

Got Sugar in the Blood? Change Your Lifestyle Today!

Do you remember your elders speaking about “sugar in the blood”? Do you have a friend or family member who suffers from diabetes? The importance of understanding high blood sugar is critical to the management of our often fast-paced, unhealthy, and stressful lives. I recently had the opportunity to visit the “Bodies – The Exhibition” and experienced the most engaging presentation on the anatomy and pathology of the human body. Cadavers, adult and fetus, were on display to showcase the miracle of the body and the importance of good health and exercise. This poignant visit, which highlighted all of our major bodily systems, provides the inspiration to urgently share information regarding sugar – “the crack” of the Black of the community!

What is the blood sugar level? The blood sugar level is the amount of glucose (sugar) in the blood. Glucose is the primary source of energy for the body's cells. It is also known as serum glucose level. Though it is called "blood sugar," other sugars besides glucose are found in the blood, like fructose and galactose. Normally, blood glucose levels stay within narrow limits throughout the day, but they are higher after meals and usually lowest in the morning. If the blood sugar levels drop too low, a potentially fatal condition called hypoglycemia develops. Symptoms may include lethargy, impaired mental functioning, irritability, and loss of consciousness. If levels remain too high, appetite is suppressed over the short term. Long-term hyperglycemia causes many of the long-term health problems associated with diabetes, including eye, kidney, and nerve damage. In diabetes the blood sugar level moves outside these limits until treated. Even with good control of diabetes, the blood sugar level will still at times drift outside this normal range. Diabetes complications include: retinopathy (eye disease), nephropathy (kidney disease),

neuropathy (nerve disease), and cardiovascular disease (heart attack, hypertension, heart failure, stroke and gangrene). Even if your blood sugar levels are normal, get retested every three years.

The average American eats more than a pound of refined sugar each week! Sugar has many names and is found in most processed foods including your morning pastries, ketchup and sports drink. Unfortunately, there is no warning label for its consumption and if one continues to regularly eat this toxic food without regular cleansing, the body will become diseased and eventually fail.

What are the signs of a lifestyle that is at risk? Answer the following questions:

1. Is your breakfast usually a pastry and coffee?
2. Do you watch more than two hours a day of television?
3. Do you drink regular milk?
4. Is the elevator your preferred method of going to a third floor high rise?
5. Do you exercise less than 30 minutes a week?
6. Is your ability to handle stress poor?
7. Do you smoke? Drink alcohol regularly?
8. Do you eat one or two large meals a day (versus five or six small ones)?
9. Do you get less than six hours a sleep per day?
10. Do you rarely eat beans?

If you answered 'yes' to more than five of these questions, you need to consider having your blood sugar level tested immediately and implement changes in your daily routine.

Although researchers are still not conclusive on the "how," when very high levels of blood glucose are present for years, it leads to damage of the small blood vessels and

possible deadly complications. In addition, research shows that the big belly or “tire around the waist” is another risk factor for diabetes than weight alone. This fat may be excess storage and reflect the body’s inability to use sugar as fuel.

In summary, choose to modify your lifestyle gradually by incorporating an on-going and sensible cleansing, eating and exercise program. And remember information is not power, APPLIED information is power! You will then be on your way to a lifetime of improved health and wellness!

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