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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!

Does Alcohol Decreases The Risk Of Diabetes?

By Tiara James

Drinking Alcohol Really Does Decreases the Risk of Type 2 Diabetes Among Older Women It is

absurd. For the longest time, we have believed that alcohol has no real benefits. However, recently, a study has found that drinking moderate amounts of alcohol really does decrease the risk of Type 2 Diabetes, and this is especially true among Older Women! There are 20.8 million children and adults in the United States, or 7% of the population, who have diabetes. While an estimated 14.6 million have been diagnosed with diabetes, unfortunately, 6.2 million people (or nearly one-third) are unaware that they have the disease.

Recent studies have shown that drinking moderate amounts of alcohol (as compared to drinking too much alcohol or no alcohol at all) can lower the chances of getting type 2 diabetes. However, only a few studies on alcohol and type 2 diabetes have included women, and very few have included older women.

Previous studies on the effects of drinking moderate amounts of alcohol (1-2 drinks) and the risk of developing type 2 diabetes have mostly been done on men or both men and women who were younger than 55 years old. The researchers wanted to study how drinking alcohol affects older women's (more than 50 years old) chances of developing type 2 diabetes. (see Diabetes Symptoms)

Questionnaires were mailed to the women in the study. The women were asked where they lived and if they had conditions that put them at risk for any other diseases. Waist and hip, height, weight, and blood pressure measurements were taken at the beginning of the study. Diabetes, high blood pressure, and high cholesterol were also reported if these conditions were diagnosed by a doctor. The questionnaire asked about how much each woman exercised and how much they ate.

The questionnaire also contained questions about how much alcohol the women drank, how often they drank, and what types of alcohol they drank, both currently and in the past. The researchers sent out two follow-up questionnaires every 3 to 5 years. These questionnaires asked the women whether they developed type 2 diabetes, what year they were diagnosed, who diagnosed them, and whether they were being treated by diet, drugs, and/or insulin.

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Conclusion The researchers found that blood pressure was lower in the women who drank moderately, but it increased in women who drank more. During the study, a total of 760 new cases of diabetes were diagnosed. The research shows, however, that drinking alcohol in moderate amounts did lessen the risk of developing type 2 diabetes. This is rather significant piece of news as we can now safely drink our favourite wine and not feel guilty about it!

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

<http://DiabetesSymptoms.eask.info>

Family of Diabetics

By David Anderson

Family of Diabetics by David Anderson

Thousands, if not millions of people have diabetes in their family. It's almost tragic the way things happen because it's not always a "common knowledge" among families.

I tell you, it's not until it hits you that it's really awful.

Asking questions can help you and your family dodge the serious complications of diabetes. Early detection and active control of blood sugar levels can save lives.

Have you ever heard anyone ask:

Do you have diabetes?

Does anyone in your family have diabetes?

Is your vision okay or is it blurry?

Are your feet feeling okay today?

A lot of people get diabetes, but you know, early detection and taking action can save your life or the life of a family member.

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

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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!.

David Anderson, Freelance health/wellness writer for Hope4Diabetes.com.contact information:david@source4solutions.com



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