

Pre-diabetes and Obesity

Welcome to Diabetes Care Podcast Episode 1

Hello and welcome to diabetes care podcast Episode 2. Today's show title is pre-diabetes and obesity. I hope you are having a great day wherever you are.

My name is Ernest Quansah. I am author of *Diabetics' Journey: How type 2 Diabetes Can Be Reversed and Cured*. Today's topic is pre-diabetes as well as obesity. First, I will be talking about pre-diabetes. Pre-diabetes is a condition you have before becoming a full-blown type 2 diabetic. It is not possible to become a type 2 diabetic without becoming a pre-diabetic first. What is pre-diabetes? When you are pre-diabetic, it means your blood sugar level has gone up to abnormal levels. And if you keep following the same lifestyle choices that you have been making, you will become a type 2 diabetic.

Pre-diabetes, like type 2 diabetes, is a progressive condition. What that means is that, if you, the victim, don't take steps to reverse the pre-diabetes, it will progress and become full-blown type 2 diabetes. And because both pre-diabetes and type 2 diabetes are progressive, if you do nothing to reverse the type 2 diabetes, it will progress to type 1 diabetes. So far, we know that type 1 diabetes cannot be reversed because the pancreas does not work. It does not secrete insulin. But with pre-diabetes and type 2 diabetes, your pancreas still works. This means they can both be reversed and cured.

Most pre-diabetics don't know that they are. For example, I had no idea when I became pre-diabetic. A researcher from University of California found that 43% or 13 million of Californians are pre-diabetic and didn't know it. Another 2 to 3 million Californians are yet to be diagnosed. So we are talking about just California alone. Apply that figure to the entire United States and you will begin to see a pandemic in the making that is largely ignored.

In the neighboring country, like Canada, 1 out of every 4 people are pre-diabetic. A few years ago the health minister had a press conference in which she warned Canadians that if they don't watch what they eat, 3 out of every 4 Canadians will become full-blown type 2 diabetes.

The interesting thing is that people ignore the idea that they are becoming pre-diabetic, not considering the danger they put themselves in. Pre-diabetes, just like type 2 diabetes, does not cause pain so it is ignored by victims until it is too late.

Since most people don't know when they are pre-diabetic, here are some signs to look for that tell you that you have become pre-diabetic.

They are:

- Increased thirst for sweets or sugary foods
- Frequent urination
- Increased hunger
- Numbness or tingling in the feet or hands for some people
- Blurry vision for some people
- Cold hands and feet
- Dry mouth
- Unexplained weight loss

If you are having any of these signs, please pay your doctor a visit and get yourself checked immediately. And if you know that you are now pre-diabetic, take action. Don't wait until it is too late. Pre-diabetes can be reversed in a very short time. There is no reason to allow it to progress to type 2 diabetes. The consequences of diabetes should not be taken for granted. Personally, I am not a fan of having my leg amputated because of diabetes. There is also vision loss, stroke, heart attack, and so forth.

Take action right now to regain your good health back.

Now Obesity

There are a number of diet programs, and they seem to be everywhere. Like diabetes type 2, weight gain or obesity is caused by lifestyle.

I need to make something clear. Obesity or weight gain is not caused by type 2 diabetes. For example, there are many obese or overweight people that are not diabetic. Weight gain can be caused by chemical changes in your body which are caused by the food you eat.

For example, there is a book titled *Toxic Overload* written by one Dr. Hamilton. According to her, after having a child, she could not lose the weight she gained during her pregnancy. She tried everything but it seems like whenever she lost the weight, she would put it back on. Many of you who are trying to drop a few pounds may be going through this same problem.

What doctor Hamilton, who is a professor in the UK did was, she researched why she wasn't able to lose weight and discovered that her weight problem was caused by a gene known as Obesogen. Obesogen is found in cows' meat—cows that are fed antibiotics to help them grow faster.

What happened is that, once the Obesogen is inside your body, it modifies your genes and makes them fat producing genes, so whenever you lose weight your genes will produce more fat.

If you have been trying to lose weight and the weight keeps coming back, I will recommend that you look at what you are eating. It might hold the key to you losing weight. Other times, you might be going about your weight loss plan the wrong way. For example, whenever you start a weight loss program, your body might think that you are starving. Automatically, it will begin to store some of what you eat to prevent the starvation.

Often when dieters notice that they are gaining and not losing, they might panic and stop the weight-loss program. What happens is that the weight that you gained will remain.

The human body is complex. When you start a diet program, don't quit if at first things are not going the way you want. Stick to the program and the results will come. I have maintained a weight of 175 pounds for years now and yes, I eat ice cream. From time to time, I have a candy bar here and there. I don't overeat like I use to before.

Type 2 diabetes, pre-diabetes as well as weight gain can be reversed following the same method, diet and exercise. If you are pre-diabetic or you just want to lose weight, don't wait. You might not do anything about it.

The time to begin is now.

I invite you to try our program. It works for pre-diabetes and weight gain and soon, you will see the new you.

Please go to <https://diabetesselfcure.com> and try our program which was featured by WebMD.

You may also find our website by searching Centre for Diabetes and Obesity Wellness.

We have come to the end of this episode. Thank you for listening. Take care of yourself and those around you.

In the next episode, which is Episode 3, I will be talking about types of diabetes. Please join us again. And please share our podcast with others

Thank you and bye for now.

Keywords

Pre-diabetes cure

Prediabetes

Lose weight