

7 Actionable Steps To Lowering Your Blood Sugar Now!



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**7 ACTIONABLE STEPS TO BEGIN
LOWERING YOUR BLOOD SUGAR NOW!**

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The Power of Knowing

2020

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Introduction

Diabetes is a metabolic disease that I want to label, for the sake of simplicity, the disease of food. Specifically, overindulgence and unrestrained eating especially with the abundance of all kinds of food in our country today. This simplicity refers more to type 2 diabetes as the pathophysiology (cause) of type 1 and 2 are different.

Diabetes type 2 is slowly becoming an epidemic given the increasing number of diagnoses and the fact that many people lack the knowledge and understanding of how to prevent or reverse it. I would boldly say that everyone who eats is at risk and therefore needs to take preventative steps, whether you are genetically predisposed or not. That makes all of us right?

While genetic predisposition increases the risk for some people, there are also an increasing number of people without family history that are being diagnosed. As a matter of fact, what used to be referred to as an adult-onset diabetes is now increasingly being diagnosed in children and adults alike, as the obesity epidemic explodes in children and adults. Statistically, more than a third of Americans are obese and a great number are overweight, correlating with the increasing number of people being diagnosed with diabetes.

There are 2 main types of diabetes: Type 1 (mostly juvenile-onset) and type 2 (mostly adult-onset). Both of these have also been diagnosed in adults and children alike. There are other sub-classifications and, irrespective of the classification, the information in this mini book will benefit all diabetes types.

THE EPIDEMICS

Diabetes is increasing at an alarming rate. Since the early 1990s, the incidence of type 2 diabetes mellitus (T2DM) has increased in children, adolescents and adults and it is linked to the rise in childhood obesity. Type 2 diabetes especially, and its comorbidities, are risk factors for vascular disease and other complications later in life.

As a result, it is imperative for us to take it seriously and prepare to avoid diabetes and, if you are already diagnosed, it is doubly important to do everything you can to reverse it or keep it strictly under control. What I'm trying to say is that the urgency is now as it's already approaching an epidemic proportion. However, there is hope with appropriate education, commitment and the willingness to take action toward managing the disease.