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

**Diabetes Awareness: I'll Wait 'til it Hurts**

**By David Anderson**

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I'll Wait 'til it Hurts

"If it ain't broke, most people don't fix it."

Do you know if you have diabetes?

Did you know type 2 diabetes symptoms only become "obvious" once the disease has substantially progressed?

By the time many type 2 diabetics (and often their doctors) realize action is necessary, the disease, with its destructive high blood sugars, has been silently damaging their body for years.

Complications to the blood vessels and tissues of your eyes, feet, heart, kidneys, and other organs, are likely well underway.

You visit the doctor because you feel bad, and you wish to feel better. You react to the symptoms of perceived illness. This is understandable, but does not allow much room for prevention or early detection of diabetes.

Of course this idea, "Don't see the doctor 'til it hurts," comes from our "busier-then-ever" lifestyles. But to blame, to point fingers after the damage has started is as pointless as is the leaping bungee-jumper's complaint that his equipment has just failed. It's a little late to talk about why. Some problems are better prevented.

If you have type 2 diabetes, you know most of the time you don't feel very bad. You might think that because you don't feel very bad, it isn't very serious, and you don't have to do anything about it just now. "I'll wait 'til it hurts" ... You couldn't be more wrong.

## Diabetes Awareness: I'll Wait 'til it Hurts

Diabetes damages your body with high blood sugars. It doesn't care whether your sugars are high from type 2, type 1, or some other cause — if they're up, they're doing damage. Type 2 diabetics who let their sugars run "because they don't feel bad" are doing serious damage to their eyes, kidneys, hearts, and nervous systems.

Suppose you have diabetes, and don't want the complications. Suppose you don't know you have diabetes, but you're from a high-risk group (maybe someone in your family has or had diabetes), and you want to cut the risks. Or, suppose you just want to feel better.

It's all the same — Your early detection, education, and prevention work best.

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:

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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### **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? 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.

## Diabetes Awareness: I'll Wait 'til it Hurts

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.

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