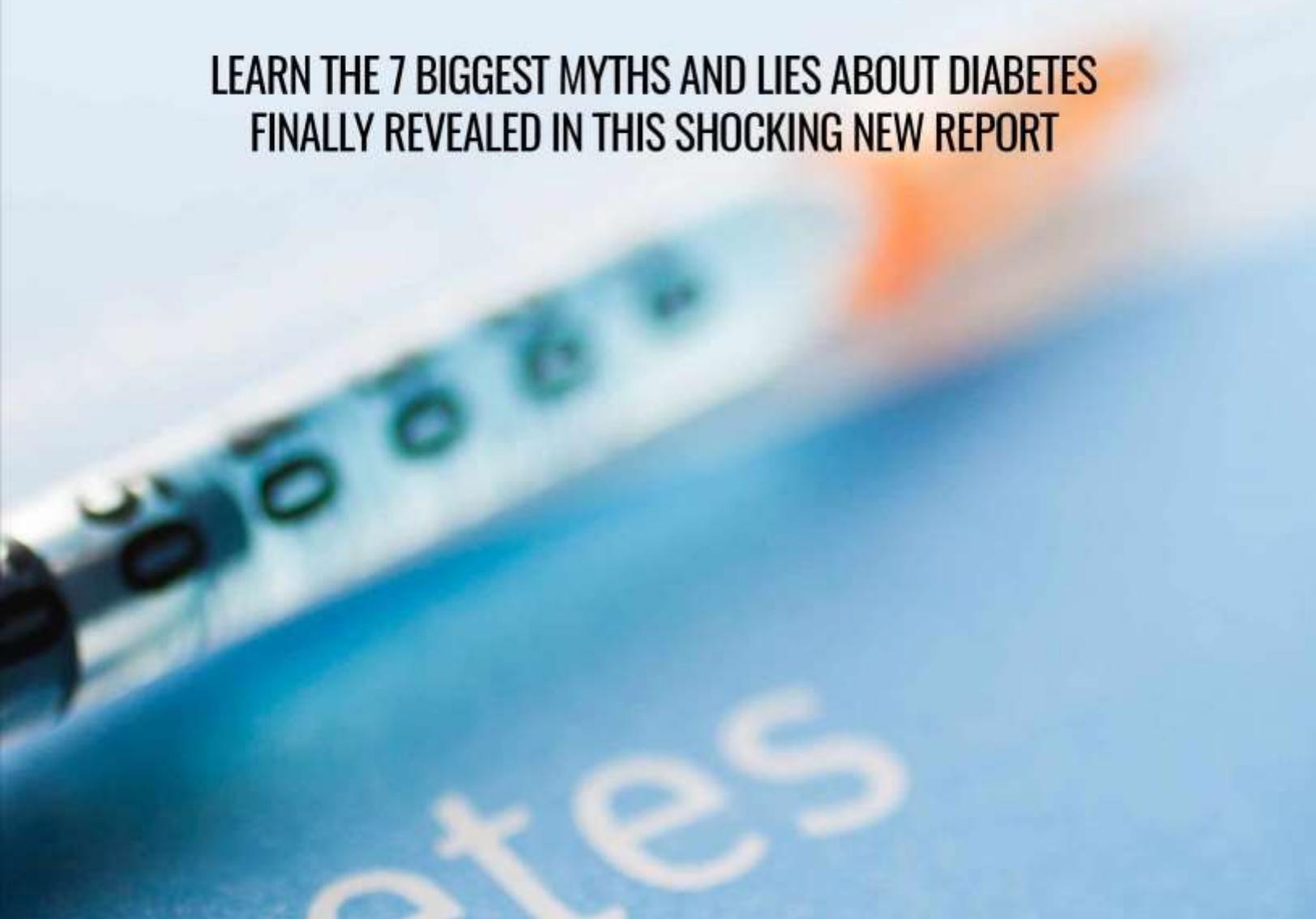


THE **7** BIGGEST DIABETES *LIES*

LEARN THE 7 BIGGEST MYTHS AND LIES ABOUT DIABETES
FINALLY REVEALED IN THIS SHOCKING NEW REPORT



Introduction



Diabetes mellitus is classed as a group of chronic metabolic diseases, causing high blood glucose levels. Diabetes is diagnosed when the pancreas cannot produce enough insulin, or the produced insulin is not sufficient for the cells and the body cannot use the insulin effectively. Insulin refers to a hormone that regulates blood sugar within the body.

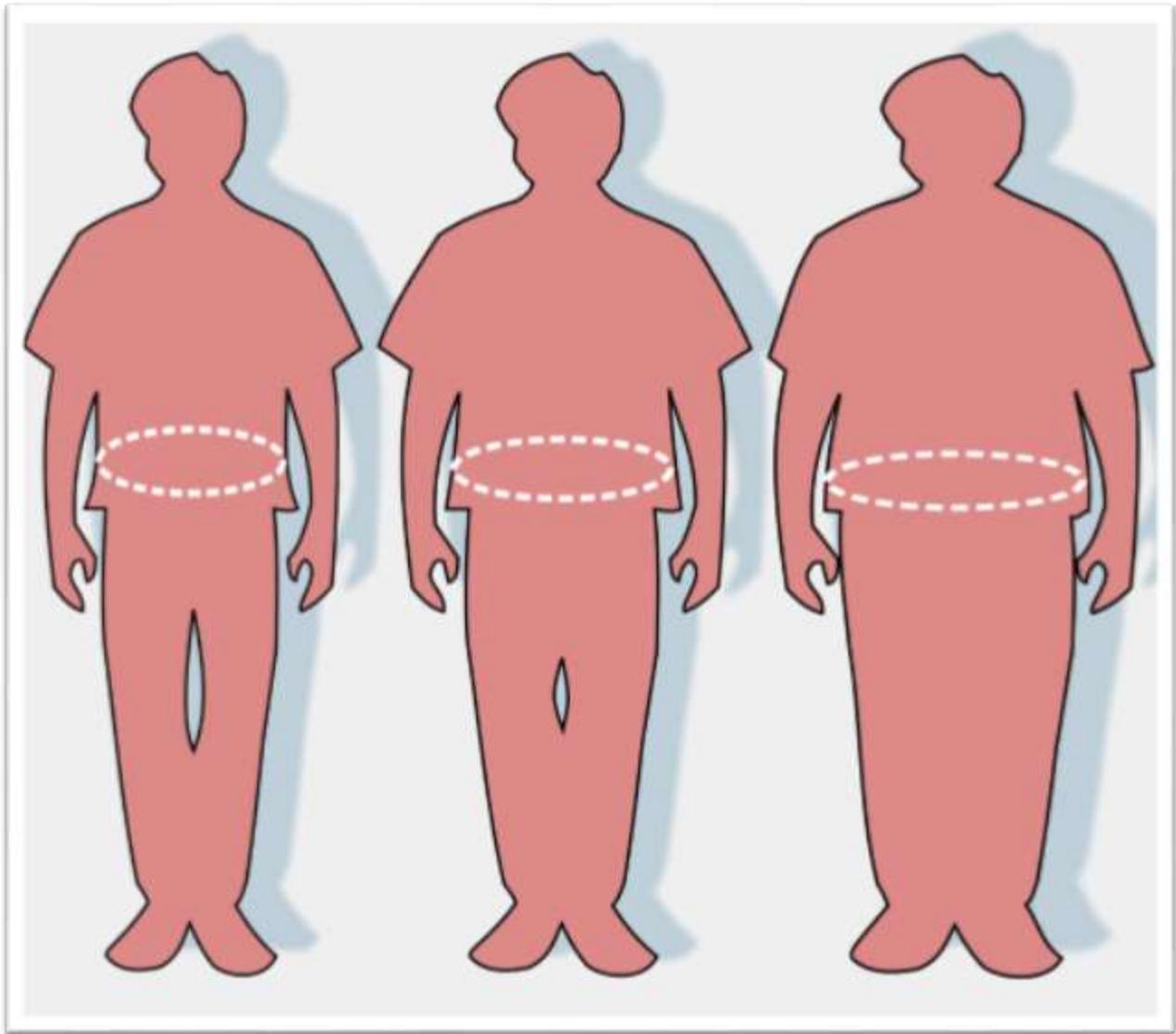
Diabetes mellitus is characterized into three main types: Type 1 Diabetes, Type 2 Diabetes and Gestational Diabetes (GDM).

People with Type 1 diabetes produce very little or no insulin at all. Type 1 mostly occurs in young adults and children. The sufferers of type 1 need to inject insulin for the rest of their lives. Type 2 diabetes relates to the body's inability to effectively use of insulin. 90% of the diabetic population suffer from type 2 diabetes. Gestational diabetes occurs during pregnancy. Blood glucose levels are usually above normal in mothers with GDM.

Diabetes has become such a common disease, and is highly spoken about in today's society. People form their own perspectives, experiences and understandings, which has resulted in many, believable fabricated statements regarding diabetes.

This report aims to debunk seven of the main lies and myths about diabetes, and will provide thorough explanations on what the actual facts are.

1 - Only Overweight People Get Diabetes



It is commonly said that only overweight people get diabetes. The fact that overweight people get diabetes cannot be denied, but the statement that **ONLY** overweight people get diabetes is utter falsehood. Even doctors only think of diabetes when someone fits the stereotype; an obese and inactive person.

NEVER Eat This Vegetable (It's the Worst Food for Piling on Fat)

You sit down for dinner, tuck into your so-called 'healthy' meal...

... But then you eat [THIS VEGETABLE](#).

Could this innocent little veggie *really* be the source of your weight gain?

That's what a **breakthrough study** in the New England Journal of Medicine says.

In fact, every serving of [this vegetable](#) was shown to add on almost 1.3 lbs in weight, while an extra serving led to a gain of almost 1.7 lbs.

This myth came into existence years ago when many overweight people had the syndrome called “insulin resistance”. This occurs when the cells stop responding properly to insulin and the blood sugar levels remain very high, so larger than normal amounts of insulin are required to keep glucose under control. At that time, careful investigations have not been conducted by large scale research studies, and the idea that only overweight people develop diabetes was largely believed by many medical professionals. Many assume that insulin resistance is caused by obesity, and doctors would always say that over-eating caused excess fat and weight gain which simply lead to diabetes.

According to the American Diabetes Association, being overweight and obese is definitely a risk factor for the development of diabetes. However, other major factors can

place a person at risk of developing diabetes, such as age factors, genetic factors, and ethnic factors. Some obese people do not develop diabetes, while many people that suffer from diabetes are not obese or overweight or are only moderately overweight.

Weight is only one risk factor out of the many factors contributing to diabetes. Unknown triggering factors and genetic disposition are majorly involved. Diabetes can strike anyone, regardless of what risk factors they may have. The figures have increased by 50% in a just a matter of a decade, and not all of the sufferers are overweight.

According to the Centers for Disease Control and Prevention (CDC) from 1980 to 2011 (within a period of thirty-one years), the rate of diabetes increased from 2.5% to 6.9%. However, the obesity rates, according to the National Institute of Diabetes, digestive and kidney diseases (NIH), went from 13.4% to 35.1%, from 1960-2006. Analyzing this information, one can understand that the increase in the diabetic rate was far less than the obesity rate during those time periods. According to the supposed statement, all the people who gained weight should have also developed diabetes.

In order to understand why “only overweight people DO NOT get diabetes”, one needs to understand what the other factors that contribute to diabetes are, and what the actual role or relevancy of obesity and excess weight is to developing diabetes.

Being overweight is rather a SYMPTOM than a CAUSE. One must not think that they have eaten their way to diabetes, as anyone can get it, but diabetes occurs more in aged people because the pancreas becomes less efficient just as other body organs and parts do with growing age and frailty.

Just because doctors regard obesity as the major cause, they would prescribe heavy doses of statin (a group of drugs that helps to reduce the cholesterol levels in blood). However, instead of helping, this drug raises the risk of diabetes.

One out of five people diagnosed with diabetes are of normal weight or underweight. Overweight people are more likely to be insulin resistant. However, most of the people who are overweight have a 10% chance of becoming diabetic. The fact that overweight people are insulin resistant has caused the media and past medical researchers to generalize this upon all overweight individuals.

In fact, according to recent studies, the person must have a combination of a variety of already-identified genetic flaws to develop type 2 diabetes. This confirms that if a person has not inherited abnormal genes, or the genes have not been damaged by exposure to environmental toxins or chemicals which are known to cause genetic damage, you can eat as much as you want and whatever you want, but you will not develop diabetes. However, obesity is definitely a cause to many other minor diseases that can progress into larger ones afterwards, and it must be controlled in order to maintain a healthy lifestyle and a healthy body.

2 - You Get Diabetes from Eating Too Much Sugar



The fact that blood sugar levels in the body are imbalanced and uncontrolled in a diabetic situation, people comfortably associate sugar intake with diabetes, affirming it as the cause of this common disease. This large myth stating that you can get diabetes from eating too much sugar is absurd. Sugar does play a significant role, once a person becomes diabetic but it definitely isn't the sole cause.

Firstly, it needs to be understood that the human body works in a way that when food enters the body, some of it is

turned into a sugar called glucose. Before that, the food is digested in the stomach by the body, by mixing it with fluids comprising of acids and enzymes. While digestion takes place in the stomach, carbohydrates from the food (sugars and starches), break down into one other type of sugar called glucose as mentioned before. That glucose is released into the bloodstream after the stomach and small intestine absorb it during the digestion process. The glucose, once present in the bloodstream, is then easily and immediately available to be used as energy by the body or to be stored for later use. For the glucose to be stored or used, insulin is required. Without insulin, the blood sugar levels will remain higher than normal.

Insulin is a hormone which is made by beta cells and released by the pancreas. The beta cells are sensitive to the quantity of glucose in the bloodstream, and check the blood glucose levels constantly, sensing the amount of insulin required. Consumption of carbohydrates raises the glucose levels in the blood and prompts the beta cells to trigger the pancreas to discharge more insulin into the blood.

However, the body of a diabetic patient does not undergo that process, as the pancreas does not make enough insulin, or the insulin it does produce is not able to work properly. People with type 2 diabetes can produce some of their own insulin but either it is not enough or the insulin is not able to open the cells to the glucose, which causes the cell to become insulin resistant. Some patients require insulin injections, whereas many with type 2 do not have to take the

injections and only take medications to improve insulin sensitivity.

This means that the balance of blood sugar levels and insulin production depends on how much and when a person eats. Diet is a major factor in diabetes. A healthy body can keep blood sugar levels normal; i.e. between 70 and 120 milligrams per deciliter.

Olive Oil vs Coconut Oil vs Vegetable Oil (which is best?)

Guess which simple everyday cooking oil has been shown to reverse memory loss and cure Alzheimer's and other forms of dementia.

Is it...

- A) [Olive oil](#)
- B) [Coconut oil](#)
- C) [Vegetable oil](#)
- D) [Sunflower oil](#)

Have a guess and see if answered correctly, right [here](#)

It is understandable that diabetic individuals are more concerned about sugar in their diet than any other food , where sugar has been considered the biggest enemy for centuries. This is due to the name of the disease. Diabetes Mellitus was referred to as sugar diabetes in early days, where 'Mellitus' has been roughly translated to 'sweet'.

The name evolved from early diagnostic methods, where doctors would diagnose diabetes by checking whether the urine was sweet or not. Sweet urine would mean the person is affected with diabetes. Since then, doctors inaccurately regarded sugar as the cause of diabetes. In the 1920's, Dr. Frederick Allen, one of the grand pioneers of diabetic research, reported in "The Journal of Experimental Medicine" that sugar is more dangerous as a food for individuals with diabetes than starch.

However, this conclusion was proved wrong, since technology today is more advanced and there are more ways of researching the true causes of diabetes. Later studies produced no scientific evidence that supported the myth.

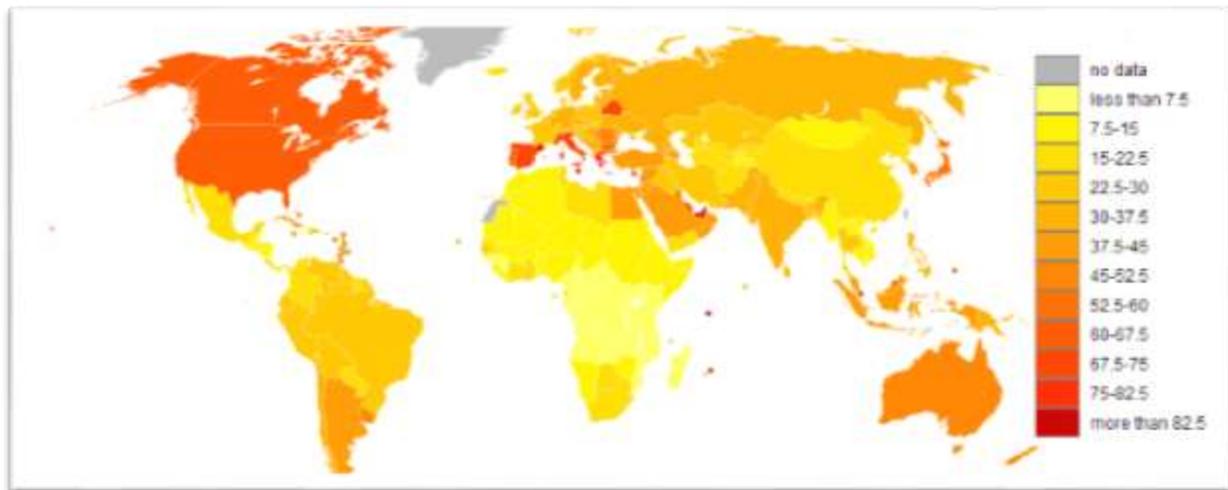
Sugars are carbohydrates, and the body reacts to them in the same way as it would to other carbs. In fact, the factor that affects blood glucose is the quantity of the carbohydrate or sugar consumed, and not the type of carbohydrate itself.

In addition, it depends on where the carbohydrates are coming from, and how the food has been processed or cooked. Carbohydrate sources must be taken as part of a total meal rather than in single consumption. But this certainly does not mean that a diabetic individual can consume as much sugars as they want, as again, it is the quantity that matters.

Even though it is not fatal at the initial stage, but not controlling diabetes and not undergoing the medical

practices suggested, could result in the disease progressing and proving fatal later on. A healthy diet and a moderate exercise regimen must be strictly followed once you've been diagnosed with diabetes. However, diet and exercise must be a balanced part of every person's life to avoid other diseases. Apart from diet and exercise, oral medication is available to help the body use its insulin more efficiently, if the blood sugar levels are still high. Alternatives for sugars and carbohydrates are advised, rather than consuming large amounts of natural sugars.

3 - Diabetes Isn't That Serious



Diabetes may not seem like a serious disease to many, but today, this disease takes more lives than AIDS and cancer combined. Disease of any sort must not be taken lightly. According to the Diabetes Research Institute Foundation, diabetes is a leading cause of blindness, kidney and heart failure, stroke and amputations. Not only does diabetes cause physical problems, but it also creates emotional and financial stress. In America, the annual public cost of diabetes is more than \$245 billion.

Diabetes has afflicted more than 380 million people globally. The World Health Organization (WHO) has estimated this figure to be more than double by 2030, which is definitely something to worry about.

Finding out more about the disease is essential. The more knowledge you have about a certain disease, the more you can understand the underlying dangers and harm it may

cause. This information will push you to maintain a healthy lifestyle in order to prevent the disease from progressing. However, many people who come up with false assumptions regarding a disease are mostly unaware of the actual factors, and repeat what they might have heard elsewhere.

Diabetes is very serious, but one can always learn to manage and control it, even though it may not be as easy as people assume it to be. Diabetes may lead to other serious diseases.

Heart diseases including heart attacks and strokes are linked to diabetes. Eye problems that may lead to poor vision and complete blindness can be a consequence of poorly controlled diabetes. It may lead to kidney failure. Diabetes also damages the gums and mouth. Many may develop gum diseases and lose their teeth. Diabetes can damage the nervous system, resulting in severe body pain. The hands and feet can hurt a lot, tingle or feel completely numb. In severe cases, some people even lose a foot or leg. The immune system is also compromised, and any sort of injury does not heal quickly.

These diseases and problems alone are enough for one to change the belief that diabetes isn't serious. Non-diabetics have controlled and normal blood glucose, are more energetic, are less thirsty and less tired, and do not urinate often. They have less injuries and heal quicker. They undergo much less skin or bladder infections. The eyesight remains normal, and there are less problems with the gums, teeth, muscles, feet and legs.

People must know the basics of diabetes in order to be cautious of their health. High blood pressure and cholesterol can cause heart attacks, strokes and major diabetic complications. The blood pressure goal for individuals with diabetes is below 130/80. For LDL cholesterol, it should remain below 100 and HDL should be around 50.

Is THIS Bathroom Habit Really
the Cause of Your Hearing Loss?

You wake up in the morning.

Brush your teeth.

And then you do [THIS](#).

Could this everyday bathroom habit be KILLING your hearing?

That's exactly what Harvard Medical School has concluded in a recent study.

In fact, doing [this just twice a week](#) was shown to increase hearing loss by up to 24%.

Complications of all sorts may arise once someone is diabetic but control is necessary and can prevent the development of these major diseases. High blood pressure, high cholesterol and blood glucose levels all combined may lead to the serious conditions mentioned above. According to the International Diabetes Federation, diabetic people are 25 times more likely to have amputations non-diabetics.

Viewing diabetes as a minor problem and a light factor maybe the biggest mistake of a diabetic person's life. They need to take the disease seriously and control it.

4 - You Have to Eat a Special Diet If You Have Diabetes



Diet is an important part of one's health, whether suffering from a disease or not. If you are not suffering from any sort of disease, you must follow a healthy and balanced diet, in order to prevent yourself from problems that may occur due to poor diet habits. But if you are suffering from a disease of any sort then you must still keep your diet controlled in order to prevent the disease from progressing.

Yes, diet plays an essential role, but a special diet to follow in diabetic circumstances? No.

The reality is that a diabetic person can eat most of what a person without diabetes can eat. According to the Joslin Diabetes Centre in association with Harvard Medical Institute, a diabetic person is completely allowed to eat food the rest of the family is consuming. Healthy diets should be consumed by everyone, just as much as it is recommended to a diabetic person. The current guidelines for nutritional intakes are very flexible, and can allow a diabetic to fit in their favorite foods within their diet.

A healthy diet consists mainly of fruits and vegetables, legumes, heart-healthy fats, and lean protein sources, which must be consumed by everyone. The diet is not the problem for a diabetic person, the quantity of the components within the food is what actually matters. Small quantities of healthy food at regular intervals is considered healthier than overeating all at once after long intervals. You may give in to cravings, and consume foods that are high in fat and sugar as an unhealthy snacking solution.

A special diet is not required; a balanced diet recommended, along with moderate exercise to burn off extra calories and reduce body fat. Carbohydrates and fats are necessary for the body, but one must choose between the good and the bad ones. Good ones mainly come from fruit, vegetables and nuts.

Consuming too much of ANY food can be unhealthy. The vital thing to know is HOW much of those foods you should be consuming in order to maintain your blood sugar and glucose levels. Balance is the way of life. Balancing your diet

in order to balance your glucose levels results in controlled diabetes and a healthy life!

Do this daily activity “backwards” to reverse Alzheimer’s

Stunning new research from Yale University has revealed that if you’re doing this simple daily activity, you’re accelerating your Alzheimer's and dementia symptoms by a frightening 87%.

But there is good news.

Doctors have shown that doing [this activity](#) ‘backwards’ can actually reverse Alzheimer's, regenerating dying neurons and restoring brain function.

Find out more here:

[Do this daily activity “backwards” to reverse Alzheimer’s](#)

This statement also relates to the fact that fat must not be consumed by diabetics at all (special diet), when in reality, the consumption of healthy fat doesn’t really have much to do with the glucose levels. The fat being talked about here is from margarines, oils and probably salad dressings which can affect blood glucose. These are called trans fats and saturated fats. Nonetheless, the consumption of a very fatty meal may result in slow digestion, prompting insulin to work harder which will the result in a high blood glucose levels. Saturated and trans fat must be consumed scarcely, because they may lead to high blood pressure and heart attacks through high cholesterol levels.

Eating a particular type of food or having a special diet does not help much and is utter garbage according to recent research. The key is to have a controlled and balanced diet which means you may eat a full range of food in the correct quantities. The portions must be selective and healthy. The proteins, carbohydrates, fats, and all essential nutrients will still remain essential even if you are a diabetic.

5 - Injecting Insulin Is Painful



Pain normally comes the way one usually anticipates it. Again, a myth is a myth, which is mostly made up by people with the wrong experiences, wrong information and knowledge. People are too scared of a needle, where when they think about getting injected with something, they may assume that it is the end of the world. There are people with high pain tolerance, who have no effect of any sort whatsoever, but there are people who are not used to standing the smallest scratch and ache. Pain tolerance varies greatly between individuals.

Insulin injections are extremely thin. The insulin is supposed to be injected in the fat underneath the skin, and not in the muscles or veins, which does not make it seem painful at all. However, the needle prick may be a bit tingly and cause a bit of a sting and uncomfortableness, but it still cannot be regarded as a painful procedure. Pain may occur

if the muscles are contracted during injecting, and slight bleeding may occur.

A small amount of blood to occasionally appear is quite normal whilst injecting insulin. If the syringe accidentally punctures a tiny blood vessel, bleeding occurs, but this can be stopped immediately by putting pressure on the injection site with a cotton ball. It is important to not rub the spot, and the finger or cotton ball must not be pressurized to avoid bruises and after pain.

Amazonian Tribe "Immune" To High Blood Pressure Say Experts

A small, isolated tribe living in the depths of the Amazonian rainforest are effectively immune to Hypertension say leading researchers.

It's all because they eat [this](#) fruit and herb combo daily.

[>> Eat this Amazonian Fruit+Herb combo to safely lower blood pressure](#)

If the area bruises, you must not inject insulin on that site again and must inject in another place until the bruise is healed completely.

People who experience frequent bleeding while injecting insulin, is a sign that they are not taught how to do that properly. They must consult with their doctors immediately

for help and advice, instead of waiting around and doing it wrong repeatedly. There are chances that there might be another medical problem.

Insulin injections are not meant to hurt, but in rare cases that one is experiencing pain, the following procedures can be followed. It is likely that the following procedures are not being followed by people who experience pain whilst injecting insulin.

- Make sure you learn the right methods and steps from a healthcare professional to inject insulin correctly.
- Make sure that any applied alcohol or spirit is completely dry before you start injecting yourself with insulin.
- Make sure that you did not bend the needle whilst taking the cap off from the syringe. It must be taken out carefully. Be careful not prick yourself accidentally while pulling it out. The caps must be twisted first, and then pulled off.
- The insulin you are injecting must be at normal room temperature because injecting cold insulin causes pain.
- The muscles must be relaxed and loose whilst injecting. Tight muscles cause pain and bruises.
- Make sure that you only use the needle once. Using the needle again is not hygienic, and may become weak and break, causing another problem.
- Taking large doses of insulin also hurts. You may ask your doctor to break your dose down if possible. This will help in minimizing the pain.

- Taking longer time to penetrate the skin whilst injecting, may result in more pain.
- Consult your doctor about the sizes of the needles you use to inject. Avoiding shorter needles is better.
- Take note of all the possible parts that can be injected, where you do not feel much pain.

People avoiding these precautions may be the ones going through pain, but injecting insulin is not regarded as a painful procedure for people who do it properly.

6 - Women with Diabetes Shouldn't Get Pregnant

While it is true (to some extent) that pre-diabetics can have complicated pregnancies, it is not entirely true that pre-diabetic women must not conceive at all.

Doctors recommend that women planning pregnancies should maintain their Hemoglobin A1C prior to conception and after conception. Problems that may (or may not) occur in diabetic expecting mothers who do not control their diabetes include:



- Long term diabetic problems, such as eye complications, heart diseases or kidney diseases.
- Increased chances of problems for the unborn baby, such as premature delivery, heavy birthweight, breathing problems, or have very low blood glucose levels immediately after the birth.
- Increased risk of the baby having birth imperfections and defects.
- Increased risk of miscarriage (losing the baby before the 20th week).

- Increased risk of stillbirth (death of the baby in the womb after 20 weeks).

These are risks and problems that only occur when the blood glucose levels are not in control. Having the diabetes in control means that the risk factors are just the same as a normal pregnant woman who is not suffering from diabetes.

Too much maternal blood glucose may result in the baby having high blood glucose levels, but may also drop rapidly resulting in levels too low.

There are many cases in which diabetic women have given birth to healthy children. These cases are proof that diabetes isn't harmful if one wants to get pregnant, if the diabetes is in control. Although the children MAY develop type 1, the chances of that happening are just as much as developing it if they have a family history.

Pregnancy may cause several changes within the body, so you might need to change how you manage your diabetes. Even if you've had diabetes for a prolonged period you may still need to change your diet habits, your physical activity levels and probably medication too.

The main focus should be to keep the blood sugar levels and glucose in control, as babies who are exposed for longer periods in the womb to high blood glucose have more chances of developing diabetes in their future.

The healthcare provider will always determine how healthy you are for conception, and whether your diabetes is under control or not.

A specific blood test (Glycosylated Hemoglobin test: HbA1c) is a way to evaluate how well the diabetes is under control, and has been within a period of eight to twelve weeks beforehand. Some other medical tests can provide a status on how healthy you are in order to conceive, and also to control diabetic complications when you are pregnant.

- Kidney complications caused by diabetes can be checked through urinalysis. The various components in urine are checked for the color, gravity, odor, pH, protein, glucose, ketones or nitrites to analyze health.
- Cholesterol levels and triglyceride tests can be conducted.
- Eye exams are important to check for any problems such as glaucoma and cataracts, that may be caused by diabetes.
- A diabetic foot exam is also necessary.
- An electrocardiogram (EKG or ECG) must be performed in order to check the electrical activities of the heart as line tracings on paper.
- Monitoring the blood activities to check liver function.

There are a multitude of ways in which diabetes can be checked and controlled, so believing that a woman cannot be pregnant if she is suffering from diabetes is wrong. It always depends on the individual's health and the diabetic state, which can always be controlled and maintained.

7 - People with Diabetes Can't Donate Blood

The statement that a person with diabetes cannot donate blood is just as absurd as the statement that a short person cannot donate blood to a tall person. Donating blood is a life-saving component and anyone can donate blood. By anyone here, we mean healthy individuals. However,



diabetic individuals are often deprived of the honor to donate blood to the needy, even if they wish to do so.

This myth is based on many misconceptions:

- The diabetic individual might transfer their diseases to the person being donated.
- The diabetic individual may develop health problems due to lower blood after donating.

Even though diabetes is closely related to blood glucose levels, it still doesn't make sense that a person with diabetes will transfer the disease to the other person if they donate blood.

Diabetes may be a very serious and complicated disease, but it is not transferred easily to another person. As described earlier, diabetes is the name of the process within the body which is related to blood glucose levels, and not a material thing or a virus that can be transferred. Diabetes is part of your genetic makeup, just like height and other physical features. It is not a germ or bacteria that would affect the recipient like a foreign body would do normally. Diabetes is closely linked to genetics, and transferring the blood of a diabetic individual would not affect the genetics of the recipient in any way, unless the diabetic individual is suffering from more than just diabetes.

A diabetic person may be the last resort for donating blood in cases where there is no other alternative. This is because blood sugars may dramatically shift in the diabetic individual after donating, which may impact their own health. If need be, a diabetic individual may even donate an organ, but that is of course after thorough testing.

The second debate is clear in some cases while false for others.

According to the Canadian Diabetes Association, a person using insulin injections is not allowed to donate blood to another body. As mentioned above, blood donation may result in the interruption of the blood glucose control and could lead to hypoglycemia. It could occur right on the way home or even at the donation site itself.

The actual eligibility depends on how healthy a diabetic individual is. A person with controlled diabetes through diabetic pills or a balanced lifestyle has a higher chance of donating blood. However, this still depends on the overall health. People suffering from type 2 can most likely be suffering from blood pressure and heart problems too. If that is the case, they are not eligible for donation as after blood is lost, it may affect heart health.

A person with controlled diabetes is definitely allowed to donate blood to anyone in need.

The fun drink that makes you skinny? (try it tonight!)

Imagine if you could go out every weekend, have fun, drink alcohol, do ZERO exercise all week, and still burn belly fat.

Scientists at Washington State University have found that a little known ingredient found in a very specific alcoholic drink can increase your body's fat-burning powers by up to 370% - allowing you to burn 1-2 pounds of belly fat overnight, and achieve life-changing weight loss in less than 30 days.

[>> Click here to reveal the alcoholic drink that makes you skinny.](#)