

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

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

**What is Diabetes?**

**By Peter Lenkefi**

Diabetes is a disorder of metabolism the way our bodies use digested food for growth and energy.

Most of the food we eat is broken down into glucose, the form of sugar in the blood. Glucose is the main source of fuel for the body. Diabetes causes glucose to back up in the bloodstream. As more and more glucose remains in the bloodstream blood glucose or blood sugar levels can rise too high.

There are two major types of diabetes. Consider the following information as it relates to both type 1 diabetes and type 2 diabetes. In type 1 diabetes (also called juvenile-onset diabetes or insulin-dependent diabetes), the body completely stops producing any insulin. Insulin is a hormone that enables the body to use glucose to produce energy. Sufferers of type 1 diabetes must take daily insulin injections in order to survive. Type 1 diabetes usually develops in children or young adults; however, it can occur at any age. Type 2 diabetes (also called adult-onset diabetes or non insulin-dependent diabetes) results when the body doesn't produce enough insulin and/or is unable to use insulin properly. Type 2 diabetes happens when your body either cannot produce enough insulin or does not use the insulin it makes properly. Insulin is a hormone produced by the pancreas. Many of the foods we eat such as bread, potatoes, rice, pasta and fruit are converted into sugar and give us the energy we need to maintain life. Insulin gets the sugar into the cells. Diabetes is a life-long condition. High blood glucose levels over a long period of time can cause blindness, heart disease, kidney problems, and amputations. Good diabetes care and management can prevent or delay the onset of these complications.

To manage your diabetes well, it is very important that you:

Don't smoke

Keep your blood glucose levels in your target range

Keep your cholesterol and other blood fats in your target range

Keep your weight in a healthy range

## What is Diabetes?

Keep your blood pressure close to target level

Take your medication as prescribed

For more more information about diabetes please visit

<http://www.diabetes-help.biz>

### **Diabetes Awareness: There's No Substitutue for Good Friends**

**By David Anderson**

#### **Diabetes Awareness: There's No Substitutue for Good Friends by David Anderson**

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

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 is a freelance health/wellness writer for <http://hope4diabetes.com>. Email contact information is available on the website. For telephone contact: (316) 541-2208

## What is Diabetes?

The Truth About Diabetes



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

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