

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Diabetes - Living Beyond The Disease

By Paul Babs

Diabetes sneaks up on a person slowly - one grain of sugar at a time - one pound at a time -- until

all of a sudden the pancreas and other systems of the body don't cooperate and function together. Insulin activity dwindles, fat and protein metabolism switches gears, and soon the circulation to the eye blood vessels and kidneys isn't behaving itself. Like the old song, "foot bone connected to the ankle bone, ankle bone connected to the knee bone," anything that goes wrong in one part of the body affects all the other parts. In diabetes the effects are life-threatening.

In the United States alone there are over 18 million people with diabetes, (almost 7% of the population) and most of them aren't aware of it yet. People with diabetes cover a wide range of ages, from babies up to the senior citizens. Finding out how to handle the problem and following all the advice given to them consumes their lives. Ultimately the challenge requires creating a balance of diet, exercise and insulin. Balance, balance, balance! This becomes the controlling word in a diabetics life.

Diet remains the biggest task of these challenges because of the addictive nature of the body's longing for sweets. Milder forms of diabetes can be controlled by the diet alone, rather than having to resort to added insulin. The diet for each individual needs to be balanced to individual needs, and the ingredients for all seem to be a balance of carbohydrates, proteins, and fats.

Keeping a balance between the acid and PH levels in the body also needs to be considered. Yet, it just isn't that easy to give up those bottles of Pepsi that seem to make you feel stable. `White foods' are almost always a no-no for a diabetic, and those fresh vegetables are a life-sustaining necessity.

Diabetics often have unique personalities. They tend to be part of the most creative section of the population. They think in terms of wholeness rather than in details, which means they often love to start a project but have a hard time finishing it. Their creativity also can express in ways that others might call disorganized. The Ugly Duckling story portrays the hidden life of the diabetic, and they often don't have enough self-respect or self-esteem because they feel they are different.

>From the brilliance of their thinking (which is often hid from the rest of the world) to the tag of `erratic' that is sometimes applied to them, the diabetic is who you want around in a time of crisis. When the

house is on fire they will excel because they are only dealing with one situation at a time.

However, should the car not start in the morning there are too many options available. A diabetic is as apt to call the suicide help line as to call a mechanic.

Living as a diabetic, or living with one, means acknowledging that there is a major difference in how the wholeness of the personality functions. Reinforce the positives and learn to live with a little disorder. Respect the bodies intelligence that knows when it needs to rest. The non-diabetic hasn't always learned this beautiful lesson on how to make the most of a human life. The diabetics are the way-showers!

Paul Babs writes for Cornerstone Healthcare Agency One Stop shop for all diabetes issues. For more

information, go to:

<http://www.duckdiabetes.com>

Four Types Of Diabetes! Which Are You?

By Melvin H.Gill

Type 1 diabetes Results from the body's failure to produce insulin, the hormone that unlocks the cells of the body, allowing glucose to enter and fuel them. It is estimated that 5–10% of Americans who are diagnosed with diabetes have type 1 diabetes.

Having type 1 diabetes increases your risk for many serious complications. Some complications of type 1 diabetes include: heart disease (cardiovascular disease), blindness (retinopathy), nerve damage (neuropathy), and kidney damage (nephropathy).

Type 2 diabetes Results from insulin resistance (a condition in which the body fails to properly use insulin), combined with relative insulin deficiency. Most Americans who are diagnosed with diabetes have type 2 diabetes.

Having type 2 diabetes increases your risk for many serious complications. Some complications of type 2 diabetes include: heart disease (cardiovascular disease), blindness (retinopathy), nerve damage (neuropathy), and kidney damage (nephropathy). Learn more about these complications and how to cope with them.

Gestational diabetes Gestational diabetes affects about 4% of all pregnant women – about 135,000 cases in the United States each year.

Because gestational diabetes can hurt you and your baby, you need to start treatment quickly. Treatment for gestational diabetes aims to keep blood glucose levels equal to those of pregnant women who don't have gestational diabetes. Treatment for gestational diabetes always includes

Diabetes – Living Beyond The Disease

special meal plans and scheduled physical activity. It may also include daily blood glucose testing and insulin injections. You will need help from your doctor, nurse educator, and other members of your health care team so that your treatment for gestational diabetes can be changed as needed.

For the mother-to-be, treatment for gestational diabetes helps lower the risk of a cesarean section birth that very large babies may require. Sticking with your treatment for gestational diabetes will give you a healthy pregnancy and birth, and may help your baby avoid future poor health. (see Diabetes Symptoms)

Pre-diabetes Pre-diabetes is a condition that occurs when a person's blood glucose levels are higher than normal but not high enough for a diagnosis of type 2 diabetes. There are 41 million Americans who have pre-diabetes, in addition to the 20.8 million with diabetes.

7% of the population has Diabetes! Information on Diabetes Symptoms at

<http://DiabetesSymptoms.eask.info>



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)

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

