

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!

How Did I End Up With Diabetes?

By Kacey C.Hall

How do you get Diabetes?

There are two main types of diabetes mellitus. These are known as type 1 and type 2.

Type 1 diabetes mellitus used to be called insulin-dependent diabetes mellitus, or juvenile-onset diabetes mellitus, because it usually begins in childhood or adolescence.

In type 1 diabetes mellitus, the pancreas releases no insulin at all because the body has destroyed the cells that produce it (islet cells). The patient therefore relies on treatment with insulin.

Type 2 diabetes mellitus is the most common form of diabetes. It used to be called non-insulin dependent diabetes mellitus, or adult onset diabetes because it usually begins in adulthood.

In type 2 diabetes, patients can still produce insulin, but they do not produce enough and/or their bodies cannot use it properly.

Treating high blood pressure and controlling the levels of fats (lipids) in the blood are also very important in patients with diabetes as they are at greater risk than the normal population of developing serious cardiovascular diseases.

A group of medicines known as ACE (angiotensin converting enzyme) inhibitors are sometimes used to reduce the risk of developing cardiovascular complications in diabetes and can also reduce the risk or progression of kidney and eye diseases.

What causes diabetes?

While scientists aren't exactly sure why Type 1 diabetes happens, they do know the immune system is involved. A healthy immune system protects us from diseases caused by infections, such as colds or the flu, as well as diseases that start in our own cells, such as cancer. For some reason, in certain people, the immune system becomes confused and begins attacking and destroying the cells in the pancreas that make insulin.⁴ Scientists aren't exactly sure why Type 2 diabetes happens either;

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however, they have identified that it occurs most often in certain individuals. About 80 percent of people with type 2 diabetes are overweight, have high blood pressure, and have high cholesterol levels in their blood

Could the diabetic formula lower my blood sugar level too much?

In general, too low blood sugar levels should not be a problem. A high quality diabetic formula containing synergistic vitamins, minerals, and herbs, most often lowers blood sugars to normal levels. However, these vitamins, minerals, and herbs will not excessively lower blood sugar levels that are already normal.

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

<http://DiabetesSymptoms.eask.info>

Diabetes Awareness: There's No Substitute for Good Friends

By David Anderson

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Was there a time when you relished the idea of giving dinner parties?

What a great opportunity to bond with old friends, try out a few new recipes, and find a reason to clean up the house!

Has diabetes robbed you of the enjoyable events involving your friends and family?

Diabetes has an ugly characteristic of wrecking the lives of it's victims by forcing them into seclusion.

If you have been neglecting the enjoyable events of your life, please take action to control your diabetes. With a "proactive" mind-set, you can control and beat diabetes!

You, your friends, and especially your family will love you for taking control. Get back to the fun things in life,,, Take control of your diabetes.

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

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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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