DIABETES EXPLAINED

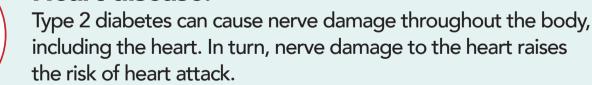
IT IS A REVERSIBLE CONDITION!

GET TO KNOW THE SYMPTOMS





often feel constantly hungry.





Wounds that won't heal:

As a result of narrowed blood vessels, diabetic wound healing is impaired because less oxygen can reach the wound and the tissues do not heal as quickly.



Frequent urination & UTI's:

Excess levels of sugar in the blood lead to more frequent urination. High concentration of sugar in the urine provides a favourable environment for urinary tract infections.

In diabetes the body is unable to break down glucose into energy, either there isnt enough insulin to move the glucose into cells, or the insulin produced doesnt work properly.

High blood sugar levels can seriously damage different parts of the body, including your feet, eyes and heart.

Diabetes type 2 is reversible when you learn how to normalise blood sugar levels.



The earlier you do something about it the better the prognosis.

WHAT MY CLIENTS SAID...

- More people need to have this learning
- My understanding and attitude has changed
- I now understand what good & bad carbohydrates and good & bad fats are and which ones to use for cooking
 - As a result of following this advice "my diabetes is now controlled & I'm off medication"



HOW TO PREVENT & REVERSE SYMPTOMS



Food:

A low carbohydrate diet high in fresh vegetables and good oils is a sure way to lower the need for insulin and reduce blood sugar.



A diet that avoids sharp spikes and troughs of glucose and





Getting quality sleep night after night helps balance your blood



Exercise:

Exercise lowers blood sugar, boosts your body's sensitivity to insulin and thus reduces insulin



Stress reduction

Stress can make it harder to

helps manage blood sugar.

how to reduce feeling stressed

control your blood sugar. Learning

& relaxation:

