Breach candy

A doctor from America will present Bangaloreans with a whole new way to control diabetes, says Arati Rao.

No more sugar and no more fried stuff. A diagnosis of diabetes mellitus by the doctor boils all for those who people revel in food that’s good for the soul, but is unfortunately not so good for the body. A new diet, in fact, suggests cutting out even animal produce from the meal. Go vegan, it demands. The creator of that diet, an American physician named Neil D Barnard, will be in the city this fortnight for a seminar on the subject. “A vegan diet dietetics weight loss without the need to think about calories or portion sizes,” he said in an email from Washington DC.

“Because a vegan diet is low in fat, it automatically tends to be lower in calories. At the same time, it has plenty of fibre, which fills you up. So weight loss comes easily.”

While the diet recommended by the American Diabetes Association encourages people to limit carbohydrate-rich foods, such as rice, potatoes and beans, the vegan one imposes no such restrictions. “The diet we have used allows unlimited amounts of carbohydrate, although we encourage people to choose the healthiest sources. So, for example, we would encourage people to skip sugar but to have fruit,” said the doctor. “Also, instead of white potatoes, we favour yams and sweet potatoes. Beans, peas, and lentils are excellent choices. The idea is to choose foods that cause only a very gradual increase in blood sugar after meals, rather than an abrupt spike.” B B Barnard said he was aware that many Indians already follow a vegetarian lifestyle. “The problems come in with dairy products and added oils. Getting them out of the diet is a really good idea,” he continued.

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Events & talks

Sat Dec 5

Kravmaga 2nd anniversary

To celebrate the second anniversary of the Israeli military self-defence system in Bangalore, there will be a four-hour workshop where students can learn basic knife training session and how to deal with attackers. Cubbon Park, near the aquarium. Call Frank at 98867-69281 for details. Entry: Rs 1,000.

Walkathon

Organised by The Samarathan Trust for the Disabled to commemorate International Day of Persons with Disabilities, the walk will start at Kanteerava Stadium at 3pm. It will then move on to Cubbon Mark and Vidhana Soudha.

Registration forms are available at 11, Villa Shakti, 1st Cross, 1st A, Mune, behind GIS Apartments, JP Nagar 2nd Phase (2659-1498). Daily 9.30am-8pm. Registration fee Rs 150 for students and Rs 500 for others. Rs 1,000, Rs 2,000, Rs 5,000 and Rs 10,000 for working executives, it is tax deductible.

Classes

Kalaripayattu & capoeira

A fitness programme which combines the ancient Indian martial art with the popular Brazilian martial dance form capoeira.

Body Count Gym, Mahesh Complex, Second Floor, Thippapanahalli Main Road, above Eleno Stores, HAL 3rd Stage, Call 94139-47341 for details. Mon, Wed & Fri 7.30-9am. Rs 1,900.

Kriya yoga

The classes by the Dhyana Foundation will introduce the participants to Satyanarayana, which encapsulates various facets of yoga and kriyas, and is based on ashtanga yoga.


Register now

Reversing diabetes

The goal of this seminar by Nandu Mandrekar is to help people with diabetes reverse the condition by going vegan. The talk will followed by cooking classes by Nandu Mandrekar and Shilpa Chaturvedi. Register now.

Sampurnah, Evoma, 14, Bhattacharjyab, Old Madiwala Road, KR Param. Contact Shilpa at 140-15077 or 98867-69281 to register. Fri Dec 4-5. Sun Dec 6. 9am to 12pm on the first two days and 9am-5pm on the last day. Rs 5,250 for the three-day event with all meals included, Rs 2,500 for an accompanying spouse.

November 27 - December 10, 2009

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