

Natural Prevention Of Diabetes

Prevention is always better than cure. Many of the known diseases as [diabetes](#) can always be prevented at very little cost, if it is going to be measured against the amount spent in treatment. This article incidentally is based on the wisdom of achieving a healthy life by avoiding the factors that can compel you to seek the help of a doctor. I will dedicate the paragraphs below to discuss each of these principles in full detail. **Adopt good eating habits** We live in a day and age in which junk foods have covered over eighty percent of the shelves of all the known fast food joints. The pressures of our daily activities hardly leave us with any time to responsibly consider what we consume as food. Eating to fill the stomach or grasping anything that looks palatable should not be the deciding factor in your choice of food. Good food should contain a good balance of all relevant nutrients in the right proportions to ensure that after digestion and absorption the body system will derive what it needs to keep it functioning at optimum capacity. In addition, food should be prepared and consumed under the highest standards of hygiene. This means, where possible vegetables and groceries that are vulnerable to contact from an endless list of pathogens should be properly cleaned before consumption. As far as practicable, it is recommended that the fat and cholesterol content of our diets should be at the lowest level possible. The connection between high cholesterol in the human system and the vulnerability to cardiovascular diseases has being established beyond thought. **Obesity** In recent times due to poor nutritional information, people consume large quantities of food rich in calories, which the body is unable to use. Examples of such food include, candies, chocolates, sweet cookies, ice creams and a host of others. The human body through its own internal mechanism absorbs just the exact quantity of glucose needed to meet the energy demands of the system. Surplus glucose is converted into fats and stored under the skin layer. Fats pose a mortal danger to the human system when it blocks major vessels and arteries to impede the smooth distribution of blood from the heart to other parts of the body and back to the heart. People suffering from obesity should subscribe to a workable weight loss program, which can begin by getting more nutrition education coupled with the resolve to diligently endeavor to exhibit greater responsibility in matters regarding their diets. Finally, conscious efforts should be put in place to avoid reaching to a state of obesity. **Increase physical activity** Our modern world is driven by mechanization and technology to such an extent that it is increasingly becoming easier to do the very basic things in life with just very little or no effort at all. Inasmuch as the modern gadgets exist to enhance the human welfare, in their extreme stages can bring side effects that are costly to the health of man. As a matter of principle, it is advised that, engaging in regular physical activities such as jogging, walking, swimming etc enable the skeletal and muscular system to be set to work. As these systems work, the energy demand by the body cells to keep pace with the said physical activity, results in the burning of excess glucose stored as fats and increase in blood circulation. As this process becomes a regular routine, then you are reducing your vulnerability to cardiovascular diseases by a significant margin. **Quit unhealthy habits** Alcohol and substance use and their abuse is a major threat to a healthy living. Tobacco as a single entity is known to contain thousands of chemicals; chiefly among them is nicotine that undermines the quality of life a person can live. Statistically, over fifty thousand people globally die from tobacco related complications such as respiratory diseases and cancer every year. People addicted to the more dangerous illicit substances as cocaine and marijuana are known to have an over seventy-five percent likelihood of suffering from mental diseases than non-drug users. Closely related to the drug menace is alcoholism and its attendant social and health problems. Regular alcohol intake puts a strain on the liver, which if allowed to persist can result in serious and even terminal liver infections. When it comes to matters concerning your health, you cannot afford to make any compromise.

About the Author

Asep Komara Sanjaya is a freelance writer and a webmaster of <http://www.theoptimumdiabetics.com>

Source: <http://www.serverforever.com>