

DIABETES EXPLAINED

IT IS A REVERSIBLE CONDITION!

GET TO KNOW THE SYMPTOMS



Always tired: High blood sugar levels, either from a lack of the insulin hormone or from insulin resistance, can affect the body's ability to get glucose from the blood into cells to meet energy needs.

Numb or tingling hands and feet:

High blood glucose levels damage small blood vessels which supply the nerves. This prevents essential nutrients reaching the nerves. Damaged nerve fibres lead to numbness and tingling.

Always hungry: Diabetics often do not get enough energy from the food they eat and often feel constantly hungry.

Heart disease: Type 2 diabetes can cause nerve damage throughout the body, including the heart. In turn, nerve damage to the heart raises the risk of heart attack.

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 isn't enough insulin to move the glucose into cells, or the insulin produced doesn't 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.



Diet: A diet that avoids sharp spikes and troughs of glucose and insulin.



Herbs & Spices: Certain herbs and spices have shown to stimulate insulin, reduce insulin resistance, improve energy and mood, reduce inflammation and thus support your health journey.



Stress reduction & relaxation: Stress can make it harder to control your blood sugar. Learning how to reduce feeling stressed helps manage blood sugar.



Sleep: Getting quality sleep night after night helps balance your blood sugar.



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

Call Anna Betz on 07731 584 358 for more info about our Virtual workshops



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