

6 Ways TO OVERCOME DIABETES



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Overcoming Diabetes – The Hard Facts and Remedies

Diabetes is a metabolic disorder, wherein the blood sugar or glucose levels in the body's blood stream are excessively high. Over 300 million people around the globe are suffering from it.

This disorder is the result of the body not producing sufficient insulin. Insulin is the hormone that regulates the blood sugar levels. Diabetes is also the result of cells in the body not responding to the insulin that is produced.

The foods that we eat are turned into glucose which gives us the energy we require to live and carry out our daily activities. The glucose present in the blood provides energy to the body for performing several activities.

The body produces insulin, a hormone secreted by the pancreas to transport the glucose into the cells.

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When a person is suffering from diabetes, the glucose does not get absorbed into the cells and remains in the blood. This condition has a damaging effect on the cells of the body where the glucose is badly needed as fuel.

If it is left uncontrolled, the damage will not just be confined to the cells of the body but will also affect some of the vital organs of the body including the kidneys and lungs. You definitely do not want this to happen.

There are three major types of this disorder. Type 1, type 2 and gestational diabetes. Type 1 diabetes is the body's failure to produce insulin, Type 2 results from the insulin resistance of the cells. Gestational diabetes occurs when there are higher blood glucose levels in the body during pregnancy.

In Type 1 diabetes, the body does not have the ability to make insulin. This type of diabetes is the most dangerous.

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In Type 2 diabetes, the body cannot make or utilize insulin adequately. Without adequate amounts of insulin, the glucose remains in the blood.

This is the most common type of diabetes and can often be avoided if the patient only knew how to. It can cause symptoms like frequent urination, thirst, fatigue, and blurred vision.

Sometimes there may be no symptoms at all. Having a blood test can be a way of checking if one has diabetes or not. If diagnosed, devising a diet, weight control, and exercise can be ways to control it.

The blood glucose level should also be monitored regularly and the prescribed medications should be taken as advised by the doctor.

Several excellent programs online such as [Diabetes Loophole](#) teach people to get a grip on their diabetes and show them

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exactly what they need to do to prevent their diabetes problem from escalating beyond control.

Having excessive glucose in the blood, over a period of time, can lead to diabetes and various associated problems. For example, it can impair the nerves, kidneys, and eyes. It can even cause gangrene, stroke, and heart disease.

Gestational diabetes usually goes away on its own once the woman has given birth.

You should always bear in mind that diabetes is a chronic condition that stays with you throughout your entire lifetime. When you are a diabetic, you need to bring about some serious changes in your lifestyle in order to be able to live a healthy and problem free life.

Failing to be cautious about eating and exercise requirements, can lead to serious complications, some of which, can have an irreversible effect on the body.

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Uncontrolled diabetes could result in blood sugar levels that are either too high or too low. Both of these conditions can lead to some serious consequences, which can result in blindness, heart failure, kidney failure and even death!

A comic in a magazine once showed a doctor telling a patient, *"What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?"*

While this is funny, it does make a very salient point. You must exercise and take your health seriously. Treat diabetes casually and you will end up a casualty.

For a better understanding of how to control diabetes without medication, you must know its causes first.

What are the causative factors of diabetes?

It is not known fully yet what exactly causes diabetes. Medical science still does not understand why some people get affected by this metabolism disorder while others remain unaffected. However, there are some factors that seem to be associated with the higher chances of getting the disease. Given below are some of those factors:

Type 1 Diabetes:

It is thought that Type 1 is an autoimmune disease, which means that the immune system of the body acts against the cells of the pancreas, thus hampering the production of insulin.

A susceptibility to developing this type of diabetes may occur in families. Certain kinds of viral infections may also cause it.

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Type 2 Diabetes:

Hereditary Factor: A strong genetic link is suspected in Type 2, which means that it has a tendency of running in families. Those who have a history of diabetes in their family background are 25 percent more susceptible to developing diabetes.

Dietary Factor: Modern eating habits comprise largely of consuming foods high in refined carbohydrates such as bread, biscuits, cakes, candies and so on. This has given rise to the epidemic of diabetes cases in our times.

Excessive Weight: Compared to muscle cells, fat cells contain fewer receptors of insulin. Also, fat cells give off free fatty acids, which hamper the metabolism of glucose. This leads to hyperglycemia (an excess of glucose in the bloodstream) which ultimately results in diabetes.

Sedentary Lifestyle: The modern lifestyle that many people lead today involves less physical work and long hours of sitting during work. After work leisure activities are often just as sedentary. Lying on the couch watching TV or knocking back

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beers at the bar doesn't count as core exercise or bicep training. Research has revealed that there are higher chances of developing diabetes the less active an individual is.

Stress Factor: Another aspect of our modern life is the high amount of stress encountered in our jobs or day-to-day activities. The metabolism is also adversely affected by a chaotic and irregular lifestyle. Even emotional stress such as worry, anxiety, and grief may cause changes in the blood sugar levels, leading to the disease.

Smoking and age are also some of the other factors that can cause diabetes.

Are there any early signs of diabetes?

A few symptoms of diabetes are manifested in the early stage (or prediabetes phase). About one-third of people who have diabetes remain unaware of their high blood sugar level. When the early signs of diabetes are present, they are often confused with

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symptoms of other health problems. Let's look into some of the warning signs of diabetes.

A common sign exhibited in the early stages of type 1 and type 2 diabetes is frequent urination (polyuria). Since the glucose in the blood increases above the normal level, filtration by kidneys is incomplete. This also hampers water absorption by the kidneys, resulting in frequent urination.

Due to increase in the frequency of urination, the body loses excessive fluid. Ultimately, dehydration occurs, causing increased thirst (polydipsia). If one is drinking more fluid than the usual amount, and the number of urination is increased, either type 1 or type 2 diabetes is suspected.

Another warning sign of type 1 and type 2 diabetes is increased appetite. One of the functions of insulin is stimulating hunger. Since, the body starts secreting more insulin to lower the glucose level in the bloodstream it is inevitable to experience increased hunger (polyphagia).

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A patient who is in the prediabetes stage suffers from unusual weight loss, even without trying. This is caused due to excessive loss of sugar in the urine. The body starts using muscular proteins and fats as its source of energy, resulting in weight loss. This symptom is typical of type 1 diabetes.

In a person with prediabetes, excess sugar is found in the blood and not in the cells. As the body cells are deprived of the main energy source - glucose, the patient feels increased fatigue throughout the day. Physical ability is lowered and the patient gets tired very easily.

Vision problems are also reported in patients with type 2 diabetes. Increase in the blood sugar levels leads to change in the shape of the eye lenses. Over time, this results in poor focusing power and blurred vision in patients.

A type 2 diabetic patient suffers from frequent yeast and skin infections. Unchecked high sugar brings about damage to the nerves, causing neuropathy symptoms (numbness in the

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extremities). In addition, cuts and wounds take longer period to heal.

It has been found that the immune system of a diabetic patient is lower than a healthy person. This may be due to presence of elevated glucose in the blood, which in turn hampers the proper functioning of white blood cells (leukocytes).

It goes without saying that if you experience any of the abovementioned signs, you should immediately seek the advice of a doctor. Early detection and lifestyle changes will arrest the progress of the condition.

Remember that an untreated diabetes can lead to serious health problems such as diabetic retinopathy (eye disease), diabetic neuropathy (nerve damage), kidney disease and kidney failure. Impotency in men and vaginal dryness in women afflicted with type 2 diabetes are also not uncommon.

Can I reverse my diabetes?

The term “reverse diabetes” should not be taken literally. There are many excellent guides such as *Reverse Your Diabetes Today*, an online bestseller which use the term “reverse”. So what does that mean?

What the program teaches you to do is to have control over your diabetes and not let it control your life. There are a ton of helpful practices and little lifestyle changes in the guide that you can use to keep this hormonal imbalance in check.

Once you have control over your diabetes, you’ll not need to worry. The new habits that you have formed will be healthy and not at risk of exacerbating your condition. This will work best for Type 2 diabetes which is the most responsive to dietary and lifestyle changes.

In a way, you can reverse your diabetes. You may not be able to make it go away permanently but if you don’t worry about it

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anymore and it's not a threat, then it can be considered as a problem that is resolved.

Tips to reverse your diabetes

There are many unique and beneficial practices that will help diabetes patients if they were to adopt them.

Some of the tips offered in the [Diabetes Loophole](#) program have been given below. There are many more tips in the program that may be of use to you.

The most important change you need to make in your life is your diet.

Select the Right Foods

If you have diabetes, that does not mean that you have to eliminate carbohydrates and fats completely from your diet. In

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fact, your body needs them to maintain a good energy level. Include some healthy carbohydrates and fats in your diet.

Some source of good carbohydrate are whole grain bread, rice, pasta, whole grain cereals, etc. These are starchy foods and get absorbed into the body at a slow pace and provide you with good amount of energy.

Similarly, unsaturated fats that are found in olive oil, grape seed oil, corn oil are quite beneficial for supplying energy without causing any harm to the patient.

Dietary fiber present in fruits and vegetables plays a significant role in controlling diabetes. It delays the release of glucose into the blood by slowing down the digestive process.

In short, a proper diet for diabetic patient should have high amount of fiber and protein rich foods and low quantity if fatty foods and sugary foods.

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Our diet being the best way of ingesting required nutrients, you can have a high fiber diet which is plant-based. Plants are rich in alkalinity and thus, a diabetic diet with vegetables excellent for controlling diabetes.

Avoid Unhealthy Fats and Carbohydrates

Sugary substances present in sweets, chocolates, sweet biscuits, soft drinks, etc. are readily absorbed into the bloodstream and increase the blood sugar level quite fast.

Saturated fats present in fatty meats, whole milk, butter, etc. adversely affect the circulation system. Hence, one should stay away from all such foods. High protein or fat diet, which is mainly the animal diet, should be avoided strictly. Fast foods should be avoided or eaten once in a blue moon.

Other foods to avoid with diabetes would be sugars, white bread, sweetened beverages and bananas, as they are high in carbohydrate content, which is not good for diabetes.

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Regular Exercising and maintaining a healthy weight

Exercising for 20-30 minutes a day is necessary for naturally controlling diabetes. This kind of physical activity also reduces the chances of other health complications like heart disease and kidney problems in diabetic patients.

You can select any kind of aerobic exercise that you like. Brisk walking, jogging, rowing, swimming are all excellent forms of cardio. Choose the cardio that you like and make sure you do it at least three times in a week.

This will definitely help in keeping your blood pressure in control and your cholesterol levels normal.

Eat Consistently

A consistent diet is as important as eating healthy foods. This will ensure that the number of calorie intake remains uniform throughout the day which is essential for avoiding any major fluctuations in the blood sugar level.

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It is advisable that you consult a dietitian before planning your meals. They can guide you about the kind of foods to be included in your meals and their quantities.

If you believe in herbal medication, you can try natural home remedies for controlling diabetes. If you are on medication, make sure you take it regularly and not miss it as diabetes should not be taken as a joke.

Stop Alcohol Consumption & Quit Smoking

Alcohol can either lower or increase glucose level in the blood. Moreover, it tends to increase triglycerides, a type of fat in the blood. Therefore, it will be better if you abstain alcohol altogether. If you cannot, then make sure you consume it in moderation.

Smoking has absolutely no health benefits. If you're a diabetic, you must quit smoking. No ifs and buts about it. Yes, it is tough but you'll have to bite the bullet and do it.

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Manage Stress

Don't sweat the small stuff... and it's all small stuff anyway. Stop stressing yourself out. Leave that to other people. Sleep, meditate, do yoga, walk by the beach... Do whatever it takes to relax your mind and body way.

You may also learn some relaxation techniques such as breathing exercises to keep your stress levels in check.

What if I just ignore my diabetes?

Ignoring it is not going to make it go away. You'll probably end up going away in a coffin if you bury your head in the sand and pretend that your diabetes doesn't exist.

Uncontrolled diabetes will end up affecting each and every part of your body. Your heart, blood vessels, eyes, kidneys, gums and teeth, nerves and the other senses will be affected. By then, you will not be able to ignore the condition because of the amount of pain and discomfort you'll be in.

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Serious consequences like paralysis and coma resulting from diabetic neuropathy may arise. Mentioned below are a few complications that may arise.

Hypoglycemia and / or Hyperglycemia

Hypoglycemia is a condition wherein the blood sugar levels go as low as 60 mg/dl and cause symptoms like confusion, palpitations, sweating, nausea and dizziness.

This condition can occur if a person has not been eating meals on time, or is suffering from other health conditions like kidney failure. In this condition, the person should be given sugar or candies immediately to bring the sugar level back to normal.

Hyperglycemia on the other hand is just the opposite of hypoglycaemia. In this condition, the person has extremely high glucose levels which can go as high as 600 mg/dl. This condition can result in severe consequences like blindness, numbness, tingling and burning sensation in the toes and feet, and

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weakness. This can also lead to coma, and if left untreated, may cause death.

Heart Related Problems

Studies reveal that among all the people who died due to uncontrolled diabetes, 65% of them died because of a heart attack or stroke. Most of the people suffering from diabetes also end up suffering from blood pressure and heart related problems.

Keeping your diabetes under control minimizes the chances of heart related issues. It also leads to blood vessel diseases which can lead to blood clots in the body and cause heart problems and stroke.

Eye Related Problems

Did you know that diabetes is the number one cause of blindness in the United States of America? Uncontrolled diabetes can lead to eye problems like diabetic retinopathy, wherein the vision becomes blurred with dark patches. Other eye problems include glaucoma and cataracts.

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There are people who have gone blind because they ignored their diabetes. Sad but true.

Brain Problems and Stroke

Our brain is dependent on our heart for the supply of glucose enriched blood which enables the smooth functioning of the brain. However, in cases of low blood sugar, the brain is unable to receive the supply thereby resulting in consequences like coma, fainting and even paralysis. Because uncontrolled diabetes can also affect the arteries and nerves, the presence of blood clots can also lead to strokes.

Nerve Problems

The nerves and the brain are interrelated to each other. High blood sugar levels in the body can result in severe damage to the nerves. This can lead to amputations in the legs and feet. Research also shows that almost 60% of the cases of leg and foot amputations are caused by diabetes.

Teeth and Gum Related Problems

High blood sugar levels can cause your mouth to have a sweet and fruity smell. Uncontrolled diabetes is usually accompanied by teeth and gum diseases. If you are a diabetic, then regular checkups of your gums and teeth is a must as an untreated condition can cause tooth loss.

Kidney Related Problems

Diabetes is also the leading cause of kidney failure in the United States of America.

In Conclusion...

This report was not written to scare you but to make you understand what diabetes is, how it can be controlled and why you should NEVER ignore it.

It's your health and it's your life. If you have diabetes, get on a program such as the [Diabetes Loophole](#), keep a close eye on your blood sugar levels, eat right and exercise as often as you can.

Diabetes is NOT a death sentence. Millions of people around the world have their diabetes under control and live long, fruitful lives. You can be one of them.