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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: Cause And Prevention**

**By Robert Thatcher**

An individual may get diabetes when the pancreas can no longer secrete the needed hormones

that produce insulin. The insulin maintains the glucose in the blood to be normal. Low insulin means that the level of glucose, which is sugar in the blood, may get high and may lead to diabetes.

The autoimmune reaction is a type 1 diabetes where the cells in the pancreas organ that produces the needed insulin are destroyed. This results to the total loss of insulin in the hormones. This happens because the body has its own hormones that protects and destroys its own pancreas cells.

Although there is no scientific proof why this occurrence in the pancreas happens, some studies have some theories that may possibly be related in this kind of reaction. Some say that this happens when there is exposure of a newly born to a cow's milk, the infection from viruses and bacteria, and the exposure from food-borne chemical toxins. There is not enough evidence yet to prove some theories that may trigger the cause of diabetes.

The type 2 diabetes is said to progress when there is lack of insulin that is needed to maintain the blood sugar in the body. Another reason is believed to be that the needed insulin not be effective effective to control the blood sugar because of abnormalities in composition. The last reason is said to be that the receptors in cells no longer respond and fail to stimulate the organ that produces the needed insulin.

An individual is likely developing the type 2 diabetes when a person is overweight or obese. The increase of age of an individual is also considered a factor in acquiring this type of diabetes. Some few cases that may lead in this type of diabetes may include when a woman is having her pregnancy, or when a person have some intakes of medicines and drugs. In addition, any sickness or infectious decease that can alter the pancreas production of insulin.

There are some basic treatments for diabetes. These ways can serve an individual its important role in treating diabetes. Here are some ways on how a person can treat diabetes problems.

## Diabetes: Cause And Prevention

1. An individual must work thoroughly in obtaining his ideal body weight. Every individual must have a regular exercise and physical endurance tests. People who suffer from diabetes are recommended to be physically fit if possible. Exercises for the lungs and heart may help the person lessen the sugar that causes diabetes.

2. An individual must follow a diabetic diet program. Not being on the proper diet can be a great factor in acquiring type 2 diabetes. It is recommended that a person must lose weight if he is an overweight person. It is advisable that a person must be conscious of the food that he takes. Eat foods that do not have sugar content.

3. The option of the individual to have medication and seek the help of a doctor. Every diabetes patients that have type1 and type 2 diabetes can take insulin daily to sustain the insulin production of the pancreas. There is also the new insulin pump that continuously provides the much-needed insulin. There are also new medications that treat diabetes like the synthetic human insulin, Sulfonylurea drugs, Biguanides, Thiazolidinediones, Meglitinides, Alpha-glucosidase, and other drug combinations.

Diabetes can be prevented with the proper awareness and information regarding this illness. What is important is that a person must have a healthy diet and regular exercise to have a healthy body. Responsibility and discipline is needed to help oneself in overcoming this disease.

Robert Thatcher is a freelance publisher based in Cupertino, California. He publishes articles and reports in various ezines and provides diabetes resources on

<http://www.your-diabetes-resource.info>

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

**By David Anderson**

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.

## Diabetes: Cause And Prevention

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 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:

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