

Understand Diabetes: Prevent and Reverse it by Natural Solutions!!

“Knowledge gives us the power to conquer the problem, and lack of knowledge makes us powerless.”

Introduction

Diabetes is a disease, where the body's capacity to use glucose for making energy in the cells, becomes abnormal or fails altogether. Glucose is an essential fuel for producing energy. The Insulin is the hormone, which helps with the utilization of glucose for making energy in the cells. Both glucose and insulin are critically important for survival. In addition to helping make energy for immediate use, insulin hormone also helps in making reserve energy from glucose for long-term use. This reserve energy is used when the body is in the fasting or starvation mode. The two energy reserves are glycogen and fat. The body's capacity to store fat is unlimited. Keeping the energy reserve is an essential survival mechanism of the human. However, storage of abnormal amounts of fat in the body leads to several food and lifestyle diseases such as obesity, Type 2 diabetes, high blood pressure, heart disease, stroke, arthritis, cancer, etc.

It is necessary to understand how glucose and insulin work in the body in a usual healthy way. That will help understand, how unhealthy food and unbalanced lifestyle lead to an abnormality with glucose utilization and function of the hormone insulin. Finally, how this abnormality causes severe disabling disease such as Type 2 diabetes. Obesity and Type 2 diabetes are twin epidemics because the two share the similar abnormality. The common new term for these twin epidemics is “Diabesity.”

Some facts about the Type 2 diabetes epidemic

1. The twin epidemics of obesity and diabetes started in the mid-1980's. The incidence of Type 2 diabetes in China before 1980 was 1% and in India less than 5%. Currently, the incidence of Type 2 diabetes in these countries is running at 12– 14%. That means the number of diabetic patients has gone up 5– 10 fold in both countries. Same is true for the entire world. Type 2 diabetes is currently a global epidemic with India and China in the lead.

2. The explosion in the number of Type 2 diabetes cases past 40– 50 years does not explain the commonly held belief that Type 2 diabetes is a genetic disease. The families, however, have similar food and lifestyle habits, which can explain why disease runs in the families.

3. Obesity and Type 2 diabetes share a similar cause –unhealthy food and unbalanced lifestyle. Almost 80% of Type 2 diabetic patients are overweight or obese. The 20% of patients

with Type 2 diabetes, who are not overweight (skinny diabetics) have a larger than normal waistline, called abdominal obesity.

4. Two unhealthy food and lifestyle culprits are:

- Refined Sugars and refined wheat flour food products –Both are the modern day slow food poisons which damage the body's capacity to use glucose normally.
- Frequent eating opportunities of 6– 7 meals a day – This keeps the blood glucose levels high most of the day. High blood glucose initiates the disease process of diabetes as well as many other food and lifestyle diseases, such as high blood pressure, heart disease, cancer, stroke, arthritis, acid reflux disease, cancer, etc.