

# The Laws of Small Numbers – Part 4

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## OBEYING THE LAWS OF SMALL NUMBERS

Essential to obeying the Laws of Small Numbers is to eat only small amounts of slow-acting carbohydrate when you eat carbohydrate, and no fast-acting carbohydrate. Even the slowest-acting carbohydrate can outpace injected or phase II insulin if consumed in greater amounts than recommended in my book.

If you eat a small amount of slow-acting carbohydrate, you might get by with a very small or no postprandial blood sugar increase. If you double the amount of slow-acting carbohydrate, you'll more than double the potential increase in blood sugar (and remember that high blood sugar leads to even higher blood sugar).

If you fill up on slow acting carbohydrate, it will work as fast as a lesser amount of fast-acting carbohydrate, and if you feel stuffed, you'll compound it with the Chinese restaurant effect.

All of this not only points toward eating less carbohydrate, it also implies eating smaller meals 4 or 5 times a day rather than three large meals.

If you're a type 2 diabetic and require no medication, eating like this may work well for you. The difficulty with this sort of plan is its inconvenience, but some people don't mind and actually prefer to eat this way.

One of my patients, a type 1 diabetic who still makes some insulin, eats a couple of bites of protein every 20 minutes and takes long-acting insulin. In a 16-hour day, that adds up to a lot of mini-meals and a lot of clock-watching.

This routine would drive many people nuts, but it almost works for her. As long as she keeps up with her frequent little meals and covers the insulin, she's fine. When she misses a few "meals," there inevitably is trouble.

For the type 2 diabetic who doesn't need insulin injections, smaller meals throughout the day can be a very effective way of maintaining a constant level of blood sugar.

Since this kind of diet would be tailored to work with a phase II insulin response, blood sugars should never go too high. It would, however, involve a certain amount of daily preparation and routinization that could be thrown off by changes in schedule— illness, travel, house guests, and so forth.

People who cover their meals with injected insulin and also correct small blood sugar elevations with very rapid acting insulin, however, cannot get away with more than three daily meals without considerable changes.

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