

## Sugar and Diabetes Childhood Eating Disorders

The metabolic disorder that does not allow processed food to be converted into energy or growth properly is called diabetes. Our bodies use glucose, a form of sugar which our digestive system has broken down from the food we eat, which is then transported around the body via the bloodstream. Diabetes causes problems with the distribution of glucose in the bloodstream. The health risks are the direct result of a build up of glucose in the blood instead of it being carried around the body for the cells to have energy.

There are two main types of the condition; both are discussed briefly in this article. Juvenile onset diabetes is called type one and usually, but not always, affects children and young adults and is where the body's production of insulin has ceased; daily injections of insulin are needed if the diabetic patient does not want to die. The purpose of insulin is to regulate the amount of glucose in our blood. Type 2 is also called adult onset or non-insulin dependent diabetes; the body is still producing insulin but there is a problem with its production or use, but fortunately this type can be treated with a special diet.

The body uses insulin to ensure the glucose can be used by the body which in turn converts into energy. Adult onset diabetes affects older people as the name suggests but differs from type one; the body is still producing insulin but there is a problem with its production or use, but fortunately this type can be treated with a special diet.

Good diabetes care and management can prevent or delay the onset of these complications; some of the possible conditions will be halted completely whilst others will be delayed. Managing your condition means you must take control of certain areas of your life by ensuring you take your medication regularly; this means maintaining the correct level of blood sugar, cholesterol and blood fat along with giving up cigarettes.

Stable weight is also a requirement that will help ensure your blood pressure is maintained at a health level. Diabetes is a life long condition if you are unlucky enough to contract it; in America there are more than five and a half million recognized sufferers.

Studies suggest that it is not the whole story as experts believe there are as many people again that have the disease that have not yet been diagnosed; around 600,000 US citizens contract this condition each year so you can see the problem is serious. It is a worrying fact that whilst 34,000 American citizens die each year as a direct result of diabetes, another 320,000 die that have the condition where it may be an underlying reason.

### About the Author

You welcome to check out: [candida atkins recipes](#) plus [pitfalls to the atkins diet](#) for more information.

Source: <http://www.howidefeated.com>