



## **DIABESITY**

Diabetes refers to a form of diabetes which typically develops later in life and is associated with being obese.

Hectic work schedules, stress, cheap and easy fast food a sedentary lifestyle are just a few of the causes of being overweight or obese and of having type 2 diabetes or insulin resistance.

Signs include:

- . Abdominal obesity i.e. “spare tire” syndrome
- . High Blood Pressure
- . Systemic Inflammation
- . A tendency to form blood clots
- . High Blood Sugar
- . Dyslipidemia ( low HDL, highLDL and high triglycerides)

Diabetes may already be the leading cause of chronic disease and death in this world, and its impact is expected to rise dramatically in the next 20 years.

Its almost impossible to overstate how serious and far reaching a problem Diabetes is. It affects more than one billion people worldwide.

The Diabetes have increased risk of heart disease, stroke, dementia, cancer, kidney failure and blindness plus other chronic diseases.

Diabetes and Cardiovascular disease have now outpaced infectious disease as the primary cause of morbidity and mortality worldwide.

- . Obesity isn't as simple as eating too much and not exercising enough
- . Diabetes isn't always progressive and can be reversed in many people.
- . Diabetes isn't caused by eating too many carbohydrates

The subjective symptoms of Diabetes include, but aren't limited to:

- . sugar cravings, especially after meals
- . eating sweets does not relieve cravings for sugar
- . frequent urination
- . fatigue after meals
- . increased thirst and appetite
- . difficulty losing weight
- . slowed stomach emptying
- . Sexual dysfunction
- . visual problems
- . numbness and tingling in the extremities

A person does not have to be obese to experience metabolic problems.

Thin people can suffer from diabetes.

Thin people can suffer from the entire spectrum of blood sugar imbalances.

Their metabolism behaves as if they are obese, even when they are not.

Diabetes and Metabolic conditions aren't always progressive and may be reversed in many people.