

Hope & Healing

Diabetes Taking Control Of Your Health

A heart at peace gives life to the body — Proverbs 14:30

Introduction _____

In diabetes something goes wrong with the normal process of turning food into energy. Food is changed into glucose as usual, but the insulin needed to create the energy from glucose is either in short supply, or the insulin that is available doesn't change the glucose to energy as it should. In one type of diabetes — the kind that occurs mostly in children — the pancreas, an organ behind the stomach, cannot make insulin. In the other type — the adult type — the pancreas makes some insulin, but either makes too little, or the body has trouble using the insulin, or both.

When there is not enough insulin to change glucose to energy, the glucose collects in the blood and the blood sugar level rises and rises. That's what diabetes is, a high blood sugar level caused by too little insulin or ineffective insulin.

The problem with diabetes is not that we don't know what to do. We know what to do; we just don't do it. Research shows that diabetes can be controlled. Excess weight can be lost. Drugs used to treat diabetes can often be discontinued when patients with diabetes get serious about their health and take charge.

Facts About Diabetes _____

- Diabetes runs in families. If your father or mother has diabetes, you have a higher chance of getting it too.
- You may get diabetes this year, even

if your sugar level was normal last year.

- Most diabetes is found during the middle years of life, after age 30.
- A simple blood sugar test can tell the doctor if you have diabetes.
- The urine test for sugar is not as good as the blood test.
- Most diabetes can be treated with diet and a pill.
- Diabetes can cause lots of trouble and even death. It is smart to learn all you can about diabetes, so that you and your doctor can work together in preventing the complications of diabetes.

Diabetes — Two Kinds _____

Children and also thin adults with diabetes will usually need insulin to burn their extra sugar. This type of diabetes is called Type I or Insulin Dependent. The adult diabetic who weighs too much and uses diet and a pill to burn extra sugar has Type 2 or Non-Insulin Dependent diabetes.

How to Tell if You Have Diabetes

Diabetes causes three common warning signs:

1. You pass a lot of urine.
2. You drink a lot of water or other liquids.
3. You eat a lot of food.

High blood sugars will cause your vision to be blurred, and will prevent the healing of infections. So infection of the vagina, skin, and gums are more common if you have diabetes.

Treatment of Diabetes _____

You might think that since there is not enough insulin to burn the sugar in your body, all you need is insulin, and a syringe and needle. But, what you need most is to learn all you can about diabetes, so that you can take care of yourself and avoid the complications diabetes can cause.

Remember this, if you forget everything else!

People who have diabetes should be in charge of managing their own diabetes.

You need to know:

- The important of diet.
- The importance of getting off extra weight.
- How exercise can be used to control diabetes.
- How to know when a diabetic condition is getting worse.
- How to take good of your feet.

But, most of all, after you learn these things, put them into action.

Diet and Loss of Extra Weight _____

Eighty percent of adults with diabetes weigh too much. Getting off the extra weight is absolutely necessary, but it no longer requires carefully measuring food for a diet.

Diets are necessary, but nowadays they are easier to follow. Weight control without changing eating habits, and

without an exercise program is almost impossible. So, some eating habits must go and new ones must be started. And, an exercise program is a must. If you will get your weight down and keep it near normal, this may be all the treatment you will need — no insulin — no pills.

Today's diabetic diet is different. Years ago we threw out the white sugar, brown sugar, maple syrup, and jelly. Well, we went too far; we also tossed out the noodles, the potatoes, and the brown rice. Then we found that these carbohydrate-rich foods when eaten in moderation and, when they are eaten with vegetables and protein, can cause a drop in the amount of insulin or number of pills required. Vegetables and protein keep the rise in blood sugar down. So, head for the produce rack and the meat market when you're shopping. First, though, ask your doctor to arrange some time for you to talk this over with a registered dietician. Habits are hard to change. You will need all the help you can get. Outside help is okay, but no one else can get control of your diabetes for you.

Taking Charge _____

Most people with diabetes let others do their thinking for them. They surrender responsibility for their health to someone else, including their doctors. They expect others to make them thin, to keep them from smoking, and to hand them good health. Too often they will do anything to avoid the hard work required to learn the answers to questions they can use in their search for better health.

Think for yourself. Make your own decisions. Live the life you want to live, not the one that diabetes will force you to live if you fail to act.

Taking Ownership of Your Body _

Extra weight creeps up on you and before long, you've lost ownership of your body. You don't treat your other possessions like that. You don't let your

lawn grow full of weeds, or your automobile be taken over by squirrels. So why is it that we invest so little time in learning about diabetes and how it will rob us of our bodies unless we get control? Where diabetes is the problem, we engage in wishful thinking, eating too much, drinking too much, smoking too much, and getting too little exercise.

Becoming More Active — The First Step _____

The favorite path to fitness of people with diabetes is walking. If you don't usually think of a walk in the woods as a way to improve your health, you should. In fact, walking briskly for one hour four days a week strengthens your heart and helps control your blood sugar. As well, so does more strenuous exercise. The key here is four hours of activity per week.

Walking yields endless variations for fun and fitness. So, what are you waiting for? Grab some sturdy shoes and a picnic lunch and give it a try this weekend. You'll be glad you did.

Summary _____

You must take charge of diabetes and be responsible for your own life. Don't let others make your decisions. Make your own. There is a lot of information that tells you how to get control of diabetes. Live the life you want to live, not the one diabetes will force on you if you don't act.

Awaken the Miracles Within You

The Miracle of the Law of Faith

Jesus said, “. . . I say unto you , if you have faith and doubt not, you shall move mountains.”

Jesus' statement is the most powerful of spiritual pronouncements ever made.

No other teacher has ever dared say it. But Jesus knew the Law of Faith and proved it himself many times.

How does this Law of Faith apply to our situation today? Well, the law hasn't changed. Circumstances have. We're far more skeptical about everything.

Still, we shall move mountains when we are able and willing to believe we can, using the mountain as an analogy to our problems.

Try this: First, know the truth about your problems.

Second, claim spiritual dominion over your problems. Third, avoid worry. Fourth, expect your prayer to be answered and act as though it will be.

The recommendations and information in this handout are appropriate in most cases. However, for specific information concerning your personal medical condition, please, consult your doctor.