Coping with Diabetes

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Before beginning, I would like to say that, It is one of my strongest desires to spread this message of education and awareness of diabetes as far as I possibly
Right now there are approximately 6.3 million adults who don’t know that they have the disease. And millions of others searching for ways to better control it. If we worked together not only as diabetics, but even more so as human beings, we could accomplish much. Therefore, I would like to ask for your assistance. Please help me get the message out. Click here, and go to the bottom of the page where this book was downloaded and click on the "Like" link. This will get the message out about this free eBook, and the life saving education that it contains. Thanks in advance.

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Diabetes - A Global Epidemic

When you hear the word epidemic, you may likely think of diseases that plague thousands of people in less developed countries far away. However, epidemics are not exclusive to such places. In fact, the world’s most widespread epidemics strike a lot closer to home than what you may think.
An epidemic defined, is a disease that has come to affect a large portion of a given population. The exact parameters differ among experts but a good estimation puts the number at around 3% of a population. If the number of people affected by the disease reaches this number, it can be considered an epidemic.

Given this definition, people living in developed countries of the world are not exempt from global epidemics. One that has seen little attention until recently is diabetes.

Diabetes is now considered an epidemic that is affecting not just a select number of countries, but the entire globe. It joins a short, but unfortunately, growing list of diseases of which, HIV/AIDS is part of. Projections for the disease’s spread are alarming.

The World Health Organization (WHO) pegs the number of diabetes patients to reach 366 million people worldwide by the year 2030.

The disease comes in two forms: Type I and Type II. Both, however, are similar in that both types involve the hormone insulin in the body and its ability to process sugar in the bloodstream. Too much or too little sugar in the body has adverse effects, some of which are kidney failure, eyesight loss, and even coma.

**Type I diabetes** occurs when the immune system attacks the insulin forming cells in the body, misled into thinking that these cells are harmful. The pancreas therefore fails to produce insulin, leading to a heightened level of sugar in the body, which stresses the kidneys and leads to further complications.

Most of the patients demonstrate the disease’s symptoms at around 15 years of age, although the disease may have already been active years before. It is because of this that experts have interchanged the term Type I diabetes with “juvenile onset diabetes”.

Recently, however, there has been an alarmingly, increasing number of
young people being diagnosed with Type II diabetes.

**Type II diabetes** (also known as “adult onset diabetes”) is characterized by the body’s failure to process sugar in the bloodstream despite the fact that insulin is being produced by the pancreas.

This could be because not enough insulin is produced or that the body simply does not respond to it. This form of diabetes accounts for 90 percent of the estimated 360 million cases of the disease worldwide.

**There is a huge correlation between Type II diabetes and obesity.**

It has been estimated that type 2 diabetes affects 80 percent of people who suffer from obesity. It is one of the main causes of type 2 diabetes.

In the United States one out of three of all Americans have been said to suffer from obesity. Type 2 diabetes does not only affect adults. During recent years there have been a rise in the number of children who are afflicted with this disease.

The problem with obesity is that in itself it is a serious health issue. People who suffer from obesity have a greater risk of developing high blood pressure, heart disease, liver disease, diabetes, etc.

Obesity is generally defined in individuals as having an unusually high proportion of body fat. Medical experts determine obesity by the amount of body mass a person has.

**Causes of Obesity**

Genetics- Medical experts have assessed that obesity has a strong link to genetics. Parents who are obese are more likely to have offspring who will be obese. Of course this is not always the case.

Excessive consumption of foods that are high in calories can lead to obesity. Bad eating habits, and unregulated consumption of junk food such as: candies, soft drinks, desserts, fast food meals can lead to
excessive weight gain.

Alcohol- Excessive intake of alcohol can lead to obesity. It is extremely high in calories. Also, constant drinking of alcohol beverages increases appetite.

Smoking cigarettes- Smokers who have stopped smoking have a tendency to put on weight. Nicotine promotes the body's ability to burn calories. When nicotine stops going into a person's system, they tend to burn fewer calories; hence the weight gain.

**Treating Obesity**

The positive news is recovering from obesity is possible. Shedding off some pounds can have tremendous benefits for those who are suffering from obesity. This will also greatly reduce the health risks that accompany this condition, including type 2 diabetes.

Most obese individuals lead a sedentary lifestyle, while consuming foods high in carbohydrates, sugars and fat. Coupled with the absence of physical activity, one of two things (or both), may happen.

Either the pancreas becomes overworked and fails to produce enough insulin to meet the demands of too much sugar, or the insulin receptors quit taking in the insulin in which the body is now insulin resistant.

Excess fat makes an individual’s body insensitive to insulin. Also obese and overweight diabetics actually have less active insulin receptors than people with normal weights.

This is why reducing weight would greatly lower an individual’s chance of developing diabetes. If left unchecked, the complications arising from diabetes are many and adverse.

Here are a few:

- **Retinopathy** - the degeneration of the retina of the eye, leading to loss of sight.
- **Kidney disease** - failure sets in when the organ finally breaks down due to
the excessive stress of filtering too much sugar in the blood.

- Nervous system disorders are experienced by many diabetic sufferers. Symptoms such as impaired sensation in the limbs, carpal tunnel syndrome, and even impotence have been recorded among diabetics. When sensation is impaired in the limbs, infection from injuries may progress without being noticed, leading to no other resort but amputation.

- Diabetic coma (diabetic ketoacidosis) occurs when a patient becomes severely dehydrated and metabolism is greatly imbalanced. Since the cells in the body are starved of energy, the entire body shuts down leading to a coma.

These complications, however, pale in comparison to the number of lives that are lost every year due to diabetes. As of now, the number of deaths related to the disease are in the millions annually.

But perhaps the greater tragedy is the fact that death by diabetes (particularly with Type II) could have been prevented. But seen from a different point of view, that is also part of the good news.

By observing a healthy lifestyle of eating and exercising, the chances of leading a full and productive life despite the disease is very possible.

Start with the selection of the right foods and the intake of the proper amounts. Consultation with a medical professional will inform you on what is right for your body type.

Start the habit of doing something physical throughout the day. A regimented workout schedule may not be necessary. Walking, gardening, taking the steps instead of the elevator, or just doing manual household chores may be sufficient. Again, consult with your doctor to know what is appropriate for you.

If you are diabetic, or at risk of it, or if you know someone who is, take the time to share this eBook. The more that diabetics are educated the more control over the disease they have. If shared enough, there still may be a
chance to reverse the tide of this global epidemic.

Taking a stand against diabetes

Do you feel thirsty all the time? Do you urinate frequently? Are there sores or wounds on your body that do not heal easily? Do you tire easily? If you answered yes to most of these questions, then you might consider checking with your doctor.

If you already have diabetes, then early detection can help you manage or reverse the disease. If you do not have diabetes, then it is time to eat and live right to prevent the disease from affecting you.

The previously mentioned symptoms are just some of the common symptoms of Diabetes. It is a serious illness which may not generally cause death, but can lead to more serious health problems that may lead to death.

As mentioned diabetes occurs when there is too much sugar or glucose in the bloodstream. Having this condition for a long period can lead to complications that may affect the body's important organs like the heart, eyes, and kidneys.

Type 2 Diabetes can be managed with proper exercise and good eating habits. Maintaining an ideal weight is advisable because too much body fat and inactivity makes it harder for the body to use insulin. With this Type of diabetes, the body is still able to make insulin but it cannot be used efficiently by the body.

Another type of diabetes that must be mentioned is Gestational Diabetes. it occurs in some women during pregnancy.

This disease can make pregnancy difficult. Those who are diagnosed with this type of Diabetes are in the high risk sector, although the diabetes usually disappears after giving birth, there is a chance of fully developing
type II later on in life.

Women with gestational diabetes need extra care, requiring a healthy diet and regular check ups. Among women who are at risk of gestational diabetes are those who are over 30 years old, have big babies during previous pregnancies, family history of diabetes and of course, the weight factor.

A person who has diabetes or is at risk of developing diabetes should start living a life that is geared towards prevention. To be able to do this, a person must know the factors that may be used to control and manage the disease.

Keeping one's body fit and healthy is a sure way of avoiding diabetes and other diseases. This can be done by avoiding bad habits like smoking, excessive eating, living a sedentary lifestyle etc.

There are factors though that cannot be controlled, which can increase the risk of developing diabetes, no matter what.

One's heredity is a factor. Even if you are on top of your game when it comes to a healthy lifestyle, some risk factors will still be there.

I've known people in their 60's who were maybe just a couple of pounds overweight with a small belly around the waste develop diabetes. But there was family history of the disease.

Of course, when they pursued a healthier lifestyle (exercise and proper eating), the disease was brought under control. Diet and exercise will always override the risks (type II's).

A person who exhibits any of the symptoms of the disease or who belong to the high-risk group like having family members who have diabetes, should have himself examined by a doctor, just to be cautious.

Among the tests to assess a person's risks of developing diabetes are the glucose test, urine test, fasting plasma glucose test which measures the level of glucose in a person's blood after fasting for 12 to 14 hours, the
Oral...

...glucose tolerance test which is also performed after fasting for three hours and the random plasma glucose test which can be done at any time.

**Preventing Diabetes by Eating Right**

Diabetes has become so widespread that the United States spends billions a year for the healthcare of Americans with diabetes. Now imagine the cost when considering the millions of people all over the world that may have diabetes. The sad thing though is most of them do not know they have it - until it is too late.

People with diabetes can survive or the disease provided they practice proper health care. Those who do not have the disease, but are in danger of developing it due to heredity, can avoid getting it through proper nutrition.

Aside from heredity, the top cause of type II diabetes is improper diet (there are claims being made that this may also be a cause of some type I diabetics). Modern man's propensity for leading hectic lives has led them into eating the wrong kinds of food.

Man has become so obsessed with modern day living, that he has no time to prepare a well-balanced meal. Thus, the modern man's diet consists of fast foods, processed foods, and refined foods, that can be eaten immediately by just popping it inside a microwave.

But there are health-friendly foods that are available in the market, one only has to make the decision to change their habits. It's just a matter of changing our choice of food, like preferring whole grains over refined grains such as brown rice, whole wheat bread and the likes.

Eat more fruits and vegetables and less meat, sweet and oily foods. Make sure to read the labels of processed food, this is a good habit to get into.
It is okay to eat certain foods but you need to know how to eat them properly. Like knowing the proper number of servings, or the better way of cooking certain foods. If you find vegetables boring, then be creative in your food preparation. Changing salad ingredients will keep things interesting and can encourage your good appetite.

**Why Is It Called The Stealth Disease?**

Stealth, by definition, is the way of moving without being seen, felt or detected. Does diabetes exhibit these characteristics to be tagged as the stealth disease?

Diabetes is a chronic disease in which the level of blood glucose of a person is higher than normal. There are several symptoms that tell a person he has diabetes. However, not all people who actually have diabetes show these symptoms.

Diabetes can already be quietly creeping inside your system without you knowing it, especially in its early stages. According to the current statistics of the World Health Organization, there are about 346 million people worldwide who have diabetes.

Even more, researchers suggest that about 6.3 million adults who have diabetes, don’t know it. Also, in a study published in the New England Journal of Medicine some years back, reported that 4 out of 112 obese adolescents have the silent type of diabetes.

**How to Fight this Stealth Disease?**

The first way to prevent diabetes, and probably the most important, is early diagnosis. The earlier this disease is diagnosed in your system, the sooner you can take action in managing it and, in turn, prevent further complications.

The Canadian Diabetes Association actually recommend citizens over 40
years old to do regular screening every three years, and those with other high risk factors to do it every year.

Having a healthy lifestyle (i.e. healthy eating with regular exercise helps prevent diabetes, especially Type 2). This is also one key to managing or reversing diabetes. Most disease, in fact, can be prevented if one focuses on staying and living healthy. Diabetes actually is much better to manage now than years before. It is because people are now becoming more educated. Being aware and educated about diabetes, are the keys to preventing, managing or reversing the disease.

Symptoms of Diabetes?

Urinating frequently and in large amounts is a classic symptom of diabetes, as the body rushes fluids through the kidney to dilute the high levels of sugar in the urine.

An unusual thirst is a natural result of too frequent Urination. The body is signaling for lost fluids to be replaced. Dehydration will eventually occur if the condition is not caught early.

This feeling of extreme hunger stems from the body's belief that it is starving because glucose is not reaching its cells to provide desperately needed energy.

Rapid Weight Loss - is another symptom. even if a diabetic is eating more than enough and have a good appetite. The lack of insulin means that calories in the form of glucose, are being flushed out through the urine and the body is beginning to burn fat reserves.

Weakness - Since muscle cells are not receiving their usual fuel, energy lags. Be concerned if a once active child seems tired, drowsy, or listless for no apparent reason. Some children may also complain of stomach, leg, or chest pains, or have difficulty breathing.

Irritability - In youngsters, crankiness, confusion or excessive crying may
warn of impending illness. A child may seem to be inattentive or may not be doing as well in school as before.

**Nausea and/or Vomiting** - These symptoms may precede ketoacidosis, as poisonous ketone acids build up in the blood when the body resorts to burning fat deposits for energy.

**Blurred Vision** - Excess glucose may seep into the eye, changing the shape of the lens. Difficulty in focusing or changes in eyesight from one day to the next.

**Tingling or Numbness** in feet, toes or fingers: Or you may have a burning sensation or heightened sensitivity in these areas.

Symptoms, such as leg cramps, may be experienced. Especially at night. This may be a sign that circulation is poor or of nerve damage.

Infections: Diabetes weakens the body's defenses against invasions of bacteria. Infections of the gums, urinary tract, or skin that takes a long time to clear up, shows that the disease may have begun interfering with the immune system.

Itching of Skin or Genitals: This may be the result of an underlying infection or dehydration, a common by-product of diabetes.

Slow Healing of Cuts and Bruises: Because diabetes affects how cells use the nutrients obtained from food, the body may have difficulty repairing damaged tissue.

Diabetes also thickens blood vessels, slowing circulation and preventing wounds from receiving through the blood needed nutrients and oxygen.

Unfortunately, too many of these symptoms can be overlooked or blamed on other conditions. Make sure to have your blood sugar level checked yearly, at the very least, and more frequently if there are manifestations of any of the symptoms above.
Diabetes Defined – Type I and Type II Diabetes

The word diabetes is a familiar one with most people. Unfortunately, its familiarity stems from the fact that so many people have been afflicted with this disease.

The World Health Organization estimates 346 million people worldwide have diabetes. At this rate, by the year 2030, 1 out of 3 people will be diabetic. The disease is characterized by the body’s impaired ability or failure to process glucose (a form of sugar) in the bloodstream because of the lack / absence of insulin.

Insulin is a hormone produced in the pancreas that processes blood sugar into a form that the cells in the body can use for energy.

Without the proper processing of sugar, the body either becomes hyperglycemic (too much sugar) or hypoglycemic (too little sugar). Both can be dangerous.

Type I
Short of a pancreas transplant, there is no cure for Type I diabetes (there are reports of some type 1 diabetics reversing their diabetes). Since the patient’s own pancreas has been compromised by the disease, a new pancreas is needed to restore the body’s own ability to produce insulin.

And even then the risks are considerable making anyone think twice before undergoing the procedure. This is because transplanted organs run the risk of being rejected by the recipient’s body even if blood types match.

However, should the transplant prove successful, the diabetic may no longer have the need to have insulin artificially introduced into his / her body. There already have been reported and successful cases of pancreatic transplants.

Research shows that a good number of those successful pancreatic transplants involved having undergone a kidney transplant as well.
The mortality rate of patients who’ve undergone just the transplant of the pancreas is greater compared to cases of patients who’d undergone pancreas and kidney transplants.

A trade off exists in that in order to prevent organ rejection, the patient will have to take immuno-suppressive drugs throughout their lifetime, which may make him / her more susceptible to infections that usual.

Even then, most patients who have undergone the procedure say that it is a price they are willing to pay in exchange for a life free of needles and in fear of the complications the disease brings.

Type II diabetes

Of the total number of cases of diabetes worldwide, Type II accounts for more than 90 percent. Until recently, Type II diabetes was also called Adult Onset Diabetes, with the...

...average age of a symptomatic patient around 40 years of age. But the increasing number of cases of children acquiring this type of the disease has led experts into setting this term aside.

Type II diabetes is characterized by the body’s impaired ability / failure to process sugar despite the presence of insulin-producing cells. The pancreas cannot keep up with the demand to...

...produce enough insulin to process sugar in the body or glucose has been in the blood for so long that the body is now resisting (ignoring) the insulin.

Doctors and research scientists alike are finding more and more the direct proportion of obesity to Type II diabetes. Findings show that... overweight and obese individuals are very likely to develop the disease and their chances of succumbing to the complications brought by the disease increase significantly.

This is perhaps what makes Type II diabetes such an alarming situation.
Many experts feel that the number of people (over 300 million) living with this disease need not be as great if they observe proper diet and exercise.

To manage the disease, Type II diabetics are instructed to exercise regularly, limit their carbohydrate and sugar intake and when absolutely necessary, use oral medications or/and insulin shots.

More research is being done to come up with a cure, and each step brings us closer to a solution. But for now the good news lies in that with proper care and observance of the instructions, a diabetic of either the first or second type can still live a full and productive life.

Your Cardiovascular System and Diabetes

Cardiovascular system is one of the most important systems in the human body. It is comprised of the heart, blood and blood vessels. Blood is being pumped out from the heart and...

...is responsible for delivering oxygen and other nutrients to all parts of the body. It also cleans up our body by picking up the waste products on its way back to the heart so the body can get rid of them.

So what has diabetes got to do with the cardiovascular system? Since blood is part of the cardiovascular system, and diabetes is a condition in which the level of glucose in the blood is higher than normal, then there must be some relationship between the two.

Diabetes and cardiovascular system diseases has been recognized to be closely related to each other for some time now due to the so-called insulin resistance or metabolic syndrome.

Among the 21 million people in the United States who has diabetes, around 5 to 6 million of this population who are aged 35 years and above were diagnosed with having cardiovascular disease according to the National Diabetes Surveillance System.
Some examples of the commonly diagnosed cardiovascular diseases are coronary heart disease, stroke, high blood pressure and other heart conditions.

Cardiovascular diseases are the major cause now of deaths related to diabetes. In a study published a few years back in the Journal of the American Medical Association, deaths due to heart conditions went up by 23% in diabetic women despite the 27% drop of the same in non-diabetic women.

As for diabetic men, there is only about 13% decrease in heart disease related deaths as compared to the 36% drop in non-diabetics. Thus, the two indeed go together.

**Risk Factors**

Diabetes is now considered by the American Heart Association as a major risk factor in cardiovascular diseases. Other factors that contribute to the possibility of acquiring cardiovascular diseases in diabetic patients include hypertension, smoking, and dyslipidemia (related to cholesterol).

Hypertension in diabetes is considered a major contributor to the increase in mortality from cardiovascular diseases. Diabetic patients, especially those with Type 2, need to always have their blood pressure checked every visit to the doctor.

Self-monitoring is also advisable in maintaining proper blood pressure. The American Diabetes Association recommends a target blood pressure of not more than 130/85.

Hyperglycemia. Intensive glucose/sugar control may prove to reduce the risk of cardiovascular problems.

Smoking has been determined dangerous to our health. Studies show that smoking indeed increases the risk of premature death and cardiovascular disease, especially in diabetic patients.
Diabetes and cardiovascular diseases need proper attention and care. Regular visits to your health practitioner is strongly recommended.

Diabetes can be a life-long condition that demands a lot of attention. There may be no hard and real cure for this disease, but it sure can be maintained, controlled, or reversed by proper care and having thorough knowledge and understanding about the condition.

_all about the Pancreas and Diabetes_

The pancreas is a gland that lies crosswise and behind the stomach. It is where insulin is produced and released into the body. Cells called islets of Langerhans are the primary makers of insulin, and these are what the immune system attacks in Type I diabetics.

In the case of Type II diabetes, the pancreas is forced to produce so much insulin to cope with the high levels of sugar in the body that overtime, the undue stress may cause the pancreas to break down.

Type I diabetic patients manage the disease by having insulin artificially administered by hypodermic needle syringes. Other delivery methods are being developed as well, such as an oral spray that delivers the patient’s required amount of insulin.

Those with Type II diabetes may not need artificial insulin administered. Oral medications can be coupled with a controlled diet and exercise program. However, in advanced cases of Type II diabetes, insulin could be prescribed.

Prevention of diabetes is highly possible, and extremely easy if you already are observing proper dietary and exercise habits. As you become kinder to your body, it will respond accordingly.

_newly diagnosed? why you need a nutritionist_
One of the most important things that people who have just been diagnosed with diabetes have to pay attention to is their dietary plan. They have to make sure that they have a proper diet. This will help them maintain good health, and well being!

It is a good idea for people who have diabetes to acquire the assistance of a nutritionist. This is because every individual that has diabetes requires a dietary plan that is customized to fit their needs.

A good nutritionist will be able to assess the type of meal that an individual needs depending on what type of health concerns he/she might have.

Those people who need to shed some pounds will benefit greatly from a nutritionists. A nutritionist will be able to help them come up with a dietary plan that will help them lose weight, while maintaining the nutrients that their body needs.

**Carbohydrates**

Most carbohydrates that are introduced into the body are turned into glucose Which then enters the body's blood stream. This in turn causes the body to release insulin. Insulin causes glucose to go from the bloodstream into the cells, where it becomes a stored energy source.

The important thing is to achieve a proper balance between the carbohydrates, enough exercise, and the right amount of insulin. This is to make sure that the blood sugar level in the body remains regulated.

**Regulate your meals**

To help maintain healthy sugar level individuals should regulate their meals. This means as much as possible, try to eat meals at the same time each day.

Individuals must keep track of the amount of carbohydrates that they
consume. They can do this by reading food labels. Carbohydrates are usually measured in grams.

**Support System**

Those who are newly diagnosed with diabetes can consider various programs where they are educated about the disease. They are also informed about new dietary plans, and changes they need to incorporate into their lifestyle to lead a healthy life. Those recently diagnosed need a strong support system. During this time they might feel confused or depressed.

**Emotional support is needed.**

This is the time where family and friends come in handy. Especially during the time they are still adjusting and discovering ways to come to terms with their new health condition.

This is one reason that I wrote this book as it explains all one needs to know on what to expect from this disease as well as how to manage it. It is not a death sentence!

You would be surprised by the number of diabetics who after years of dealing with the disease, still don’t understand it. That’s why I urge you to share this book with others.

**Vitamins, Minerals and Supplements For Diabetes**

Studies show that insulin is not alone in combating diabetes. Here are a few significant vitamins, minerals and supplements against diabetes.

**Vitamin D**

Vitamin D is a nutrient found in the body that contains calcium and
phosphorus, chemicals needed for bone growth and strength. It is formed on the skin when cholesterol at the subcutaneous level interacts with the ultraviolet rays of the sun.

Traditionally known as the nutrient to combat osteoporosis (bones becoming brittle due to loss of calcium), Vitamin D has been tested and found to help prevent diabetes as well.

A research conducted in Finland, where people are exposed to very little sunlight, proved that Vitamin D protected children against high blood sugar, a first sign of diabetes. The experiment was conducted on 12,000 children who were administered Vitamin D from birth (1966).

Researchers published in 2001 that they have observed that 80% of the risks for diabetes were reduced, mainly preventing high blood sugar, than that of those that did not receive Vitamin D supplements.

However, Endocrinologists desire more validation for this result because they have found no correlation yet between the efficacies of the Vitamin with the nature of diabetes. They also caution that too much Vitamin D is toxic.

**Vitamin E**

Next up in the alphabet, Vitamin E. For the past decade, health and nutrition experts have concluded that antioxidants help combat free radicals, bad cells in the body that cause diseases like cancer and type II diabetes, together with a healthy diet and lifestyle.

Well, since type II diabetes is a condition of voluntary cell dysfunction, antioxidants can help in this aspect. Antioxidants include among others, Vitamin E.

Vitamin E is a fat-soluble nutrient found in milk, plant leaves and wheat germ oil. It has been proven to aid reproduction in both lab experiments and actual human experience.
A widely used form of Vitamin E, alpha-tocopherol is ingested into the body in the form of gel capsules. Though its effect in diabetes prevention is real, an increase in the vitamin intake was not proven to be proportional to the level of prevention.

**Minerals**

Minerals are inorganic nutrients that are essential in normal bodily functions. Magnesium and potassium are minerals that aid in carbohydrate and protein metabolism.

The proper breakdown and synthesis of carbohydrate into simple sugars is a function that diabetics lack. With the aid of the two minerals, it can help prevent the disease. Chromium and Zinc facilitate the recognition of insulin in the body.

**Supplements**

A third type of nutrient is organic supplements. Blueberry is a fruit that is rich in antioxidants, which can address free radicals that cause body cells to malfunction. They particularly improve sight, which can help alleviate diabetic blindness.

Mamordica Charantia (bitter melon) is a vegetable that is rich in nutrients that enhance the production of beta cells, thus improving insulin production by the pancreas. In the Philippines, where the plant originates, it is a recommended supplement.

In Chinese herbal medicine it is also used traditionally to address sterility, skin diseases and gastro-intestinal diseases. If one is able to tolerate the bitter taste, then it promises a high chance of improving pancreatic activity (by as much as 54%).

**A very small list of other supplements include:**
• Calcium
• Iodine
• Magnesium
• Potassium
• Zinc
• Garlic
• omega-3
• Cinnamon
• Berberine - (I call this herb the natural metformin).

As I said this is a very small list. Do a internet search for supplements and diabetes. You will come up with a fairly large list of supplements. Also…

…if you decide to use supplements in your diabetes regimen - it is a very good idea to let your physician know as there may be some risks or side effects of certain supplements.

Coupled with a sensible diet and healthy lifestyle, using vitamins, minerals and supplements like the ones above, can help fight diabetes.

**Eat protein serving first.**

Much has been said about the link between a high carbohydrate diet and diabetes but very little is documented about the connection between protein and diabetes.

In fact, the role of protein in the diet of people at risk or suffering from diabetes has been marred in controversy. According to old studies, most of the protein consumed was converted to glucose in the liver and raised blood glucose level as it entered the bloodstream.
Like carbohydrates, protein is also converted into glucose by a process called gluconeogenesis. Similarly, the speed of this process depends on the amount of insulin secreted by the pancreas and the blood glucose control.

According to the same studies, diabetic individuals convert protein to glucose very rapidly which lead to a very negative effect on blood glucose level.

In healthy, normal individuals, the intake of protein can stimulate insulin release as much as carbohydrates can. This has led experts to believe that eating protein does not help in a diabetics case.

However, new suggests that an estimated 50% to 60% of protein consumed is converted to glucose, but does not enter the bloodstream and thus does not raise the rate of glucose discharge by the liver. One theory is that it is probably stored in the liver or muscles as glycogen and that it is least likely to affect blood glucose levels.

Others say that it enters the blood stream 3-4 hours after a meal. One thing to consider though is that not all proteins are equal. Some proteins contain carbohydrates such as cheese or milk.

Now it is recommended that diabetics or those at risk of developing Diabetes, include more protein in their diets. The suggested amount of protein is 15 to 20 percent of the daily calorie intake.

The protein however should be distributed throughout all meals. In eating animal protein, one should make sure to choose only the lean parts and combine them with non-animal protein like those found in vegetables.

The amount of protein intake must not increase 20 percent of calories though as this may lead to the development of kidney disease. Those with kidney problems should reduce the amount of protein intake to slow down or halt the progression of the disease. **FOLLOW YOUR PHYSICIANS RECCOMENDATION On This!**
One way to include more protein in your diet to control or prevent diabetes is to have protein servings first during mealtime and carbohydrates second.

An advantage of having protein serving first during mealtime is that it may reduce the amount of carbohydrate intake. The logic here is that you would already fill full after the serving of protein so there may be less carbohydrates consumed.

Diabetics/pre-diabetics, do not have the ability to process carbohydrates properly. This is why a diet high in carbohydrates has always been linked to an increased risk of diabetes.

Individuals suffering from diabetes and those who believe they are at a moderate or high risk of developing the disease must carefully follow a diet regimen that is low in carbohydrates.

One simple fact that should be remembered, all carbohydrates break down into simple sugars. Whether you are eating complex carbohydrates like brown rice or whole wheat bread or you are consuming simple sugars like candies and white sugar, they all end up as simple sugars inside your body.

Complex and simple carbohydrates differ only in the rate at which they are converted to basic sugars. Carbohydrates are converted to simple sugars from five minutes to 3 hours after consumption. Complex carbohydrate breaks down slower than simple sugars.

Use of Carbohydrates in the reverse diabetes protocol, restricts carbohydrates to the absolute minimum (we actually suggest that a very minimum amount of “carbs,” i.e., breads, fruits, pastas, etc. be ingested for at least 30 -90 days).

This allows the pancreas to get the much needed repair and rest and allows the insulin receptors to be reset.

Eat “carbs” serving second
A diet high in carbohydrates has always been linked to an increased risk of diabetes. One way to reduce the amount of carbohydrates intake is to have carbohydrate servings second during mealtime. The carbohydrates consumed should be composed of foods high in fiber.

High fiber foods are a broken down slowly, therefore sugars enter the bloodstream slower, so the high intake of fibrous foods can greatly benefit diabetics. The best way to add more fiber to your diet is to consume more vegetables, fruits, and whole grain products.

Even when consuming the proper foods, being familiar with the “Glycemic Index” is valuable. The Glycemic Index demonstrates how different foods raise blood sugars. The more starchy a carbohydrate food is, the higher the blood sugar rises. Potatoes and bananas are a prime example.

Eating More Vegetables and Whole Grains
Will Help Prevent or Help Control Diabetes

Medical findings have discovered that eating whole grain products will help prevent as well as help control diabetes. Processed grains such as: flour, pastas, pastries, instant, etc., raises blood sugar rapidly.

While on the other hand whole grain products and vegetables with their natural fibers intact (unprocessed), allows these types of foods to be digested much slower, which releases the glucose into the bloodstream at a slower rate.

This puts less stress on the pancreas to produce and deliver insulin, which moves the glucose from the blood stream and into the cells to be stored as energy.

Maintaining a healthy balanced diet means...

...foods that are rich in fiber, whole grains, legumes, nuts, fruits and vegetables, and not burgers and fries! Fried foods are high in calories and fat! Consumption of poultry products should be regulated. The use of salt
should also be measured. Also drink plenty of water.

It has been discovered that eating 5 to 6 small meals a day, is healthier than eating loads of food at one sitting. If you are already a diabetic, try to eat these meals at two hour intervals.

**Nutritionist**

It is important to consult a nutritionist. Specifically one that is suited to promote good health in diabetics. There are also those individuals who may have dietary needs that require special attention (I.e. kidney disease).

And then there are those who need to lose some pounds. they will benefit greatly from the assistance of a nutritionist. A nutritionist would be able to come up with a plan that would help diabetics lose weight, while maintaining a healthy and balanced diet.

**Food Journal**

It would not be a bad idea for people who have diabetes to list down all the foods that they eat each day. They would then be aware what foods are causing their blood sugars to rise, if they are overeating, as well as the types of nutrients that are going into their system.

This will help them to maintain a healthy balanced diet. Also, keeping a record would help to plan what types of meals should be prepared in the coming days.

**Exercise**

People who have diabetes will benefit tremendously from physical exertion. Moderate exercising burns fat! It is an important addition to a healthy lifestyle.

This is not new. Diabetes researchers and other experts have always suggested lifestyle changes, one of which is exercise, as the major weapon in fighting diabetes.
Studies have shown that people can greatly reduce their chances of developing diabetes if they exercise and follow a healthy diet. Overweight individuals can reduce their risk of getting diabetes by more than 50 percent if they could lose at least 10 pounds.

Both type 1 and 2 diabetes can be avoided or improved with a regular moderate exercise regimen. In fact, individuals with type 1 diabetes who exercise regularly require less insulin while healthy individuals who exercise regularly are less likely to develop type 2 diabetes.

This is because working out reduces body fat and thus improves the sensitivity of the body to insulin.

The exercises need not be strenuous. Simple aerobic activities like walking, running, swimming and cycling can greatly improve blood sugar levels.

Exercise improves the utilization of glucose by the muscles involved. This effect can last for days. Blood fat profile and blood pressure also improves with regular exercise.

Those who are already diabetic, must monitor their blood sugar level when exercising. This is because exercise can either increase or decrease blood sugar. It is always advisable to ask your physician before going into an exercise program.

This brings good news to pre-diabetics as well as those who may have had diabetes for years. One needs only to employ some little changes in his or her lifestyle in order to prevent or control diabetes. This is so empowering, since it means that there is control over this dreaded rapidly spreading disease.

**Diet and Exercise**

The key is to combine exercise with proper diet. We discussed eating the right foods earlier. It’s a good thing to know some exact foods to avoid, like foods that are rich in fat, particularly animal fat.
Reducing the intake of red meat, and dairy products will also prove to be beneficial. Eggs were once added to this list, because of their relationship with cholesterol. Now it’s been revealed that the process of...

...cholesterol begins when oxygen enters the egg after the yolk is broken (oxidation). So any egg eaten where the yolk is not broken is ok. Of course this not mean that you go eating eggs all willy nilly.

There are some foods that have an insulin-like effect in the body.

• Cucumbers
• Garlic
• Soy
• Wheat germ
• Avocados
• Green beans
• buckwheat
• Flaxseed oil
• Green
• Vegetables (raw)
• and Brussels sprout.

People who believe that they are at risk of developing diabetes should increase their consumption of these foods.

Diabetics should also avoid alcoholic drinks. Alcohol decreases glucose tolerance especially in the elderly and those already in the high risk category. If you are on diabetes medications, alcohol may...

...actually cause blood sugars to drop to dangerous levels. There are many other negativities associated with alcohol when you are a diabetic..

Smoking should be STOPPED! Cigarettes increases the risk for heart disease, kidney problems and other health concerns connected to diabetes.

Heavy smokers are more likely to become diabetics than non-smokers. So if you are currently a smoker, it is of your best interest to quit the habit
So...

...I hope that somehow you have been able to increase you knowledge about diabetes. Everything that you have read here is basic knowledge about diabetes. Unfortunately most diabetics don’t have a basic knowledge about it.

Many diabetics have been told; you’re a diabetic, eat a balanced diet, take your medicines and see your physician every 1-3 months. Oh! And wait for a cure.

Many don’t understand or even know about insulin resistance or that the pancreas is not dead just because it doesn’t produce insulin. There are many, many other things that diabetics may not know that can help them with controlling there disease, there are many choices.

There are more subjects that I can record in this book, but that’s what my website is for. Go there and read the many topics that I have written about.

There is much, much more to come. Do your own research on the disease, that’s what I do. You will be surprised at what you may find.

Research is how I found out that diabetes could be reversed. Many things that I have shared here is part of that process. Also what you learn, please don’t keep to yourself. Sharing may save some else’s life, maybe even a member of your own family.

As I said earlier, if this disease continues the way it is going, 1 out of 3 people will have diabetes, someone you know WILL have this disease.

At the beginning of this book I encouraged you to go to my site where this book was downloaded and share this knowledge with others, here is the link. http://www.dia-bets-cure.com/coping-with-diabetes.html go there now, go to the bottom of the page and click on the “Like” button.

You can also copy this link and send it in a email to those who want more than just a diabetic existence. We are talking about lives. Don’t put off for tomorrow what should be done today.

Thank You