

# **SPECIAL REPORT**

## **Early Warning Signs of A Silent Killer Disease**

**Could Diabetes  
Be Sneaking Up  
On You  
Making You A  
Ticking Time  
Bomb?**

**Stable Blood Sugar Levels  
Are The Key To Longevity**

**By Carolyn Hansen**

# Special Blood Sugar Report

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## Table Of Contents

New research discovers the importance of balanced blood sugar levels . . . . .	4
Highly processed foods are most of the problem . . . . .	5
High insulin levels cause fat around the midsection . . . . .	5
Take heed of the early warning signs of diabetes . . . . .	6
Trouble could be brewing inside us . . . . .	6
Are symptoms of pre diabetes making you age faster than you need to? . . . . .	7
Stable blood sugar is the key to longevity . . . . .	8
No cure only prevention . . . . .	9
The simple solution . . . . .	9
Strength training exercise for protection . . . . .	11
Get the eating part right as well . . . . .	12
It is all up to you . . . . .	12
Learn More . . . . .	14

# Special Blood Sugar Report

## New research discovers the importance of balanced blood sugar levels

You probably are aware that gaining weight isn't good for you but did you know that extra pounds of excess body fat may literally make you old before your time. This isn't about the normal signs of aging like gray hair or wrinkles. Instead, new research delves down into the blood as white blood cells show telltale signs of accelerated aging when weight gain or insulin resistance is present.

Like most people you have probably never given your blood glucose levels a second thought and it used to be that only diabetics had to worry about their blood sugar, but not anymore. Our busy modern day lifestyles can well render us susceptible to a nasty chronic disease which is becoming more prevalent around our world.

It's a disease, surprisingly enough, caused by your body's inability to make the most of the food you eat and you may already be suffering from this most common and overlooked modern lifestyle disease. Health professionals have known about insulin resistance for decades, but only in the last 10 years have they gained a better understanding of exactly how it derails your health.

This special report will get you up to date with the basics of blood sugar and its effect on both your exercise routines and your weight loss goals. For a much more detailed analysis, and to learn how to create a leaner, firmer, and younger-looking body by gaining control of your dietary intake, be sure to visit my Fat Loss For Keeps site by clicking on the following link:

**[Visit Fat Loss For Keeps](#)**

## Highly processed foods are most of the problem

It is caused by the over-consumption of refined carbohydrates, such as breads, pastas, and sugary foods and drinks. Normally, after you eat a meal, your body breaks down carbohydrates into glucose, or blood sugar which prompts the release of insulin.

This is a hormone that helps transport glucose from the blood to the cells especially muscle cells where it is burned for energy or stored as body fat if you are not active.

But when you continue to eat large amounts of high carbohydrate foods the body requires higher and higher insulin levels to get the job done. High levels of insulin are damaging to the body and your cells reduce the numbers of insulin receptors in an attempt to protect it. A vicious cycle is then set up with even more insulin being produced to try to force the cells to take up the excess sugar from the blood.

## High insulin levels cause fat around the midsection

This only makes matters worse as insulin is a fat storing hormone leading to dangerous abdominal fat being stored around the midsection. This very hard to shift body fat is almost impossible to lose regardless of what diet or exercise path is chosen. If you are experiencing this problem it is a clear indicator of insulin resistance and hormonal imbalances which progress to serious health issues if not addressed.

If you continue to eat a lot of refined carbohydrates year after year, even decade after decade a dangerous cascade occurs. Insulin levels remain chronically high, and cells become less responsive - and resistant - to insulin. As a consequence, relatively little glucose gets burned and levels

remain high eventually evolving into diabetes.

## **Take heed of the early warning signs of diabetes**

You maybe are experiencing some or all of these symptoms, feeling tired and listless and lacking motivation to be active, gaining a pound here and a pound there - and having difficulty losing them. That weight could also have settled around the abdominal area so you are now an apple shape.

And possibly if you are an older person your blood pressure and cholesterol may be creeping upwards year after year. If you have become a slave to food cravings and riding a hunger roller coaster each day it may be time to take a detour from the road you are on.

These symptoms could mean that the body's ability to control blood sugar is deteriorating and you may be fighting blood sugar cycles. It can be a warning sign of serious looming health risks including diabetes and metabolic syndrome, a group of abnormalities that raises the risk of heart disease. Your lifestyle choices can help prevent diabetes or put you at greater risk for it.

## **Trouble could be brewing inside us**

One in four of us has pre-diabetes and doesn't even know it and one in three of us will be diagnosed with diabetes in our lifetime. This could mean you could be making present lifestyle choices that could put you at greater risk of this chronic disease which is definitely something you never ever want to get.

People with this disease have the quality of their life greatly reduced. The life expectancy of people affected by diabetics is less by almost fifteen

# Special Blood Sugar Report

years compared to the people who are not affected by diabetics so it is a serious health issue.

The consequences of high blood glucose may take years to become apparent. When the body becomes overwhelmed with high amounts of sugar in the blood you develop insulin resistance and your arteries start aging faster. Many years of high glucose levels induce changes (damage) to the vessel walls that restrict blood flow to some especially sensitive tissues, such as the brain, heart, eyes, the nervous system, and the kidneys. This damage cannot be repaired.

## **Are symptoms of pre diabetes making you age faster than you need to?**

The aging process is accelerated when the body's tissues and major organs are unable to be supplied with adequate life giving nutrients and oxygen from damaged arteries and the results are serious. People do not actually die from diabetes but from the accumulation of damage done to blood vessels throughout the body leading to other health complications.

Insulin resistance can be referred to a "pre-diabetic" state. Sooner or later, left untreated, the condition is going to worsen and turn into full-blown diabetes. This disease has been likened to an overview on the aging process as much of the degeneration in the arteries and major organs seen with diabetes is the same as what happens when we age. But it takes place much faster and life expectancy once you have this nasty disease is therefore considerably reduced.

You could go on like this for years, even decades never feeling properly well but not feeling ill either. At some point the damage being done silently inside the body accumulates to the point that the body can no longer manage it and health collapses.

## **Stable blood sugar is the key to longevity**

Our body functions best when our blood sugar levels are balanced. Our busy modern day lifestyles can cause us to have irregular eating schedules and we often feel stressed from the constant busyness of our lives. Many of us do not have a proper exercise program firmly in place in our lives so we have no way of reducing stress and rebalancing ourselves.

We also often take easy options and grab foods which are not in our best health interests when we are pushed for time. This can throw our blood sugar levels out of whack causing disturbances to our metabolism (our body's engine).

When our blood sugar levels fluctuate or become unbalanced our body has trouble converting food to energy, so you not only feel tired and lack energy but your body isn't getting the nutrients it needs to stay healthy. If this situation continues over long periods of time, like years or even decades - it could be setting the stage for chronic disease that could well prematurely end a life.

Diabetes is a major health problem around the world currently affecting 246 million people worldwide and is expected to affect 380 million by 2025. Each year a further 7 million people join the ranks. At least 50 percent of all people with this nasty villain are unaware of their condition and in some countries this figure may reach 80 percent. It is the fourth leading cause of death worldwide.

If this situation is ignored and allowed to progress at some point the damage accumulated can no longer be repaired and health will deteriorate into a downward spiral of complications. Even if you are slightly overweight you need to start taking some responsibility for it and start to implement two lifestyle solutions to the problem.

## **No cure only prevention**

There is no cure for this situation - only prevention - as once the maximum level of damage is done beyond which the body can handle there is no repairing that damage. As you get older you are even more at risk as the loss of muscle mass that accompanies inactive and sedentary aging makes the situation worse.

Muscle tissue is what clears sugar from the blood but as people get older and become more inactive they lose up to half a pound of muscle tissue every year and the little they have left doesn't obey insulin command orders.

The solution is quite simple; to follow a lifestyle that helps to control blood sugar levels is one and the same that we all should follow. It should include a proper exercise program that includes at least 60 percent strength training exercise and is the most potent diabetes defense at your disposal.

It is very important to understand that no other form of exercise can increase the amount of muscle tissue you have. Only strength training can do this and can give you this key advantage for helping prevent or manage diabetes.

## **The simple solution**

The solution is very simple, eat better and get stuck in to some proper exercise because each reduces insulin resistance. These two things should be at the top of the list as diabetes is 80 percent preventable and it is up to you to prevent it.

# Special Blood Sugar Report

First is your exercise program. Forget the "just go for a walk" nonsense. You need a program that contains mainly strength training exercise as no other type of exercise can rebuild and tone muscle tissue.

This has multiple benefits in reducing a pre-diabetic condition as muscle cells are highly active and clear up to 90 percent of sugar from the blood for energy during exercise. Strength training can control blood-sugar levels in people with diabetes as effectively as drugs and controlling blood sugar is the key to managing this debilitating and often life-threatening disease.

It is imperative to re-build lost muscle tissue and tone up already existing muscle. An army of highly active muscle cells can gobble up excess sugar in the blood for their energy requirements giving you permanent protection from damaging blood sugar.

To prevent your insulin resistance progressing to diabetes, the most important things are (1) to keep blood sugar levels under control (2) to improve your cells' sensitivity to insulin (3) reduce excess body fat levels. Strength training does ALL of these things better than any other form of exercise.

## How?

- \* By increasing the amount of toned muscle tissue. Muscle is the primary tissue in the body that takes up blood sugar, so the more muscle you have, the more sugar you can clear from your blood and the better your blood sugar control will be.
- \* By increasing the amount of blood flow to your muscles, which allows more glucose to be delivered to the tissues that can take it up and use it for energy.
- \* The muscle cells become more responsive to the effects of insulin when toned by strength training exercise. This allows the muscle cells to clear sugar from the bloodstream more efficiently at lower levels of insulin. This increases insulin sensitivity and decreases insulin resistance.

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\* By decreasing levels of abdominal body fat, the type of fat which causes the biggest health risks and increases insulin resistance.

In other words, strength training exercise improves your body's ability to control blood sugar levels and respond to insulin at every possible step in the process. And these are the keys to helping to prevent diabetes.

Research shows that strength training can increase the way your body utilises glucose by 23 percent in just four months of regular training. Your muscle cells use sugar (carbohydrates) during exercise to contract and relax using the sugar supplies in your blood to be able to meet this demand.

## **Strength training exercise for protection**

So you can see, strength training give you a key advantage to improving glucose metabolism, which protects against the development of insulin resistance which is a risk factor for diabetes. Only 2-3 sessions are needed each week for this protection.

Seek the help of a fitness professional to set up your program and monitor your results. They will also teach you correct exercise technique and how to exercise at the correct level of intensity so you get the most out of the program.

Do everything possible to make sure you don't become one of those frightening statistics that end up with diabetes. If you pay attention to some of the early warning signs of insulin resistance such as even becoming slightly overweight in your 30s and 40s you stand a good chance of preventing diabetes and all the complications of it when you are older.

# Special Blood Sugar Report

If you have become overweight strength training will speed up your metabolism (your body's engine) and will help you reduce your weight along with your risk of diabetes.

## **Get the eating part right as well**

To support the exercise program you need high energy and motivation levels so you can put some effort in the program. These two go together hand in hand.

Your meal plan should contain 4-6 small meals spread every 2-3 hours throughout the day and contain a serving of protein at each meal. Try to stick to natural, whole, unprocessed foods as much as possible. Our bodies are able to process these foods easier and are so much better for us than highly processed foods in pretty boxes that contain little to no nutrition.

Spend some time preparing your small meals and take them with you wherever you go during the day. That way you will be organised and there will be no excuse for not eating the right things.

## **It is all up to you**

The combination of exercise and good nutrition are astonishingly effective at helping prevent this modern day lifestyle disease called diabetes - and can greatly improve control of it and reduce complications in those that already have it.

Make it your project throughout your lifetime to improve your chances of not developing these modern lifestyle diseases and slow your aging process at the same time. None of the damage that leads to diabetes and other chronic lifestyle diseases happens overnight. A few changes in your

# Special Blood Sugar Report

lifestyle such as improved eating and exercise will keep you on a healthier path and make you feel more alert, alive and energized immediately.

To prevent or treat pre-diabetes or full blown diabetes it is important to put a proper exercise program and a proper eating plan at the top of the list.

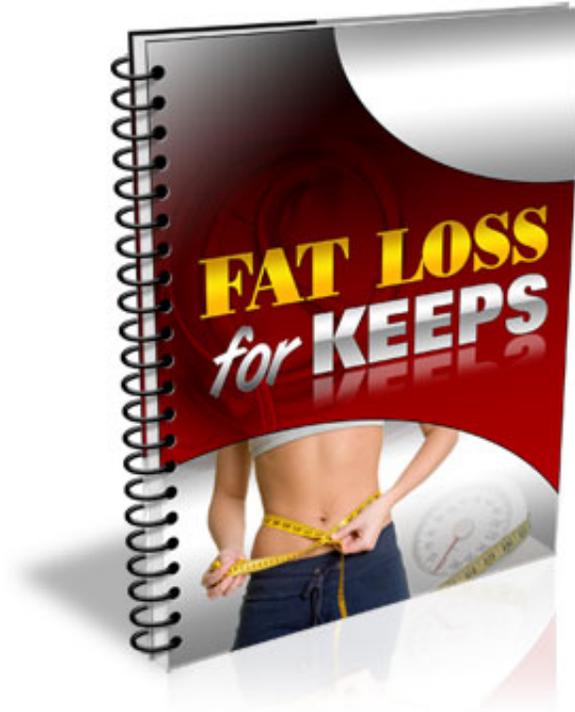
In just a few short weeks you will be feeling so much better, with more energy so you will feel more like exercising and staying more active in general. This is living with a higher quality of life rather than just bumblng along merely existing. Try this simple recipe and see for yourself.

It is far, far easier to keep the good health you have today than to try to recover your health after it is lost. Don't wait for disease to hunt you down, be proactive and take the steps necessary to improve your health.

# Special Blood Sugar Report

## Learn More

If you have enjoyed this introduction to the topic of blood sugar as it relates to your exercise routines and weight loss goals, I hope you will take the next step to learn more about this important subject by visiting my [Fat Loss For Keeps](#) site. This is where I show you how to create a leaner, firmer, and younger-looking body by mastering your dietary intake.



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