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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Build Health: Want To Prevent Diabetes?

By William R. Quesnell

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To prevent diabetes you will get a real jolt when you follow the prescription offered up in the "Journal of the American Medical Association."

This `prestigious' organization reported on separate studies of coffee drinkers in Sweden and Finland.

Whiz-bang medical researchers discovered that women could decrease their risk of diabetes by 29 percent when they followed a regimen of drinking three to four cups of coffee a day.

The ladies who had the fortitude to drink 10 or more cups of coffee a day fared even better. They reduced their risk of diabetes by 79 percent.

The men participating in the studies also reduced their risk, but not to the extent as did the women.

When men drank three to four cups a day, they reduced their risk of diabetes by 27 percent. The men who drank 10 or more cups of java per day reduced their risk by 55 percent.

These results confirm a January report by the equally `prestigious' Harvard School of Public Health. That report concluded that drinking six 8-ounce cups of coffee a day could reduce diabetes risk in men by about 50 percent and in women by 30 percent.

If the numbers have any connection to reality, the more coffee you drink, the better off you are. And that is the rub.

The numbers have nothing to do with reality, nothing to do with the truth.

Here in America the rate of adult-onset diabetes, or Type 2 diabetes, is growing incrementally. Nowadays it typically shows up in middle-age populations, but the disease is on the rise among

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ever-younger age groups.

Do not step up your coffee consumption in the belief it will help you prevent diabetes. This disease has absolutely nothing to do with a lack of coffee drinking.

Science and truth are not synonymous. Medical scientists do not deal with truth. The medical scientists who monkey around with coffee drinking merely play with limited and approximate descriptions of reality. In this case, extremely limited and hardly approximate.

If you are serious about preventing diabetes, you have to look at the differences between the people of the past who did not get diabetes, and the people of today who get diabetes. This entails more than merely harping on the fact the younger generation is becoming more overweight and less active.

We have plenty of newly discovered diabetics who are active and on the thin side—and they drink lots of coffee.

The primary difference between the people of the past who did not get sick and die like we do, and the present lot who become diabetics, is poor nutritional status.

The diabetic-in-process has an inadequate intake of nutrients and/or excessive intake of nutrient-poor foods. Conversely, his/her healthy ancestors had a nutrient-dense diet.

The nutrient-dense diet of the past contained, minimally, four times the amount of minerals, and ten times the amount of fat-soluble vitamins found in the American diet of the late 1930's and early 1940's.

Folks who learn where health comes from and practice prevention won't become diabetic, and will not need the medical community dosing them with coffee, or any other magic bullet.

Bill Quesnell, author of "Minerals: The Essential Link to Health," is a health educator and Price-Pottenger Nutrition Foundation member. He helps people recover energy and vitality. Subscribe to FREE monthly ezine, 'Where Health Comes From' at

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Pre-Diabetes: The Calm Before the Storm

By David Anderson

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Remember when the medical world identified pre-hypertension to better monitor your blood pressure?

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The new buzz: "Pre-Diabetes" concerns a similar condition pinpointing people who are at severe risk for getting diabetes. Because diabetes silently invades your body, early detection and corrective action are critically important.

The goal with identifying pre-diabetes is to prevent the onset of diabetes from ever happening.

How do you know if you need testing for pre-diabetes? Good question. The truth is– You may not know. It's our human nature to wait until our body produces a pain or ache before we visit the doctor's office. With pre-diabetes, noticeable symptoms like frequent thirst and urination may not occur until the disease has progressed and is already causing considerable damage to your body. Most Type 2 diabetics don't have symptoms because the onset of diabetes is so slow.

Your physician can determine if you have pre-diabetes with two common tests. The fasting plasma glucose test (FPG) and the oral glucose tolerance test (OGTT). Both require an overnight fast.

The good news is that you can likely prevent diabetes with early detection and proper care.

Don't wait 'til it hurts. Ask your doctor about diabetes and have your blood sugar checked several times a year.

For more information about diabetes, including a Diabetes Quiz and a Free booklet, visit our website at:

<http://hope4diabetes.com/info>

This 20 page FREE booklet will provide you with in-depth information on comprehensive diabetes care. The 7 principles, or steps, will help you to understand, manage and diagnose your potential diabetes risk.

It could help you live a longer and more active life. The booklet is Yours absolutely FREE – No Risk! Share it NOW with the people you love and want to Keep alive!

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