today.

Going Forward

May we wish you- together with Mrs. R.- much continued success in running your group! You are accomplishing great things.

Bassi

I want to say that our group is an incredible one, and it is only enhanced by the variety of ages and personalities of its members. We all depend on each other for friendship and support, and most of all, we all learn from each other, no matter which age!

May we say... in a whisper perhaps... that we feel fortunate to belong to Sweet Circles! ■

*Those of you who know "Bassi" are aware of her real name, but, shhh.... Don't say it out loud!



געזונטהייט אינפא-ליין

- 1 געזונטהייט לעקציעס
- 2 באטורליך און געזונט סופלעמענטס און ווייטעמינס
 - 1 לעקציעס
 - 2 ריפארטס און סטודיס
- 3 SUCCESS STORIES פאזיטיווע רעזולטאטן און עצות
- 4 ענטפערס אויף געזונטהייט פראגעס
- 5 רשימה פון אפדעיטס
- 6 קורצע נייעסן
- 7 קול תורה
 - 1 דרשים ודברי תורה על פרשיות השבוע וענפי דינא
 - 2 ידעות (דקדוקי קרי"ש, טעמי המקרא ועוד)
 - 3 שיר
 - 4 ספרים חדשים וגם ישנים
- 9 קאנטאקט אינפארמאציע

- 5 אמונה מיט שכל (הרב מ"י ראטענבערג)
- 6 רמזים ופשטים בטעמי המקרא
- 9 מפתח-טעגליכע אפדעיטס

1 Rewind 15 sec	2 Pause/Resume	3 Fast fwd 15 sec
4 Rewind 1 min	5 Louder	6 Fast fwd 1 min
7 Rewind 5 min	8 Softer	9 Fast fwd 5 min
* Return to previous menu		

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40404 און שרייבט די 2 ווערטער: Follow RabbiMeisels

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א רשימה פון אונזערע לעקציעס פון די פאראגאנענע יארן

- 1 = מעטאבאליק סינדראם * וויכטיגקייט פון טשעקן צוקער
 - 2 = הימאלאלין A1C טעסט * חילוק פון די צוויי טיפס דייעביטיס (טייפ 1 און טייפ 2)
 - 3 = ריסק פּעקטארס פאר טייפ 2 דייעביטיס * שעדליכקייט פון היי-פּרוקטאז-הארן-סיראס * קאנטראלירן צוקער ביים אויספאסטן
 - 4 = נאטורליכע היילונגען * שווער צו פארלירן וואג מיט מעטאבאליק סינדראם * וועלכע צייט צו טשעקן דעם צוקער, און וואספארא נומערן דארף עס זיין
 - 5 = שורש פון מעטאבאליק סינדראם - צופיל אינסולין און אינסולין רעזיסטענס * טייפ 2 דייעביטיס, איבערוואג, בלוט-דרוק, און הארץ פראבלעמען
 - 6 = וויכטיגקייט און עפעקטיווקייט עקסערסייז, און וויאזוי עס ארבעט און וועלכע אויף צענדליגער געזונט פראבלעמען
 - 7 = צוקער און קאלעסטרעאל אין קאנאדא און אין איראפע * ריכטיגע צייט צו מאכן עקסערסייז
 - 8 = אינפארמאטיווער אינטערנעט מיט עקסערסייז סוחר איבער אלע פראגעס וועגן עקסערסייז
 - 9 = געזונטהייט פונעם מילגרומס אין הארץ דיזיס
 - 10 = הלכות פון טשעקן צוקער שבת און יו"ט * הלכות פון פאסטן * זיך צוגרייטן צו א תענית * וויאזוי אויסצופאסטן געזונטערהייט אן דעם וואס די צוקער זאל ארויפשיסן
 - 11 = דאס איינציגסטע דייעט וואס היילט מעטאבאליק סינדראם אן מעדיצין - נידריגע קארבאהידרעטס.
 - 12 = ציילן קארבאהידרעטס
 - 13 = פארלירן פאטעסיעס * ווינען אן צוקער
 - 14 = לאטקעס * גלייסימיק אינדעקס * עפעקטיוו קארבס * שאגער אלקאהאלס
 - 15 = ווער האט מעטאבאליק סינדראם? * די וויכטיגקייט פון עסן גענוג פראטין
 - 16 = ווייטעמין די - דער גרעסטער מאנגעל אינעם היינטיגן דור און די סיבה פון מערערע מחלות
 - 17 = מאגנזיום און קאלציום באלאנס
 - 18 = שטודיע וואס האט כלומרישט איבערצייגט שעדליכקייט פון עטקינס דייעט
 - 19 = בענעפיטן פון סעטשורעטעד פעטנס * קאלעסטרעאל אין מאכלים
 - 20 = שעדליכקייט פון טרענס פעטנס, און פארשעלי היידראזשיניעטעד אוילן
 - 21 = מאנא אנעטשורעטעד פעטנס, אמעא 9 * געזונט בענעפיטן פון אונגעקראדא און פאטעסיעס
 - 22 = שאלות ותשובות אויף געזונטהייט פראגעס
 - 23 = פסח: אלקאהאל און צוקער פון וויינען * שיעורים פון כויתים מצה
 - 24 = שטודיע איבער איינער, פאלטש דורך און אדורך
 - 25 = אייקאטניידס * באלאנסירן די פאלי אנעטשורעטעד פעטנס * רעדוצירן אמעא 6
 - 26 = בענעפיטן פון אמעא 3
 - 27 = אמעא 3 און מערקערי אין פיש
 - 28 = זון שטראל, שעדליכע און נישט שעדליכע
 - 29 = שטודיע אין ארץ ישראל ווייזט אז נידריגע קארב דייעט איז דאס בעסטע
 - 30 = פאלטשקייט פון שרייבער וועגן טייפ 1 דייעביטיס
 - 31 = וויפיל פראטין מען מעגדארף עסן
- 32 = וויאזוי אמעא 3 און 6 פראדעצורן אייקאטניידס * היימישע מיינאזי רעצעפט
 - 33 = נאטורליכע און ארטיפישל צוקער/סוויטערס, האניג, שאגער אלקאהאל, סוויט ענד לאו, איהוואל און ספלענדא
 - 34 = טעכנישער דיפערענץ און אויסשטעל פון אלע סארטן פעטנס
 - 35 = פלאקאסיד קערעלעך און פלאקאסיד אויל * ארגאנישע אייער
 - 36 = שטודיעס ווייזן אז ווייטעמין די העלפט פאר: איבערוואג, אויטום, אלצהיימערס, אסטמא, הארץ אטאקע
 - 37 = ווייטעמין די (המשך 2): פלו, יענע מחלה, אסטיאפערעאסיס, דיפרעסיע, אויטא אימיון דיזיעס, הייפאטיירוד, טייפ 1 דייעביטיס, געהעקליט ביי ניי געבוירענע קינדער (נישטא קיין באווייז אז בלויז לעקטער איז שעדליך)
 - 38 = ווייטעמין די (המשך 3): ריכטיגע שטאפל, ריכטיגע לעב, ריכטיגע דאזעס, ריכטיגע סארט, ריכטיגע קאמבינאציע
 - 39 = ווייטעמין די (המשך 4): היכע בלוט דרוק, אינסולין רעזיסטענס, מעטאבאליק סינדראם, טייפ 2 דייעביטיס, מייאלדזע/ווייטעמין, האר ארויספאלן * איז דען דא ווייטעמין די טאקסיסעט?
 - 40 = קאד ליווער אויל, ווייטעמין A, בעטא קעראטין * פירות אום חמשה עשר שבט
 - 41 = לייענע לעב רעזולטאטן: צוקער, ליווער ענזיימס, ויריק עסיד-גאוס, A1C
 - 42 = סוויט פאטעטא * טיריוד הארמאנס * סוי באנדלעך
 - 43 = קאלעסטרעאל, פעטנס, לייפ-פראטעס * HDL/Triglycerides שטערקסטער סימן אויף אינסולין רעזיסטענס
 - 44 = מאכלי פסח * קארבס אין וויין און מאסט שעור כזית
 - 45 = סעטשורעטעד פעטנס איז נישט שעדליך?
 - 46 = קיינער ווייסט נישט אויף זיכער וויאזוי א הארץ אטאקע פאסירט * שטיקן האט מער קאלעסטרעאל ווי בהמה פלייש * גרויסע שטודיע: פעט מאכט נישט קיין הארץ אטאקע * פוטער בלענד
 - 47 = די אפּקערן פון פעטנס אויף די פארשידענע סארטן קאלעסטרעאל * יעדער פעט האט פון אלע סארטן פעטנס * בהמה פלייש האט ווייניגער סעטשורעטעד פעט ווי שטיקן
 - 48 = נידריגע פעט דייעט א גרויסע דורכפאל * די סיבה פון איבערוואג פונעם דור איז נישט צופיל פעט * סעטשורעטעד פעט ווערט נישט שעדליך צוזאמען מיט קארבס
 - 49 = וויאזוי קארבאהידרעטס קאנטראלירט דעם שטאפל פון דעם LDL קאלעסטרעאל.
 - 50 = ליצנוד'דיגע סטודי איבער בהמה פלייש
 - 51 = פת שחרית
 - 52 = זיילטאל און ספלענדא
 - 53 = LDL חשבון נישט ריכטיג ווען טריגליסעריידס איז אינטער 100
 - 54 = קושיות צייגט ווי נידריגע קאלעסטרעאל פארמיידט נישט הארץ אטאקעס
 - 55 = 2 סארטן LDL פארטיקלס, גרויסע אומשעדליכע און קליינע שעדליכע
 - 56 = דר' היעס גרינדער פון די "דייעט הארץ" שיטה * דאזנאל AJCN די שיטה איז פאלטש
 - 57 = וויאזוי מען קען וויסן וועלכע פארטיקלס מען האט
 - 58 = ליסט פון זאכן וואס פארבעסערט/פארגערט די פארטיקלס * געווענליכע רעקאמאנדירטע דייעט מאכט ערגער

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