

# The Truth About Diabetes

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Diabetes Reaching Epidemic Proportions? Over 300 Million At Risk Globally! The Truth About Diabetes By Geoffrey Leigh., MSc., N.D. What you dont know can kill you! Do you find that headline alarming? If you did, good for you! This silent killer must be stopped. The only way that can happen is by each of us taking personal responsibility for ourselves and those we know and love. Lets take a look at some facts: According to endocrinologist Frank Vinicor of the CDC (Center For Disease Control): Were seeing the greatest increase in obesity and lack of physical activity in people in their 30s, so therefore it is not surprising to find the 70 increase in just 8 years. We are now beginning to see the consequences of physical inactivity and weight gain that go well beyond feeling good about yourself or cosmetic issues. Did you know that approximately 17,000,000 Americans have diabetes? This equates to 6.2 of the population. And, at the current rate of increase, there are about one million new cases per year. The really frightening part of this is that this is probably an under estimation because it is not uncommon for diabetes to go undetected for as long as 12 years before being properly diagnosed. Sadly, many of us will lose friends and family before they are even diagnosed! Why? Because research shows that the following consequences of diabetes occur statistically in the USA per annum: Premature death from heart disease - 70,000 Amputations of the lower limbs - 80,000+ Problems associated with kidney disease - 115,000 Loss of sight and blindness - 25,000 If it seems like a dismal picture . . . it is! So what can we do? You need to see your physician or clinician and obtain the proper tests to determine your own risk factors. But, before you do that, you need to be informed. Sometimes the best offense is a good defense Knowledge is power and the more preparatory knowledge you are armed with before your visit, the greater the odds of understanding what you will be told by the medical profession. And the better chance of having your concerns given more than just lip service. Lets face it people, the entire medical industry is in chaos. We read the headlines every day about people who slip through the system or are mis-diagnosed. We are losing our best physicians due to the demands of the health care business. You need to take control of your health and well being because no one else can do it for you. A doctor who spends 5 minutes with you in an exam room once or twice a year is not in a position to do it. Diabetes is a very real threat to you

and those you hold dear. The solution is knowledge. You need to know: What is it? What are the types of diabetes? What is insulin? How does insulin affect the body? What is hypoglycemia? What does hypoglycemia have to do with diabetes? What are the symptoms? Is it treatable? What are the specific risk factors? What is the function of the pancreas? How does the pancreas affect diabetes? How does stress contribute to diabetes? You could spend months of research or years of education to get the answers to these and other pertinent questions. Or, you can click the link below and have the answers at your fingertips in less than 5 minutes. Diabetes is a very real threat. You need to take action to protect yourself and your loved ones now! Don't wait 12 years for a negative diagnosis when an ounce of prevention could add years to your life! Do it now. Your family will thank you.

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