

Diabetes Article One.

Type II Diabetes is a condition caused by a disruption to the body's ability to use the sugars in our food correctly. It is the most common form of diabetes which used to arise in people from middle age onwards. These days it is affecting people much younger than that; sometimes even those in their teens and is becoming more prevalent.

It is not a condition that suddenly arrives, or is "hereditary", but is the result of poor lifestyle choices that have taken effect over a number of years.

Yes there can be a genetic predisposition, but it takes a number of other factors to come together before a "diabetes gene" will actively express itself in this way. The key factors are lack of exercise, an imbalance in the pH balance of the body and a diet which is high in refined, starchy foods with little nutrient value.

Diabetes is preceded by a condition called insulin resistance. This in turn is preceded by insulin resistance. Over the past few years there has been a major shift in the types of food offered in our supermarkets. This is a reflection of the change in eating habits of most of the population. If people didn't purchase the convenience foods or the easy snacks, there would be no reason for manufacturers to continue making them.