

Diabetes Care Podcast

Hello folks and welcome to the diabetes care podcast. I hope you are having a good week.

Today's diabetes care podcast title is diabetes types, or types of diabetes. On today's podcast, I will be talking about how many types of diabetes are out there.

My name is Ernest Quansah. I am the author of the book ***Diabetic's Journey: How type 2 diabetes Can Be Reversed and Cured***. When I reversed my diabetes, I told my doctor that I would like to write a book to tell others who don't already know that type 2 diabetes can be reversed and cured. He gave his approval, hence the book and the website.

So, let's get right into it.

It seems that there are all types of new diabetes coming out. Having said that, there are two main types of diabetes. Type 1 diabetes and type 2 diabetes. Under the type 2, there are two types. First let's start with type 1 diabetes.

With all the cases of diabetes diagnosis, only 10% is the Type 1 diabetes. When you have type 1 diabetes, your pancreas does not secrete insulin—the insulin must be injected manually into your body. Diabetes products are the real money makers and there are all types out there. Although there is no known cure for type 1 diabetics, the victim can still eat healthy and exercise. Diet and exercise make you much healthier than if you don't exercise at all.

Now let's move on to type 2 diabetes.

90% of all cases of diabetes is the type 2. Type 2 diabetes occurs when there is too much sugar buildup inside the body, but your pancreas still works. It still secretes insulin, so the diabetic is not required to depend on manual insulin injection.

That is so very critical to know.

Although, your pancreas still works, there is excess sugar in your body and the insulin is not able to transport the excess sugar, so your blood glucose level goes up. What happens is that some of the sugar finds its way into your blood stream where it converts into fat like sugar always does if it is not burned off or used up. Some of the fat coats your red blood cells preventing them from absorbing sugar and transporting it into your muscle where it would have been used as energy that fuel your body. At that point you have become a type 2 diabetic or insulin-resistance, a medical term used to describe the diabetes.

Type 2 diabetes is caused by sugar. There is research after research to back this up. For example, Dr. Sanjay Basu PH.D and an epidemiologist from Stanford University, and his colleagues, conducted global research on the causes of diabetes and discovered that type 2 diabetes is caused by refined sugar.

It is not caused by being overweight or obesity. Refined includes products like corn syrup. Artificial sweetness is also known to cause type 2 diabetes, according to the World Health Organization.

How many millions use artificial sweeteners because they don't know that it causes diabetes?

I mentioned that type 2 diabetes is broken into two groups. The diabetes that I have just talked about is the one that you get from lifestyle choice—what you eat.

The second type within type 2 diabetes is: Hereditary

Hereditary type 2 diabetes is diabetes that runs in your family and is passed onto you. In my own family, we have an eye condition known as cataract. If ignored, eventually the affected family member will go blind. My mother has it, I had it, but my sister does not have it. Like hereditary diabetes, some of your family members will get it but not all of them.

Like hereditary diabetes, it too can be reversed just like any other type 2 diabetes. Diet and exercise work better than diabetes drugs that we see in TV ads, which has serious side effects.

The benefits to you the diabetic are many. For example, Exercise controls stress, this means you can sleep better.

- Normalizes cholesterol level: high cholesterol is linked to cardiovascular diseases.
- Lowers blood pressure, being overweight or obese can lead to high blood pressure. This also include eating too much salt and other things.

One Dr. Dodd explained to me during an interview that moderate eating and exercise can reverse 90% of our conditions including type 2 diabetes, heart disease, etc. But people turn to modern medicine. Many people think that modern medicine is the answer, don't they? In some cases, it is, but diabetes is such a simple condition to get rid of without taking a pill.

You can see that the benefit of diet and exercise is so great that it should not be overlooked. You can always exercise in moderation and then increase it. For example, when I started, I could last 10 minutes on the cardio machine but by the time my diabetes reversed, I was doing at least 45 minutes on the cardio machine.

Any adult diabetic can perform some type of exercise and change of diet. I receive phone calls from families of diabetics who need help after years taking the diabetes for granted. And they refuse to let go of the lifestyle that caused the diabetes.

A man called me. During our discussion, he repeatedly asks if he must stop eating white bread. I said, "yes." The issue is that the flour used to make the bread has been refined so much that it has no nutritional value, so some bake companies try to add some sort of vitamins to the white bread.

Here is the problem. When the bread is baked, it will lose all the nutritional value within 24 hours unless it is eaten or frozen when it cools down. The man whom I had a discussion with is not the only one who will not let go of the same lifestyle that caused him one leg and will eventually kill him.

When I worked in a retirement resort, a gentleman came in to visit family member. Not long after he arrived, something must have gone wrong because he asked, "Can I have a cookie, can I have a cookie, I am diabetic."

I ask a staff member to get him the cookie. When he was done eating, he went outside to have a cigarette. He is addicted to cigarettes but that is not all his problem. Sugar is also addicting, far more than cocaine. It is the sugar that causes the diabetes.

If you are diabetic, don't smoke. Do whatever you can to stop smoking. And leave refined sugar out of your diet.

It is pointless to want to reverse your diabetes when they will not let go of the same lifestyle that made the person a diabetic in the first place. We know that type 2 diabetes is caused by refined sugar buildup inside the body. Years ago, most type 2 diabetics were diagnosed in their mid-forties. In the past few years, children at the age of about 12 are beginning to be diagnosed as type 2 diabetics. In other words, they have eating refined sugar equivalent to the amount consumed by an adult who has been diagnosed a diabetic. Research shows that these children eat ultra-refined sugar food. They love their cola drinks, etc. And top it off with French fries.

The question now is, can sugar be burn off from your body and if so, how?

Now that you know what caused type 2 diabetes, take the next step to heal from it. We can help.

Visit us at **Centre for Diabetes and Obesity Wellness** or go to

<https://diabetesselfcure.com>

In our next episode, Episode 4, I will be talking about one of my very favourite topics: Diabetes lies.

Do not miss it. It is going to be a good one.

My Advice

Before we leave, today's my advice to all the diabetics who are listening is don't eat tropical fruits such as pineapples, banana, and mango. They have excessive sugar and if you notice, they grow in tropical countries. This is because in these countries, the weather is hot and people are always sweating and using energy, so they need more sugar than the average American or North American.

I hope you found the episode educational and helpful. Until next time, bye for now.

Keywords

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