

## Can you prevent diabetes?

This year diabetes will strike at least a million people in the United States. Asian Americans, African Americans, Latinos, and Native Americans are particularly at risk – but diabetes can strike anyone.

If left untreated, diabetes leads to stroke, heart attack, kidney failure, blindness, and amputations of limbs.

The good news is that you can take steps to help prevent diabetes. Scientific studies have shown that healthier eating plus just 30 minutes of moderate physical activity on most days can lead to a 5-10% reduction in body weight and actually prevent or delay the onset of diabetes.

For those people already diagnosed with pre-diabetes, some health care providers also recommend medications or herbal supplements to keep the body in balance and prevent the onset of full blown diabetes.

### ***Divide and conquer***

One way to eat more healthy meals is to divide your plate into parts. According to the American Diabetes Association, one fourth of the plate should be grains or starchy foods like rice, pasta, potatoes, corn or peas. One fourth should be protein like meat, fish, poultry or tofu. And the rest of the plate – one half the plate - should be filled with non-starchy vegetables like salad, tomatoes, cucumber, carrots, broccoli, or cauliflower. A glass of non-fat milk and a small roll or piece of bread or fruit complete the meal.

### ***Choose exercise you enjoy***

What kind of exercise qualifies as moderate? Biking, dancing, playing tennis and swimming all can give you 30 minutes of enjoyable activity. And everyday activity like walking, gardening, housecleaning or raking leaves counts too.

### ***One other tip***

Know the warning signs for diabetes and see your health care provider right away if you have any concerns. Warning signs include:

- Very thirsty
- Frequent urination
- Losing weight without trying.

For more help with herbal supplements to help your body stay in balance, contact the Healthy Living Solutions Wellness Consultants at [www.hls-herbs.com](http://www.hls-herbs.com) or call **877-505-HERB (4372)**.