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For Type II Diabetes & High Blood Pressure



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DIABETES IS A PANDEMIC!

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It is safe to say, that if you are reading this, you know at least one person who has diabetes or has passed away due to the many complications of diabetes. Diabetes is not an epidemic. instead, it is a pandemic. Our goal is to always be healthy, always.

Can you begin to imagine, that someone's breakfast, lunch, or dinner will catapult them into receiving a diagnosis of type 2 diabetes? Unbelievable, right?! You see, having diabetes is the result of repeated and unfavorable lifestyle behaviors that occur over a period of time (3, 5, 8 years, etc.). The body is wonderfully made and can put up with so much for very long. After a while, after many years of abuse, the body will give up.

So what are the effects of diabetes on the human body? Can lifestyle changes positively impact this disease? These are important questions that deserve answers. Let's speak more on this.



LIFESTYLE CHANGES FOR A HEALTHY BLOOD SUGAR

I often tell my patients that the disease diabetes is like having a razor blade in one's blood vessels. While it sounds disturbing to imagine, from this statement, we can clearly see the level of seriousness and rightful concern involved. The truth is, diabetes is unlike many other diseases in that actually damages all cells, tissues, organs and organ systems within the body. In other words, having high blood sugar levels causes global destruction to the body and results in the body not being able to carry out its normal biological and physiological functions.

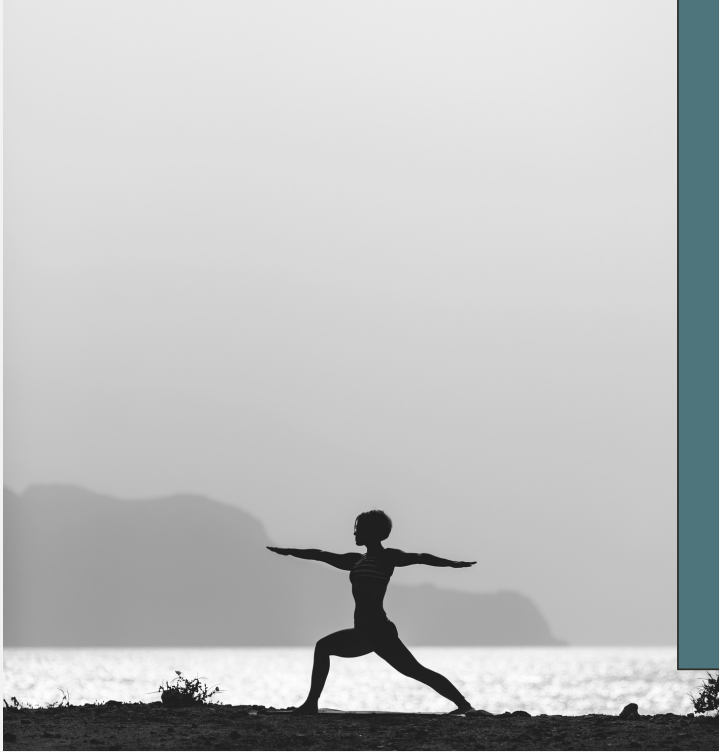
You can now see that diabetes heavily and negatively impacts the body. For instance, diabetes damage small & large blood vessels which can lead to heart attack, stroke, kidney issues, feet, nerves, gums, and even the skin (the largest organ in the body).

On a more positive note, there's so much that we can do to prevent and also positively impact the damage from diabetes. Firstly, prevention is always better than cure! But if one has diabetes, there are so many lifestyle changes that can take place in order to assist the body in returning to a healthy state. Remember, healthy is our goal!

- **Maintain a healthy weight**
 - Physical activity, esp. cardiovascular exercise
- **Keep inflammation to a minimum.**
 - Inflammation is a precursor for all disease, including diabetes. Eating nutrient-dense foods such as dark green-leafy vegetables, fruits, ginger, ceylon cinnamon, garlic, onions and turmeric help to lower inflammation and manage blood sugar.
- **Consistent hydration**
 - Drinking water throughout the day
- **Avoid added sugars.**
 - This includes soda, candy, pastries (such as cake, donuts, muffin, etc.) & simple carbohydrates (white rice, bread, sugar, flour). These foods cause inflammation and even promote blood sugar spikes and dysregulation.



- **Avoid processed foods** (Frozen & pre-made meals)
 - These foods oftentimes include ingredients that work against our goal of being healthy. These artificial ingredients are used to enhance taste and preserve (extend the life of the food) the food but destroy the cells in the body. Some of these ingredients include;
 - **Potassium Bromate** - California has listed this as a known carcinogen & there are many studies showing that it causes tumors in animals.
 - **Butylated Hydroxyanisole (BHA)**- This chemical is a known carcinogen. The European Union has classified BHA as an endocrine disruptor.
 - **Butylated Hydroxyproline (BHT)** - There are studies that have shown that this chemical, commonly found in foods, causes lung tumors in rats.
 - There are so many others that could be mentioned but we will stop here for the purpose of staying on track.
- **Eat whole foods**
 - Not referring to the grocery store but rather eating foods that have only one ingredient- the food itself is actually the ingredient (i.e. pear, spinach, cashews, cucumber, fish, kale, sweet potatoes, papaya, etc.).
 - Not only are these foods rich in nutrients, vitamins and minerals but they also help to reduce inflammation in the body, while helping to heal the body on a cellular level (including blood vessels).
- **Maintain healthy sleep habits**
 - Sleep is not a chore. It is an essential function for health, longevity, and well-being. Lack of sleep results in weight gain, interference in blood pressure, inflammation, and blood sugar disruption, to name a few.



Diabetes significantly impacts the body in a negative way. Today, diabetes is a health crisis and pandemic. Everyone has a family member or friend that has been diagnosed with disease. Despite this, there are lifestyle factors that can have a positive impact on your blood sugar. Eating a diet rich in nutrient dense foods help to reduce inflammation in the body and help to manage blood sugar.

Remember, our goal is to be healthy!

Reference:

- htl-strefa.com

Disclaimer: The included information is not meant to or should not be used to replace or substitute medical treatment, recommendations, or the advice of your physician or health care provider. The information contained within is strictly for educational purposes and is based on evidence-based nutrition. If you believe you have a medical problem or condition, please contact your physician or healthcare provider.

