

## Race and Diabetes

Welcome to diabetes care podcast Episode 6

Today's topic is **Race and Diabetes**. And as usual, my name is Ernest Quansah.

Let's dive right into it.,

When I was a diabetic, through research I learned that type 2 diabetics were grouped into race. In the United States, blacks were on top of the list followed by First Nations people, then Hispanics and then Caucasians. At that time, I was very new to diabetes but as time went on, I did more research. I educated myself and came up with these questions.

Bear with me while I explain. In the United States, there are about 35 million Americans who are diabetics and about 100 million that are pre-diabetics. In India, the population is estimated at about a billion and growing—soon to overtake China. Out of that, about 77 million of them are diabetic and they are not blacks.

Take African countries for an example. Type 2 diabetes is a very recent condition that they have acquired. And in African countries, diabetes is on the increase and most people don't know how they became a diabetic.

When I left my country for North America in the 80's, there were only two main sweet drinks. In 2019, when I went back, there were sweet drinks of all kinds everywhere. Some came from Asia and others from the Middle East. I was shocked to see that in supermarkets. There were far more sugar sweetened drinks than bottled water.

One day I purchased half a liter bottle of a sweet beverage. I had to dilute it with 3 more bottles [of water] to bring down the sweetness before I was able to drink it. At the same time, researchers are finding that, as sweet drinks increase in African countries, so are cases of type 2 diabetes. Sweet beverage is linked to increased diabetes.

The fact about diabetes type 2 is that it does not affect one race while sparing another race. The condition affects people who follow poor diet, and that can be anyone within any race.

By poor diet, I mean excess consumption of refined sugar, as well as ultra-processed foods. Don't be misled by thinking that your race can protect you from becoming a type 2 diabetic. In North America, including the US, 12-year-old children are being diagnosed a diabetic. Consider their diet. Again, they consume excess amounts of sugar sweetened drinks.

Since type 2 diabetes, for the main part, is a condition caused by refined sugar, it can be very easily be reversed. You have to decide for yourself if you want to live a full life without all the complications of diabetes or if you rather put your faith in modern drugs, that does nothing more than delay a slow death while deteriorating your body.

I have mentioned this before, but I am going to touch on it again. When my book, *Diabetic's Journey* was released, a doctor I spoke with by the name of Dr. Dodd told me that if people eat healthy and exercise, they will cure themselves of 90% of their disease, including type 2 diabetes. But instead, they put their faith in the so-called modern medicine.

Think about that for a minute. 90%? He included stroke, heart disease, internal organ failure. Type 2 diabetes does not shorten one's life. That is done by the sugar buildup inside the body. That sugar damages your internal organs, nerves, eyes, and even the flesh, etc.

Diabetes is a name given to those who have high levels of sugar in their body. The sugar triggers stroke, heart disease, internal organ failure and so forth, and this affects people of all race and background.

It is misleading to follow a bad lifestyle choice thinking that type diabetes affects another race but yours. Reversing type 2 diabetes is something that you, the diabetic, can do on your own. I had to take it upon myself to reverse my diabetes. Not just that, but I went ahead and took immediate steps and stayed with it until I achieved success. And the happiness I felt that day was worth more than a million bucks.

If I can do it, so can you. The options are that you take the steps to heal or watch your health deteriorate. Leg amputation or blindness is a terrible price to pay for remaining a diabetic. Don't you think, folks?

When I get emails from people telling me that they have lost a leg, their vision, and [ask] if I can help, it breaks my heart to say no, there is nothing I can do for them. You can pay hundreds of dollars per visit to a doctor to treat you. I have even heard of people paying up to \$1200 dollars to consult with a doctor so they can reverse their diabetes. That should not be. However, what I would say is that it is a good idea to tell your doctor that you are starting a diet and exercise program to reverse your diabetes and have the doctor monitor you so that he or she can ask you to stop taking your diabetes drug,

Some people say that they exercise but how come they don't see the results they want? The answer to that question is simple. It is good to exercise. All forms of exercise come with an end goal. If the exercise is not a diabetes exercise designed to reverse the diabetes, it will [not] reverse the diabetes.

To reverse the diabetes, there are a certain number of days you need to exercise and increase your heart rate to a certain rate. You also need to exercise for a certain amount of time. Include diet modification like the one we have in our program.

If it is too difficult to diet and exercise. Start slowly but don't give up. Stick to the program and the diabetes will go away. Remember you have up to four months. We have tested and created an exercise routine, menu plan, with recipes as well as vitamin and supplement therapy to

follow that gives you optimum health. This includes building lean muscles. Who does not want that?

Best of all, we show you how to reverse the aging process based on real science and how other people are doing it. Our program also has free exercise and cooking tutorials video to get you stated on the right path.

I hope you have benefitted from this podcast.

We invite you to take the first step to regain your health back by visiting <https://diabetesselfcure.com> or simply search **Centre for Diabetes and Obesity Wellness**.

If you know anyone who is diabetic, prediabetic, kindly forward our website to the person.

And don't forget to share all our podcasts on social media, with friends and family members and ask them to share it so that we can bring diabetes under control.

Thank you for listening and goodbye for now.

**Keyword**

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