

The Free Fitness Tips Newsletter - May 2008

brought to you by

<http://www.freefitnesstips.co.uk/>

The Free Fitness Tips Newsletter - June 2008 is sponsored by:



The Diabetic Warrior™
www.diabeticwarrior.com
Patrick Lecky

PRIMAL Foods And Natural Remedies That Empower You To Heal Diabetes And Its Complications !

Hello everyone and welcome to the June 2008 edition of the **Free Fitness Tips Newsletter**. This month at [Free Fitness Tips](#) the focus has been firmly on the topic of [diabetes](#). Diabetes was actually the very first topic I covered on the Free Fitness Tips blog but when I re-read some of those diabetes articles this month I quickly realised that this section of the blog was in need of a serious re-write. As always seems to be the case I have not managed to get as many articles added this month as I wanted but on the plus side I'm really pleased with the articles I have written. They have been a lot more detailed than my previous efforts and have received plenty of positive comments from readers.

Anyway, this month's newsletter includes:

- [Featured Article!](#)
- [Free Fitness Tips Blog Updates!](#)
- [Featured Fitness Blog Post!](#)
- [Free Fitness Ebook!](#)
- [Final Words!](#)

1) Featured Article

As I said at the start of this newsletter diabetes has been the only topic covered on the blog this month. If I'm being completely honest I'm very proud of all the articles equally. Each one took a lot of time, effort and research. However, I've decided to feature 'The Causes of Diabetes' because I feel it acts as a nice summary of the various factors behind diabetes...

The Causes of Diabetes



In my last few articles I have mentioned a number of the possible reasons behind the development of diabetes. These included; obesity, a sedentary lifestyle, age and family. However, many of these are risk factors and do not directly cause diabetes themselves. In this article I will attempt to drill down the causes of the various types of diabetes so that you can take preventative measures and reduce your risk of contracting diabetes.

1) GENERAL CAUSES:- The main cause of diabetes is the cells of your body not getting enough [insulin](#) (the hormone which breaks glucose down into energy). This may be because your pancreas is not producing enough insulin or because your body's cells have become resistant to insulin.

2) GESTATIONAL DIABETES (GDM):- It is currently not known exactly what causes gestational diabetes. However, the widely accepted belief is that changes to your body in the second and third trimesters of pregnancy influence the development of GDM. During this time your baby is growing and relies on [glucose](#) (the body's primary source of energy) for nourishment. To ensure the baby receives enough glucose during these two trimesters, the placenta releases insulin blocking hormones. This causes women's insulin requirements to increase by two or three times the normal rate during pregnancy. Failure to produce enough insulin to meet this excess demand whilst pregnant causes gestational diabetes to develop.

3) TYPE 1 DIABETES:- Again the exact cause of type 1 diabetes is unknown. The condition develops when the pancreas becomes damaged. In most cases this damage is the result of an auto-immune response (where the body's immune system attacks its own cells). In the case of type 1 diabetes, the beta cells of the pancreas (which produce insulin) are attacked by the body's immune system meaning that insulin can no longer be produced. Whilst we know WHAT happens to cause type 1 diabetes, we do not know WHY this happens but there are a number of popular suggestions which include:

- *An unknown viral infection instigates this auto-immune response.*
- *Unknown toxins in the foods we eat cause this auto-immune response.*
- *[Faulty nerves in the pancreas](#) cause this auto-immune response.*

4) TYPE 2 DIABETES AND PRE-DIABETES:- Pre-diabetes is an early indicator of type 2 diabetes and the causes of each are almost identical. As with the other types of diabetes listed above, the exact cause of type 2 diabetes and pre-diabetes is unknown. The conditions develop when the body's cells start to resist insulin. The pancreas responds by producing more insulin and the liver responds by releasing more glucose (because the body is not processing the glucose that is already in the blood). Over time this limits the pancreas's ability to produce insulin and increases the body's resistance to insulin. Like with type 1 diabetes it is not known why the body's cells start to resist insulin. However, there are a number of specific, associated risk factors including:

- **Age:** Exercising regularly and keeping control of your weight reduces your risk of contracting type 2 diabetes. However, as we age we generally gain weight and exercise less. If you follow this pattern then the older you get the greater chance you have of developing type 2 diabetes.

- **Ethnicity:** It is not known why ethnic origin affects your chances of diabetes but unfortunately it does. Blacks, Hispanics, American Indians and Asian-Americans are all ethnicities which are at an increased risk of developing type 2 diabetes.

- **Family:** Again it is not understood why but having a parent or sibling with type 2 diabetes greatly increases the risk of you contracting it too.

- **Gestational Diabetes (GDM):** If you develop gestational diabetes whilst pregnant the unfortunate news is that you are at an increased risk of developing type 2 diabetes at a later stage. On the bright side, effective management of gestational diabetes reduces the impact it has on the future development of type 2 diabetes.

- **Inactivity:** When you exercise you use additional glucose for energy and this helps to moderate your blood sugar levels. Furthermore, regular exercise helps you control your weight which makes your cells more receptive to insulin. By being inactive you are negating all these benefits and increasing your risk of developing type 2 diabetes.

- **Obesity:** An increased amount of fatty tissue increases insulin resistance in your body's cells. According to [DLife](#) this is because; fat cells have fewer insulin receptors than muscles, fat cells release free fatty acids which interfere with glucose metabolism and excess glucose is stored as body fat which increases the number of cells the pancreas has to supply with insulin.

- **Pre-Diabetes:** This one only counts for type 2 diabetes obviously. As discussed above pre-diabetes is an early sign for the development of type 2 diabetes. If preventative action is not taken pre-diabetes can easily develop into type 2 diabetes.

5) RUMOURS:- Since the exact cause of diabetes is unknown, a number of rumours have developed regarding its origins. In particular, these rumours falsely suggest that specific factors can cause diabetes. Below I have addressed three of the most popular rumours:

- **Diabetes is Contagious:** Diabetes is NOT contagious. You cannot catch diabetes of another person and if you are a diabetic you cannot pass it on to anyone else. However, having parents or siblings with diabetes increases your risk of contracting it. Therefore, whilst you cannot catch diabetes directly off another human being (e.g. you will not get diabetes by being in the same room as, touching, kissing or having intercourse with another diabetic) there is a

hereditary element to the disease.

- **Sugar Causes Diabetes:** This is one of the most popular rumours around. Diabetics need to monitor their sugar intake quite closely and because of this sugar is often linked with causing diabetes. Eating lots of sugar DOES NOT cause diabetes. However, sugary foods are often very low in nutritional value and rarely satisfy your hunger, hence the reason that they are often referred to as "empty calories" (for example you do not feel fuller after drinking a bottle of lemonade but you have still consumed "empty calories" by drinking it). Consuming too much sugar very often leads to you becoming overweight because the excess calories from the sugar are not satisfying you in the same way that more complex carbohydrates would. Being overweight makes your cells more resistant to insulin which does increase your risk of contracting type 2 diabetes. Therefore, whilst sugar is not directly related to the development of diabetes it is still a good idea to moderate your consumption.

- **Stress Causes Diabetes:** Stress can aggravate diabetes and make the condition worse if you are a diabetic. It is also possible that stress can trigger an auto-immune attack, similar to those that lead to the development of type 1 diabetes. However, to date there is NO EVIDENCE which suggests that stress causes diabetes.

Whilst we have a general understanding of what causes the various types of diabetes the exact triggers are unknown. No one is 100% sure why the body's immune system attacks the pancreas in type 1 diabetes. Nobody knows for sure why the cells of type 2 diabetics start to resist insulin. However, an increasing amount of evidence suggests that regular exercise and healthy eating can help prevent diabetes if you are not a sufferer, and minimise the impact of diabetes if you are a sufferer. Therefore, whilst you cannot be 100% certain of what causes diabetes you can be confident in the fact that you know what prevents it. Try to exercise for at least 30 minutes each day and consume healthy foods most of the time, and the chances are you will never have to worry about what causes diabetes because you will not be at risk from it in the first place.

Every intention has been made to make this article accurate and informative but it is intended for general information only. Diabetes is a medical condition and this article is not intended as a substitute for the advice of your doctor or a qualified medical practitioner. If you have any concerns regarding any form of diabetes you should seek the advice of your doctor immediately.

Sources:

[Blood Glucose/Sugar Information \(Wikipedia\)](#)

[The Causes of Diabetes](#)

[Type 2 Diabetes: Causes and Risk Factors \(DLife\)](#)

[Sugar and Diabetes Information \(Health Castle\)](#)

[Stress and Diabetes Information \(Health A to Z\)](#)

[Insulin Information \(Wikipedia\)](#)

[Obesity Information \(Wikipedia\)](#)

[Type 2 Diabetes Risk Factors \(Mayo Clinic\)](#)

2) Free Fitness Tips Blog Updates

As I said at the start of this newsletter diabetes has been the key focus this month so no other sections of the blog have been updated. Although the actual number of articles I have written

this month has declined, the amount of content in each article has increased greatly. Therefore, although it initially seems like there has not been much new material added to the blog when you actually read the articles you will notice that there is a lot of new stuff here.

Diabetes:- I have written a number of highly detailed articles for the diabetes section of the blog including; 'Gestational Diabetes Explained', 'Type 1 Diabetes Explained', 'Type 2 Diabetes Explained' and 'Pre-Diabetes Explained.' I have also re-written a number of my existing articles on diabetes including; 'The Symptoms of Diabetes' and 'The Causes of Diabetes' because I felt they were not up to scratch. You can read all my [diabetes](http://blog.freefitnesstips.co.uk/category/diabetes) articles at; <http://blog.freefitnesstips.co.uk/category/diabetes>

3) Featured Fitness Blog Post

I've decided to change the featured fitness blog section slightly. Instead of featuring a fitness blog I am now going to be featuring a fitness blog post. I think this will be more beneficial to you guys because instead of just providing a general description of the blog I can highlight a really interesting, useful, insightful or funny post to you.

Anyway, this month's featured fitness blog post goes to '[Green Tea Can Help Recovery](#)' from Pat's [All Muscle Building](#) blog. I chose this post because I have read a lot of blog posts about the benefits of green tea such as it reduces cholesterol and it improves your immune system. However, a lot of these benefits are the type of things you expect to read on the packet or hear on an advert. When I read them I never think that the information is anything groundbreaking. Pat's post was different. It really leapt out at me because it highlighted a green tea benefit that I had never heard of before - muscle recovery..

Green Tea Can Help Recovery



ChefMD John La Puma [reports](#) that weightlifters who drink green tea are able to recover faster from the oxidative stress that occurs after workouts.

“Athletes who drank the green tea had less damaging lipid hydroperoxide and more protective polyphenols in their blood before and after exercise. Another key finding was a 37 percent higher post-exercise level of a protein called glutathione, which helps protect the body from oxidative stress caused by damage from free radicals. The researchers concluded that green tea provided significant benefits for sports participants.”

When you lift weights I think most of us are concerned more about results and less about keeping our body and cells healthy (especially from free radicals). That’s why getting enough antioxidants and polyphenols is so important.

The quicker you can recover, the quicker you can get back to the gym and the less sore you’ll be. Which will in turn allow you lift more weight, more often.

Source:

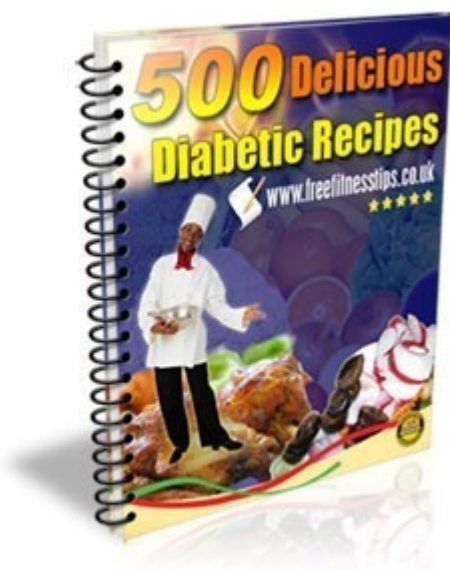
[Green Tea Can Help Recovery - All Muscle Building Blog](#)

Full credit to Pat for this highly informative blog post. You can read more posts on the various aspects of building muscle at Pat's [All Muscle Building Blog](#).

4) Free Fitness Tips Ebook

Since this month's focus has been on diabetes it just wouldn't be right if I didn't have a free diabetes ebook for you too. Well you're in luck, because this month's free ebook is...

500 Delicious Diabetic Recipes



This ebook does exactly what the title suggests providing you with 500 (well 515 to be exact)

tasty diabetic recipes. Sweets, meats and vegetables are all covered so you should be able to find a recipe that matches what you want to eat. Here's a sample recipe to wet your appetite:

1) CHOCOLATE CHIP COOKIES

1/4 c. margarine
1 tbsp. granulated fructose
1 egg
1 tsp. vanilla extract
3/4 c. flour
1/4 tsp. salt
1/2 c. mini semi-sweet chocolate chips

Cream together margarine and fructose, beat in egg, water and vanilla. Combine flour, baking soda and salt in sifter. Sift dry ingredients into creamed mixture, stirring to blend thoroughly. Stir in chocolate chips. Drop by teaspoonsful onto lightly greased cookie sheet about 2 inches apart. Bake at 375 degrees for 8 to 10 minutes. Makes 30 cookies.

The ebook also come with full giveaway rights so feel free to pass it on to family, friends, website visitors or whoever else you think may find it useful.

[Click Here to Download 500 Delicious Diabetic Recipes!](#)

5) Final Words

This month I planned to have all my diabetes articles complete but as regular readers will know things very rarely happen on time with this website. That means next month there will be more few more diabetes articles with the topics including; 'Managing Diabetes with Exercise', 'Treating Diabetes Effectively' and 'Diabetes Breakthroughs'. I'm also planning to do some posts on the various types of cancer and the measures you can take to avoid them.

Thanks for reading,

Tom Parker (Owner and Creator of Free Fitness Tips)

Get a Free Fitness Tip delivered to your Email Inbox, every day, for 365 days!

<http://www.freefitnesstips.co.uk/>
