

A new claim for the solution to all diabetes is at-<http://www.diabetesfree.org/Video/>

I had no knowledge of diabetes, but had two friends ten years younger than I was, suffer it for three years, and then die, so I researched it.

Almost all said that diabetes is treatable, but cannot be cured, and it is hereditary.

More time in the sun can reduce the chances of getting diabetes and obesity.

It is estimated that 100,000 in USA have diabetes that has not been diagnosed.

Diabetes is diagnosed by blood tests which can be organised through a doctor. If unsure, get a test immediately. Treatments aim to maintain healthy blood glucose levels and to prevent serious health complications. Diabetes can occur when a person has too much glucose (sugar) in the blood. This happens when the pancreas can't make enough insulin.

Almond milk (with no additives) is low in carbs, which means it won't significantly increase your blood sugar levels, reducing your risk for diabetes. Because of its low glycemic index, your body will use the carbs as energy so the sugars aren't stored as fat.

### Symptoms

#### Type 1 diabetes

- Thirst
- Excessive urination
- Weight loss
- Fatigue
- Not sleeping well
- Mood changes
- Nausea.

It can cause-

- Abdominal pain, nausea, vomiting
- Skin infections, thrush
- Extreme hunger
- Poor concentration and performance
- Stiffness.

#### Type 2 diabetes

You may have had it for many years without realising it. Not everyone has symptoms that are obviously diabetic. Symptoms include -

- Feeling tired and lacking energy.
- Feeling thirsty.
- Going to the toilet often.
- Getting infections frequently.
- Getting infections which are then hard to heal.
- Poor eyesight or blurred vision.
- Often feeling hungry.

If you have any of the above symptoms, discuss them with your doctor.

According to statistics in the film, after World War II, Americans consumed an estimated 16-24 grams of fructose per day. By the mid-70s, that average had risen to 37 grams per day, and 20 years later, Americans were averaging nearly 55 grams of fructose per day.

### Causes

Too much sugars and a lack of exercise are the main causes.

Skipping breakfast increases the chances of diabetes and obesity.

Many doctors don't discuss nutrition with their patients, and those who do often make matters worse by advising overly restrictive diets and unrealistic amounts of exercise. A recent paper published by the

Society for Biomedical Diabetes Research says, "Diabetic patients encounter confusing and contradictory advice from a variety of sources.

### **I reversed my diabetes in just 11 days - by going on a starvation diet**

By RICHARD DOUGHTY: 6 August 2013

Read more: <http://www.dailymail.co.uk/health/article-2385179/I-reversed-diabetes-just-11-days--going-starvation-diet.html#ixzz3Q6UBdTPa>

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In type 2 diabetes, the pancreas does not produce enough insulin to keep glucose levels normal (in type 1, the pancreas stops producing insulin altogether), and if I didn't take action, I would be 36 per cent more likely to die early and could suffer bad sight, poor kidneys, heart failure and strokes. I'd also eventually be on medication.

Professor Taylor's studies have shown that drastic dieting causes the body to go into starvation mode and burn fat stores for energy — and the fat around the organs seems to be targeted first.

This leads to the liver and pancreas becoming unclogged, and insulin and blood sugar levels returning to normal.

One study by Taylor's team, published in 2011 in the journal *Diabetologia*, found that out of 11 type-2 diabetics following the diet, all reversed their diabetes in under eight weeks.

Further studies revealed that type 2 diabetics needed to lose one-sixth of their pre-diagnosis body weight to remove enough fat from the pancreas to allow normal insulin production to resume.

After contacting Professor Taylor, and getting the nod from my GP, I decided to follow the diet (experts warn never to start such a drastic regimen without first checking with your doctor). My target weight was 8st 12lb.

But surviving on a soup, two shakes and green veg (necessary to provide some fibre and keep the bowels healthy) wasn't easy.

My GP said that my diabetes was mild enough to be controlled through diet alone, and gave me a wad of leaflets on nutrition for diabetics. I took up salads, cut down on carbohydrates and ate my five-a-day — but progress was slow. Over seven months I shed a stone but my blood sugar was still too high — around 7 mmol/l. It should be 5.

Not satisfied with this, further internet research threw up a more drastic approach. Scientists at Newcastle University had devised a radical low-calorie diet that studies suggested could reverse diabetes in under eight weeks.

This involved eating just 800 calories a day (a man's recommended intake is 2,500) — 600 calories from meal replacement shakes and soups and 200 calories from green vegetables. You also drink three litres of water a day.

The theory behind the diet, which is the brainchild of Roy Taylor, professor of medicine and metabolism at Newcastle University, is based on the fact that type 2 diabetes is often caused by fat clogging up the liver and pancreas, which are crucial in producing insulin and controlling blood sugar.

This is why weight gain is such a risk factor for the condition, particularly if that weight is carried around the belly and abdomen. However, there are some unfortunate people like myself who seem to be disposed to accumulating fat in the liver and pancreas, despite being a healthy weight.

The first full day, a Sunday, I woke with no decent breakfast to look forward to — just some watery shake. (The meal-replacement shakes from the shops work fine — I used The Biggest Loser brand, but there are many available.)

After just one day my glucose levels had dropped from 6mmol/l to 5.9mmol/l. Hunger was never far away. But Professor Taylor said that the hunger pangs were something to celebrate, as it meant that the diet was working.

Toast yourself with water, he said, and the hunger will disappear. And it worked: I downed a pint of water and the hunger went.

The weight came off fast. By day three I had already lost 2lb.

Day four saw my glucose level plummet from 5.9mmol/l on the Sunday to 4.6mmol/l. I even started to get used to the idea of a shake for breakfast: thoughts of fresh crusty bread went out of the window. I was training my mind to reduce my choices and yet value the options remaining.

Lunch was my own delicious, thick mushroom soup (I blended mushrooms, onions, veg stock and herbs together), washed down with a cherry-flavoured shake. I gulped down a chicken soup supplement

before leaving the office to see a play in the evening. Concentration levels were fine, but climbing up my local Tube station stairs afterwards was a real slog. I felt tired and lethargic.

The pattern continued each day. I experimented with more soups such as carrot, tomato and pea, baked veg, stir-fried veg, boiled veg and casseroles, liberally seasoned with herbs I'd never used before, such as cumin and paprika.

Some mornings I walked to work fine, others I was in a bit of a daze, and on certain days walking round the office was an effort. My family were concerned about me getting thinner and somewhat short-tempered.

Day six was a bad day. Despite it being mid July, I wore four layers of clothing to keep warm — and even then my fingers grew numb. I felt tired in the evening, and then constipation set in. Perhaps it was because I was not drinking enough water. Laxatives saved the day and the following morning I recorded my lowest overnight fasting glucose reading — 4.3mmol/l — a real boost.

On day eight I played cricket and it was hard watching teammates stuffing themselves with doughnuts. I had to toast a century-scoring colleague with water.

Three days on, I was down to 8st 13lb with my glucose level down to 4.1 mmol/l.

But I could not ignore concerned comments at work about my 'shrinking'. Some of my clothes no longer fit me, and even I was slightly alarmed about how thin I had got in the face.

I was known as the 'disappearing man' by colleagues. It was time to stop the diet. (I then returned to a healthy wholegrain diet comprising lots of fruit and veg, chicken, fish and non-fatty foods).

Two months later, I got myself tested at the surgery to register a healthy, non-diabetic 5.1mmol/l and was elated when my GP told me: 'Your diabetes has resolved itself.'

I had stuck to the diet for just 11 days, and reduced my blood sugar to a healthy non-diabetic level. It has remained that way for the past year — my latest reading was 4.9mmol/l. I have kept to just under 9st, joined a gym and gone running three times a week.

On Professor Taylor's advice, I have also started building up my upper body muscle: bigger muscles soak up more glucose as energy, and thus prevent the body from storing more than it needs. Professor Taylor started investigating the diet after he became intrigued by the observation that type 2 diabetes reversed almost overnight in obese patients following gastric bypass surgery for weight loss.

More time in the sun can reduce the chances of getting diabetes and obesity. It is hereditary.

Diabetes is diagnosed by blood tests which can be organised through a doctor. If you are unwell you should seek medical assistance immediately.

It is estimated that 100,000 in USA have diabetes that has not been diagnosed.

Treatments aim to maintain healthy blood glucose levels and to prevent serious health complications.

Diabetes can occur when a person has too much glucose (sugar) in the blood. This happens when the pancreas can't make enough insulin.

### **Type 1 Diabetes**

If you have this, you will need to manage your blood glucose levels with insulin, healthy eating and physical activity. It lasts a lifetime and there is no known cure. It is called juvenile diabetes because it strikes children, as well as younger adults. It is an auto-immune disease, where the body's defence system goes haywire and attacks the insulin producing islet cells in the pancreas, destroying them. The child has to immediately take insulin by injection to stay alive. It can't be prevented but it can be managed through a combination of medications, healthy food choices and exercise.

Diabetes is the result of the body not creating enough insulin to keep blood glucose (sugar) levels in the normal range. Everyone needs some glucose in their blood, but if it's too high it can damage your body over time.

Type 1 diabetes is an 'auto-immune' condition. Basically the body sets up an attack against the cells within it that make insulin. These cells are called beta cells and are isolated in the pancreas. The result is that the body does not produce any insulin (or very little).

Type 1 diabetes occurs most often in childhood, often between 7 and 12. However it can occur at any age - from tiny babies to very old people.

Honey seems to be well tolerated by type 1 diabetics. Consuming honey produces a lower blood sugar response than an equivalent amount of sugar.

### **Type 2 Diabetes**

This usually lasts a lifetime, however, some people have managed to get rid of their symptoms without medication, through a combination of exercise, diet, supplements and body weight control. It is linked to lifestyle and general health, developing slowly in adults and older people. As their health worsens with Type 2, they start taking pills orally to support their struggling pancreas produce effective insulin. If immediate and effective dietary and lifestyle changes are not made, the body reacts less and less to these pills, eventually leading to insulin injections, as in Type 1 diabetes. However, increasing numbers of teenagers and children are developing the lifestyle-related Type 2 diabetes.

The body does not produce enough insulin for proper function, or the cells in the body do not react to insulin (insulin resistance).

Some people may be able to control their type 2 diabetes symptoms by losing weight, following a healthy diet, exercise, and monitoring their blood glucose levels. However, type 2 diabetes is typically a progressive disease - it gradually gets worse - and the patient will probably end up having to take insulin, usually in tablet form.

Those overweight with a lot of belly fat, physically inactive and eating the wrong foods all contribute to the risk of developing type 2 diabetes. Drinking just one can of (non-diet) soda per day can increase the risk of developing type 2 diabetes by 22%, researchers from Imperial College London reported. The scientists believe that the impact of sugary soft drinks on diabetes risk may be a direct one, rather than simply an influence on body weight.

The risk of developing type 2 diabetes is also greater as we get older. Experts are not completely sure why, but say that as we age we tend to put on weight and become less physically active. Those with a close relative who had type 2 diabetes, people of Middle Eastern, African, or South Asian descent also have a higher risk of developing the it. Men whose testosterone levels are low have a higher risk. Researchers from the University of Edinburgh, Scotland, say that low testosterone levels are linked to insulin resistance.

Glucose is an essential source of energy for the brain and is one of the sources of energy for the body. Glucose in the bloodstream comes from carbohydrate foods, which change into glucose.

About 36 percent of Type 2 diabetics have sleep apnea, according to the diabetes association. Sleep apnoea is a type of sleep disorder causing pauses in breathing or instances of shallow or infrequent breathing during sleep. Each pause in breathing, called an apnoea, can last for several seconds to several minutes, and may occur 5 to 30 times or more in an hour. Similarly, each abnormally shallow breathing event is called a hypopnea. When breathing is paused, carbon dioxide increases in the bloodstream. The brain is signalled to wake the person sleeping and breathe in air. Breathing normally will restore oxygen levels and the person will fall asleep again. Sleep apnoea can be diagnosed with an overnight sleep test.

A hormone imbalance causes the diabetic to eat the wrong foods and be too tired to exercise. The threat of heart disease causes worry, which makes comfort foods like cookies more enticing.

If you have type 2 diabetes, you may be able to manage your diabetes through healthy food choices and exercise alone, or through a combination of these things and tablet medication. However, many people with type 2 need insulin as well.

Every person with diabetes should get an annual check with their doctor or specialist, but your doctor or specialist may recommend more frequent checks up for good reason. You can have your check in the month of your birthday to help remember it.

Sunshine can slow weight gain and diabetes symptoms and is an important element of a healthy lifestyle, but not in excess to avoid skin cancer and other excess sun problems like lumps and itches.

### **Managing Type 2 diabetes**

In a nutshell, some people with Type II diabetes are be able to manage it through diet and exercise, or by diet and exercise and taking tablet medication. But many people with Type II manage their diabetes with insulin injections as well.

Your doctor will advise you on what treatment is best for you, but whatever this may be, healthy food choices and staying active is important. The goal is to lower your blood glucose and improve your body's use of insulin. This is achieved through -

- A healthy diet
- Exercise
- Weight loss

The focus of your food choices and regular exercise is to achieve and maintain healthy blood glucose levels, because your insulin is not effective enough to cope with the usual sugar spikes from eating sugary foods and soft drinks.

Losing weight helps your body use insulin better, as fat in your body and in your blood (i.e. from eating fried foods, etc.) blocks what insulin you do have from working effectively.

Type 2 diabetes can be a progressive condition if you do not make these radical changes to your lifestyle and food choices. This means that over time you may gradually produce less and less insulin. Although you may be able to manage your blood glucose levels in the healthy range by eating healthy food and having regular exercise for a number of years, most people come to need tablets or insulin as well as their food and exercise plan.

### **The possibility of reversing Type 2 Diabetes?**

Little lifestyle changes like these can make huge improvements in diabetes - and can actually reverse Type 2 and pre-diabetes. Every day, you simply add one diabetes-healing tip - or subtract one diabetes-inducing habit - to your normal activities.

Write yourself a list, and at the end of 30 days, you'll be living a Diabetes Healing Lifestyle - without turning your life upside-down. Here are some ideas.

Cutting down on fat of all types - yes, it adds taste to food, but to a diabetic, it subtracts quality of life.

Drinking water, coffee or green tea (no black tea) without any sugar, but honey was well tolerated by type 2 diabetes.

Following a low-glycemic diet - change the foods you eat every day to lower glycemic alternatives. Ask your dietician or nutritionist about low-glycemic foods.

Be aware that some fresh fruits and vegetables, usually considered healthy, may have a high glycemic rating - swap these for low glycemic fruit and vegetables.

Eating beans daily can dramatically lower your need for diabetes medicines and/or insulin.

Most whole grains (not wheat) will keep your blood sugar levels more stable: learn about the Glycemic Index.

A 20 minute daily walk lengthens the life of a diabetic by an average of 39%. Leg lifting from an upright, office or desk chair does it better for all people, without wearing out joints and takes no time because it allows working and/or reading at the same time. I do it at the computer several times a day, and with no wheat, lost ten kg and my paunch.

Avoid sugar-added drinks and foods, and eat whole fruits or home made fruit juices instead of drinking bought fruit juices, most of which have sugars added.

Avoid processed meats such as bacon, ham and sausages. Avoid fried foods and foods made with processed grains such as pancakes, waffles or French toast.

Oatmeal, sorghum, rice and other whole-grain cereals, with no added sugars, rarely cause a high rise in blood sugar.

Most people experience a dramatic improvement simply by following a proven plan - Type 2 are able to have their dose of medicines dramatically reduced - or completely withdrawn! Type I can reduce their insulin dose and people with pre-diabetes can return to a normal, drug-free life in a matter of days.

### **Foods**

Lifestyle choices such as too much sugary foods (this doesn't include Maple syrup) and a lack of exercise are the main causes of Type 2 diabetes. Skipping breakfast increases the chances of diabetes and obesity. Trials in several countries have shown that exercise and healthy foods reduce the chance of getting diabetes. Many trials have shown that Maple syrup is even more effective in preventing diabetes and cancer than blueberries, tomatoes, broccoli, carrots and other anti cancer foods.

Many doctors don't discuss nutrition and exercise with their patients, and those who do often make matters worse by advising overly restrictive diets and unrealistic amounts of exercise.

### **Breakfast**

It is the most important meal of the day. We all know it, but few apply it?

People who skip breakfast have higher body fat, particularly belly fat, a major risk factor for diabetes

and heart attacks. A healthy breakfast does not mean the traditional breakfast foods. The fatter they are, the more likely they are to suffer diabetes and be less active and eat more fat.

Fruit is an excellent food. Instead of a short burst of energy these carbohydrates have long chains of sugar molecules that the body breaks down gradually, releasing glucose to fuel the body and brain over time.

If you're strapped for time in the morning, fruit is a good energy source that will start the brain working. Mental exercise drains glucose, so feeding your glucose level throughout the day, with fruit, is a great way to keep energy levels up. Watery and crunchy fruits are low in calories and can be eaten all day, any time. Berries and citrus are highest in complex carbohydrates and also antioxidants which reduce the risk of cognitive impairment - 'brain failure' in simple English!

Later on in the morning something with more protein will do the same to keep energy in the brain all day. A piece of full grain toast or sandwich with natural fish paste does the same, directly improving memory and attention

Those who ate breakfast every day put on 2 kg less weight over 18 years, than those who ate breakfast three or fewer times a week. The regular breakfast eaters were less likely to suffer diabetes, obesity, metabolic syndrome, and high blood pressure.

### **Lunch**

Fruit, then salads and vegetables, can be better than all fruit. Egg yolk is a leading source for choline which brains need.

If possible, a larger lunch is better than a big dinner; use your time after work to rest and eat lightly. Although you could prepare for the next 6 ~ 8 hours of fasting – otherwise known as sleep – by stocking up on food, this can disrupt your sleep. A lighter meal before bed will lead to an easier and deeper sleep.

Fish is high in Omega 3 which increases brain power. Men must avoid an excess of Omega 3 which can adversely affect the prostate.

I don't have diabetes or any health ailment that needs constant medication, so can't test recommendations, so don't know the merits of <http://www.bloodsugarsolutionbook.com/>

Diabetic chocolates and toffees can have a laxative effect.

Numbness that starts as a tingling in the hands, fingers, legs, and feet is an early warning sign of diabetes. This occurs due to an increase in blood sugar levels, causing blood vessel restriction to the extremities, and eventually damage to nerve fibres.

### **Mangoes are the most slimming fruit there is.**

The typical USA fat-marbled red meat from grain fed beef has been reported to increase the incidences of diabetes, as animal fats and hydrogenated vegetable oils have an immediate effect, sticking to what little insulin is there (or what you have injected) making it inactive. This is not likely to apply to New Zealand pasture fed beef which doesn't have marbled fat through it and the fat can be removed. We prefer lamb because it is younger, so has had fewer parasite drenches and no pour-ons containing Ivermectin that gets into milk from pour-on treated cows, and I presume beef, but we have not tested the meat.

### **Obesity**

Obesity ruins lives, cripples and kills men and women. People weighing more than about 120 kilograms seldom live for longer than 55 years, the majority of them develop type two diabetes, high blood pressure, heart diseases and end up with a lethal stroke and broken bones that never heal. You should not become an obesity victim! You have to fight and to win! Correct diet and exercise are vital.

There are many recommendations for exercising, mainly with the aim of slimming. Those that involve running do more harm wearing out joints, than good. I used to run most nights. Most exercises aim at getting fat off the waist, which was my problem, and consulting for 400 mostly farmers by email left me no time to even walk, so I developed leg lifting at the office chair. In four minutes I become more puffed out than running for an hour, and have to stop. A beauty of leg lifting is that I can do it several times a day and it takes no time, because I read, proof and type at the same time. That AND NO wheat of any sort, because I found that I was gluten intolerant, reduced my paunch to none at all, and lowered my blood pressure to perfect, and made me feel better, with no side effects.

For many people (but not all), this more common form of diabetes can be prevented through

following a healthy lifestyle, and while Type 2 diabetes cannot be cured, it can be managed by the choices you make daily. People with Type 2 diabetes can live active and healthy lives without having to progress to insulin injections.

Nearly 6% of Americans (10% of African Americans) have diabetes. An estimated five million more people have diabetes, but don't know it. Nearly 800,000 new cases are diagnosed each year. There is a link between Type 2 diabetes and high blood pressure (hypertension) and disordered levels of fats (cholesterol) in the blood. The medical name for this is dyslipidaemia. This combination of diabetes with hypertension is sometimes called 'The Metabolic Syndrome' or 'Syndrome X'.

Research shows that these groups of people are more likely to develop Type 2 diabetes -  
Maori, Asian, Middle Eastern or Pacific Island descent aged 30 years or older.

Europeans 40 years of age or older.

Have diabetes in their family.

Those with high blood pressure.

Overweight, especially if carrying most of it around their waist.

Diagnosed as having pre-diabetes, also known as impaired glucose tolerance, which occurs when the glucose (sugar) in your blood is higher than normal, but not high enough to be called diabetes.

### **Which injection to use**

This is important. Get advice and/or Google to learn about it.

### **Diagnosis**

Diabetes is diagnosed by blood tests which can be organised through your doctor.

If you have a blood relative with Type 2 diabetes you are more likely to develop Type 2 diabetes yourself. However Type 2 diabetes can occur in people who have no one in their family with it.

Check your gluten situation by using muscle testing described in Human Health Muscle Testing. If you are gluten intolerant, or Celiac, read Gluten Intolerance in Human Health.

If you are not gluten intolerant, you should still stop eating wheat which is a bad food that was modified in USA six or more decades ago and is fattening and a bad food.

Fragile Mental State

Chronic Headaches

Low Bone Density Issues

If you are a Woman - Painful Menstrual Cramps

If you are a Pregnant Woman - Morning Sickness

Poor Circulation

Blood Sugar Imbalances

Breathing Difficulties

Eating a daily serving of beans can dramatically lower your need for diabetes meds and/or insulin.

Whole grains will improve your blood sugar much better than fresh vegetables!

A 20-minute daily walk lengthens the life of a diabetic by an average of 39%!

Reversing diabetes is just this easy!

Little lifestyle changes like these can make huge improvements in diabetes - and can actually cure Type 2 and pre-diabetes.

### **That's right, I said cure. This means you can -**

- Quit sticking your fingers with needles and testing your blood sugar
- Discontinue all those sickening, fattening drugs
- Stop feeling guilty about food and your weight
- End your worries about diabetic heart attack, amputations and blindness.

### **The 30-Day Diabetes Cure makes it "easy as pie!"**

Here's how our ingenious 30-day plan works -

Every day, you simply add one diabetes-healing tip -- or subtract a diabetes-hurting habit to your normal activities.

At the end of 30 days, you'll be living a Diabetes Healing Lifestyle — without turning your life upside-down.

Most people experience a dramatic improvement in their condition simply by following our proven plan.

Type 2s are able to have their dose of meds dramatically reduced -- or completely withdrawn!

Type 1s can have their insulin dose slashed (by up to 80%!).

People with pre-diabetes can return to a normal, drug-free life in a matter of days!

### **Coping with diabetes**

After unwell people are diagnosed with Type 2 diabetes, most feel anxious, sad and fearful, which is perfectly natural. Some may feel a sense of relief to find out why they have been unwell and tired for some time. Your knowledge plays an important part in how you will react and cope. You may know someone who had, or has, diabetes and knowing they coped (or not) would influence how you feel. People who successfully coped will be positive role models while those who had a bad experience, may make you feel more fearful.

Some of the challenges to overcome are -

Pricking your fingers with needles and testing your blood sugar daily.

Discontinue all drugs.

Feeling guilty about food and your weight.

Worries about diabetic heart attack, amputations and blindness.

A decline in the speed of their brain processing due to a narrowing of the arteries that can lead to tiny strokes and gradual brain damage.

### **Everyone has their own personal choices to make, about the way they live with diabetes.**

There is increasing knowledge, and improved tools to deal with it, so keep up with them. Googling has shown that some people have got rid of diabetes 2 by strictly doing all preventions and lots of exercise.

Your doctor will advise you on what treatment is best for you, but whatever this may be, healthy food choices and staying active are important.

Your food choices are to achieve and maintain healthy blood glucose levels, because your insulin is not effective enough to cope with the usual sugar spikes from eating sugary foods and soft drinks.

Losing weight helps your body use insulin better, as fat in your body and in your blood (i.e., from eating fried foods, etc.) blocks what insulin you do have, from working effectively.

Either vitamin D supplementation or prudent sun exposure is crucial for significantly reducing the risk of many illnesses, including heart disease, 17 types of cancer, type 1 and 2 diabetes.

Don't expect miracles overnight. Your adjustment process will have its highs and its lows. It doesn't follow a set pattern. Be prepared for setbacks and bad patches. But remember that getting back on track is possible and hopefully not far away. People are all different.

### **Complications linked to badly controlled diabetes**

Eye complications - glaucoma, cataracts, diabetic retinopathy, and some others.

Foot complications - neuropathy, ulcers, and sometimes gangrene which may require that the foot be amputated.

Skin complications - people with diabetes are more susceptible to skin infections and skin disorders.

Heart problems - such as Ischemic heart disease (restriction in blood supply to tissues, causing a shortage of oxygen and glucose needed for cellular metabolism to keep the tissue alive), when the blood supply to the heart muscle is diminished.

Hypertension (stress) - common in people with diabetes, which can raise the risk of kidney disease, eye problems, heart attack and stroke.

Mental health - uncontrolled diabetes raises the risk of suffering from depression, anxiety and some other mental disorders.

Hearing loss - diabetes patients have a higher risk of developing hearing problems.

Gum disease - there is a much higher prevalence of gum disease among diabetes patients.