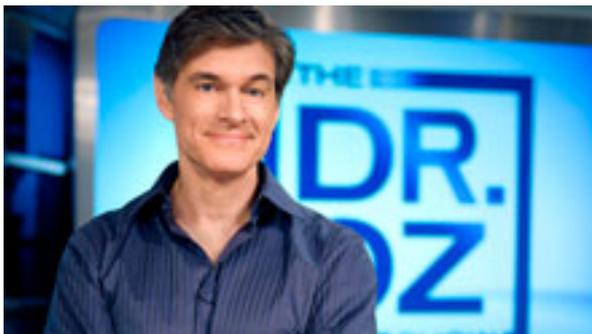


## **A NEW LEASE—on Life!**

By Judit Rajhathy, B.A., RNCP, D.Ac.

### **Save Your Own Life - Today**



“One day you are fine and the next day your life is over,” says 44 year young Laureen, “and my attitude was always, I have a little diabetes but I can eat sugar.” Laureen is now on kidney dialysis three times a week and has just had her left leg and right foot amputated. I encourage you to watch this most disturbing interview with Dr. Oz at [www.oprah.com](http://www.oprah.com), *Why this diabetic had her leg amputated*

. It is an instant education about this most devastating disease - the silent killer - can quietly and quickly destroy a life. This life could be yours so listen up!

How can this happen? And how can this happen so quickly? Because unfortunately at least 50% of all people who have diabetes are unaware of their condition and this figure reaches as high as 80% in some countries (*International Diabetes Federation*).

In 1985 an estimated 30 million people worldwide had diabetes and by 2000 WHO estimated that approximately 177 million people suffered from diabetes. If this isn't bad enough over 80 million people are pre-diabetic and they are unaware because they either have no symptoms or

do not pay attention to the symptoms they might be experiencing. It is obvious that public education is imperative. Early detection and management is a key factor in stabilizing those afflicted with diabetes. It is obvious from the statistics that despite the huge sales of diabetic drugs they have failed to suppress the progression of the disease including its complications.

The single most obvious sign that you might be pre-diabetic or diabetic is being **overweight**. Other symptoms might be fatigue, tingling or numbness in the feet, itchy skin, increased thirst, hunger and urination, blurred vision, cuts or sores that heal slowly and recurrent bladder infections.

**What are some other risk factors?□**

family history of diabetes

history of gestational diabetes or giving birth to babies over 9 pounds

polycystic ovary syndrome in women

high triglyceride level

inactive lifestyle

high blood pressure

low HDL (good) cholesterol level

history of heart disease

being Hispanic, Asian, African American or Native American

### **The Importance of Diet**

“A little sugar won’t hurt,” is the attitude of many diabetics as they down their medications and frequent the donut shops, washing them down with sugar laden sodas. This was the attitude of young Laureen in the video. Diets high in processed carbohydrates and sugars cause the body to develop insulin resistance which underlies type two diabetes. After years of consuming a diet that causes wild blood sugar spikes, the body’s blood sugar regulation system simply “wears out”. In other cases genes could play a role and sometimes even fit mid-life individuals find themselves diagnosed with diabetes and have no idea why - hence, the phrase “Diabetes the silent killer”. A low glycemic diet is the ultimate solution along with a regular exercise program. And ultimately, why not get tested? Save your own life-today.

**(Ed. Note: Judit Rajhathy is the author of the Canadian best seller *Free to Fly: a journey toward wellness***

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