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What is Type 2 Diabetes?

Type 2 diabetes (DM 2) is a chronic disease that occurs in adults and is characterized by increased blood glucose, hyperglycemia. The main cause is insulin resistance by muscle and liver cells, which has been associated with excess body fat and dietary fat. Insulin is a hormone produced in the beta cells of the pancreas, whose function is to regulate the metabolism of carbohydrates from the diet, it is said that insulin is "a key" that opens the cellular gates so that glucose can enter the cell and produce energy. In DM 2 the pancreas produces insulin, but it is not recognized by the cells, saturated fat has been referred to as "gum" in the lock, which does not allow the key or insulin to function.

Why is it important to avoid DM 2?

Diabetes is a major cause of blindness, kidney failure, myocardial infarction, stroke, and diabetic neuropathy leading to lower limb amputations, all as a consequence of chronically elevated glucose levels. By 2019 an estimated 1.5 million people died as a result of vascular complications of DM 2.

Who is most at risk for DM 2?

People who are overweight or obese, sedentary People, people with a diet high in animal foods, processed foods and low in plant-based and whole foods and whole grains.

How do I know I have diabetes?

The most common symptoms of diabetes are: increased frequency of trips to the bathroom to urinate, increased appetite, increased thirst, unexpected weight loss, blurred vision, frequent infections and slow wound healing, tingling in the hands or feet.

Usually the definitive diagnosis of DM 2 is made through a laboratory test of glycosylated hemoglobin (HbA1c), levels of 6.5% or higher indicate that we are in the presence of diabetes.

What can I do to prevent, treat and cure DM 2?

Since DM 2 has to do with body fat and dietary fat, we can take the option of making lifestyle changes to combat becoming overweight and avoid those dietary fats.

1. Exercise has been proven to have a hypoglycemic effect, that is, it lowers blood glucose levels, so let's get to work, walk for 1 hour every day.

If you don't have time to do it on a run, you can start in two 30 minute sessions or three 20 minute sessions, it would be great after every meal!

2. Eat real food, as it comes from nature, high in fiber and micronutrients: 2 to 3 pieces of fruit a day, vegetables, beans, whole grains, nuts; and eliminate foods rich in saturated fat (dairy, meats, fried foods, fast foods, processed foods).

Don't wait any longer! Make these changes in your lifestyle and work hand in hand with your doctor and in just weeks you will be able to reverse DM.