

Methods Of Controlling Type II Diabetes



Part 2 of 2

Type II diabetes, for the most part, is brought on by poor eating and exercise habits. That being the case, it is easy to conclude the control of diabetes may be in part accomplished by permanently changing such lifestyle patterns. The fact is, if the disease is caught early in its developmental stage, it is more readily contained through food and physical activity. There are many things a person can do to both ward off and help control Type II diabetes. Because we all have different conditions within our body, each individual should seek professional help, in order to determine the program they need to follow for achieving optimal health.

Exercise is Insulin's Best Friend

By exercising as little as 10 minutes, twice a day, your muscles will require less insulin to transfer glucose into the cells. As the muscle fibers are built up through physical activity they become more efficient glucose burners. This means less insulin is required by the body, which gives the beta cells in the pancreas the periodic rest they require for maximum health.

It is desirable to do a variety of exercises. By switching between activities like walking, swimming, bike riding, yoga and tai chi one's physical endurance is both created and maintained at a superior level. The one exercise that should be avoided is weightlifting. Pressure is required for lifting, which may end up damaging the capillaries within the eyes.

It should be noted, for those where being overweight is an issue, by losing as little as 10% of one's excessive body weight an improved blood sugar level can be achieved.

The Major Complications of Diabetes

Neuropathy is a disease which damages the nervous system. About 65% of the diabetic population suffers from this ailment. The most obvious symptoms are numbness, tingling and pain in the extremities. This is caused by a lack of circulation to these areas resulting from constricted capillaries.

Promolife sells three products designed to help alleviate neurofoot pain. New York Medical College researched the effect of magnetic insoles on diabetic foot pain. They concluded 80% of those suffering continual pain benefited from the magnetic therapy. The reason for this being, high gauss magnets increase blood flow in the affected area by causing the capillary walls to relax. Another method of pain relief is the Garment Sock which uses a Tens unit to generate the relief. To understand how Tens units work please read Promolife's past newsletter on the subject. The Pain-X Near Infrared Therapy Boot is also considered an excellent method of neurofoot pain relief. Near infrared creates pain relief by boosting the circulation in the capillaries. Up to 95% of people treated with near infrared therapy experience pain relief.

Retinopathy is a disease of the eyes. Some of the symptoms are blurred vision, floaters in the field of vision, and at times, a bloodshot look to the eyes. Of all the herbal remedies proposed, bilberry came with the highest recommendation for strengthening the capillary walls within the eye's retina. Bilberry extracts have also been reported to help relieve the tingling in the extremities. It is the berries, and not the leaves that should be used. It is suggested the diabetic take 1000 mg of Bilberry extract daily.



Arteriosclerosis is a disease which affects the blood vessels. It is commonly called 'hardening of the arteries'. The restriction of the capillaries caused by diabetes often result in the person's blood pressure going up. Over 60% of diabetics suffer from high blood pressure and other heart diseases. Heart disease is the diabetics' most common method of death. The same remedies fore-mentioned may also help this condition. Walking is one of best exercises one can perform to lessen the effects of arteriosclerosis.

One superb method of improving the bodies circulation problem is to take Hydrotherapy whirlpool baths daily. The combination of heat and water in motion causes the blood vessels to dilate which helps to relieve the pain caused by diabetes.

A diet rich in magnesium has been shown to relax the narrowed blood vessels. A few of the foods highest in magnesium are black and navy beans, halibut, pumpkin and squash seeds, cooked spinach, artichokes, barley, raw oak bran, buckwheat flour, almonds, cashews and cornmeal.

Along with diet, learning biofeedback techniques has shown to help improve blood circulation. This training takes several weeks to master, but once learned the person becomes able to change their own blood flow to an area, which affects the body's blood pressure.

Nephropathy causes kidney failure. It is essential the diabetic control their blood sugar levels in order to avoid this deadly disease. More men than women develop nephropathy. Often the disease does not present itself until a person has been a diabetic for at least 5 years. In general, controlling the body's sugar level is half the work of gaining an upper hand on diabetes. The other half is the strengthening of the pancreas' ability to produce insulin.

Controlling Blood Sugar Levels

Of the abundant suggestions for controlling blood sugar levels the following are the ones emphasized by the majority of publications. Cooking with and drinking 3 or 4 cups of bay leaf tea daily helps to control the blood's sugar. Make the tea by steeping several leaves in water. Do not eat the leaves as they are poisonous.

Onion and garlic, both raw and cooked will help to reduce blood sugar levels, as well as promote blood circulation.

Chromium has been highly recommended for improving blood sugar and helping in the prevention of developing Type II diabetes. Often diabetics are deficient in chromium, because foods rich in simple carbohydrates (table sugar, honey, soft drinks, etc.) will leech chromium from the body. Complex carbohydrates on the other hand helps to preserve the body's chromium.

Daily eating cinnamon (1 teaspoon) and fenugreek (2 teaspoons of seeds) may help to regulate blood sugar levels.

Regulating Insulin Levels Through Food

One may not consider dandelion root a food, yet by drinking a cup of its tea daily one can help stimulate the pancreas' production of insulin.

Regularly eating legumes (beans) is a wonderful method of controlling the insulin required for glucose assimilation. Beans raise the blood sugar level much slower than most foods, which means the pancreas will not be overworked trying to produce insulin.

An 1/8 cup of apple cider vinegar diluted with 1/4 to 1/2 cup of water and sweetened with stevia has been reported to decrease blood sugar spikes resulting in a decreased need for insulin.

Finally, the last beneficial tip for controlling insulin is to eat smaller, but more frequent meals. This works to keep the digestion system running on an even keel, with fewer demands on the system to overwork itself.

There are dozens of other suggestions for containing diabetes. The ones represented here are just the most noteworthy ideas currently known. To find more ways of preventing diabetes download the free eBook, 'More Than 50 Ways to Prevent Diabetes'. Of all the methods to control diabetes, it is clear the prevention of the disease is both possible and preferable to playing catch-up once the disease has been acquired.



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