

Guarding against Diabetes

We have often heard a family member refer to diabetes and wondered what it was. Diabetes is a disease that develops when the amount of glucose, or more simply blood sugar, rises due to the lack of insulin in our body.

Regulating the sugar level of the blood is most essential to keep diabetes in control. Diabetes can lead to gaining of deadly diseases which may prove to be calamitous if diabetes is not controlled in time as the disease has some short-term effects like an eye-vision which is blurred, loss of weight, concentration loss, frequent urination etc. Some of the effects which diabetes can bring forward if it is not controlled in time are kidney failure, heart diseases, eye diseases etc.

The treatment of Diabetes depends on the age of the person, the lifestyle of the person and the stage of disease. Initially, the treatment of Diabetes involves giving a healthy and nutritious diet, and regular exercising. The weight of the diabetic should be under control to minimize the disease. If the above said measures of control are not effective, then Oral medications and Insulin are preferred.

Near about to 15 million people in US are ailing under diabetes while many of them prefer insulin shots on a daily basis. Reducing the blood pressure, the blood glucose level and cholesterol level are most necessary to control diabetes. Smoking remains as the sole cause of heart diseases thereby increasing the risk for diabetics at a larger rate. This is the reason why diabetics are suggested to give up smoking for the purpose of saving them from various other heart diseases and higher cholesterol levels.

Herbs such as gymnema, bitter melon, bilberry, and birch leaf tea are sometimes used to help control diabetes. Gymnema increases insulin secretion by the pancreas and lowers insulin resistance, thereby lowering blood sugar levels. Bitter melon, a fruit, helps aid in the production of insulin by increasing the number of beta cells in the pancreas. Bilberry helps with eyesight and blood vessels because it contains tannins and compounds called OPCs. Birch leaf tea helps with weight loss, which is important in helping to control diabetes.

Diabetic medications include insulin and oral hypoglycemics. A diabetic's diet should also be rich in Vitamins A, D, B1, B6, Fatty acids, Alpha lipoic acid, Chromium, Vanadium, and Zinc. Vitamin A is important because it helps prevent such side effects as eye disease and kidney problems. Vitamin D and Zinc help promote production of insulin. Vanadium assists with moving insulin into the cells. Chromium assists with carbohydrate metabolism. Alpha lipoic acid aids in the conversion of glucose into fuel for the body to use. These vitamins and minerals can be found in foods consisting of cod liver oil, nutritional yeast, raw butter, cream, raw meats and fish, beef, lamb, shellfish, unfiltered olive oil, molasses, egg yolks, as well as a variety of fresh and fermented vegetables, just to name a few. Trace minerals can be found in unrefined salt or bone broths.

The HemoglobinA1C test measures the body's blood sugar level, which should be at or below seven percent (7%). Fifty thousand diabetic patients are being treated at New York City hospitals and they state that lower blood sugar alone does not aid in the control of diabetes. The use of an electronic patient registry, monitoring blood pressure and cholesterol levels, as well as getting eye exams and foot exams are essential in controlling this disease. These patients also believe that doctors should always attempt to lower high blood sugar levels unless there are factors that cannot be controlled, such as age, lifestyle, culture, or other chronic conditions involved.

About the Author

Julia Hanf author of the book *How To Play the Diabetes Diet Game and Win Through a real life crisis* Julia figured out how to live diabetes free. Visit <http://www.yourdiabetescure.com> and learn more about your solution for diabetes.

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