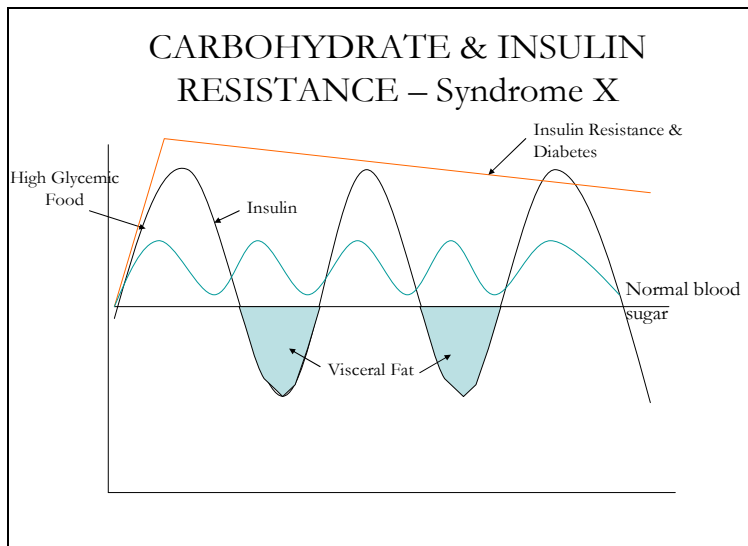


DIABETES

Firstly we need to know how abdomen fat (girth) is formed and how to prevent it from increasing. We know how difficult it is to shed the fat and trim our waistline once it has formed. I'd like you to refer to the graph below.



If you look at the dark blue wavy line with 3 crests - that refers to the 3 big meals we take daily. Each meal we take will spike up our blood sugar, more so if the food is high glycemic. High glycemic food simply means food that converts readily to sugar (glucose). E.g. are white rice, sugar, alcohol, etc. Our organ, the pancreas, will produce insulin to bring down the blood sugar level and because we have a large meal the swing goes below the normal level and very soon we feel hungry again. The next heavy meal repeats the cycle. The swings in the sugar level create visceral fats (shaded blue), that are fats surrounding our organs near the abdomen such as the pancreas, liver, kidney and heart. Visceral fats in our abdomen or girth are dangerous (compared to fats in our legs and hands) as they are close to our organs and could eventually prevent these organs from functioning optimally, which is when we could start developing diseases of the pancreas, liver, kidney and heart.

If this situation continues, the body begins to develop an insulin-resistance condition, meaning the body is no longer sensitive to insulin produced by the pancreas (refer to the brown line). This means the body will require larger quantities of insulin to help bring down the blood sugar level, resulting in the development of diabetes. At this point you will need insulin injections, which, as a result of the body's insensitivity to insulin, means if the condition continues, the dosage of insulin needed will increase each year.

From the food intake angle, one way to prevent this situation from aggravating is to have smaller and more frequent meals (as indicated in the light blue wave line) rather than few large meals. The swings in the blood sugar is not so pronounced and hence less visceral fats are formed. Another way and more so for diabetic patient, is to eat lower glycemic food.

All food has a glycemic index and this is compared against glucose which has the highest index of 100. White rice and white bread is 90 and brown rice is 50. Bananas and papaya is 60 whereas orange (42), pears (38) and grapefruits (25). Take food with index less than 50 and eat lots of fibers.

The 2nd step is to exercise.

The 3rd step is to have optimal cellular nutrition. Vitamin B complex (B2, B6 or niacin, B12) are co-factors in burning glucose. Take enough antioxidants to prevent the oxidation of bound sugar. Having a high blood sugar level means the red blood cells and organs are coated with sugar, very much like a sugary doughnut. Sugar is easily oxidized and oxidized sugar cause damage to organs. Antioxidants like grapeseed extracts, vitamin A, C, E helps prevent the oxidation. The important minerals to take to reduce insulin resistance are vanadium and chromium.

The 4th step is to eat lots of fruits and vegetables. These food contains lots of alkaline minerals and antioxidant. The alkaline minerals help to neutralize acidic wastes form when food is metabolized to produce energy. If you can't eat lots of food

and vege then I will recommend drinking alkaline mineral water. It's important to drink lots of water to help your body flushed acidic wastes out of the body via urine and sweat.

So there you are, 4 easy steps to prevent diabetes. The first and fourth is how and what to eat (or drink). The second is a lifestyle option. The 3rd is the easiest - just take good supplements that contains all these nutrients. As I've mentioned in the past, USANA Essentials have all these nutrients and so taking the supplement daily could help prevent both heart and diabetes problems, like killing 2 birds with one stone. And the beautiful thing is you don't have to do drugs!

Someone asked how much is the USANA Essentials. It costs \$175.00 a set and will last 45 days if you consume it twice a day. For those pre-diabetic with high blood pressure it is recommended to take it 3 times a day. So is \$175.00 for 45 days consumption expensive to help prevent diseases? You can decide for yourself.