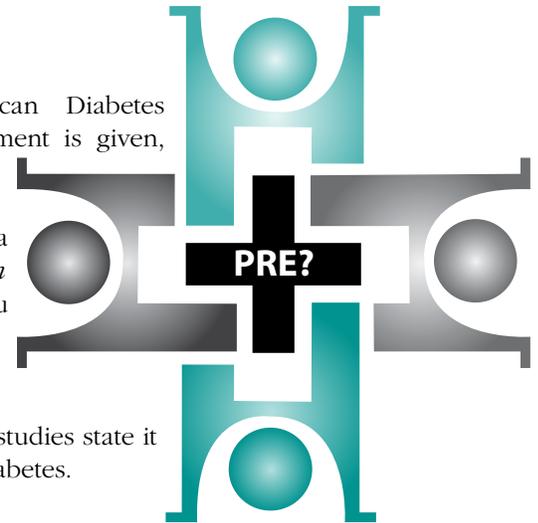


# The Pre-Diabetes Predicament

by Margy Squires

**Labels.** It seems everyone wants to attach one to everything whether it's religion, nationality or a profession, and in this case health. But really, can someone be tagged with a disease or condition they don't even have yet simply based on the "odds"? **Chances are more likely the "pre" is a warning signal that requires a few adjustments to stack the deck back in your favor.** Chances are the official diagnosis never becomes a permanent label in your medical chart.

In fact, according to the American Diabetes Association (ADA), even if no treatment is given, only 11% of those with "pre-diabetes" develop type 2 diabetes within a 3 year period. This finding is based on data from the long-term *Diabetes Prevention Program* study. The ADA also states: "you will not develop diabetes automatically if you have pre-diabetes... early treatment can actually return blood glucose levels to the normal range." What's more, other studies state it takes about 10 years to develop type 2 diabetes.



**Who gets pre-diabetes?** People of all ages, races and nationalities; with higher rates of diabetes in African Americans, Alaska Natives, Asian Americans and Latinos. Age and a family history of diabetes also add to an increased risk.

The Centers for Disease Control estimates 79 million have pre-diabetes and 29 million adults have type 2 diabetes (26 million over age 65). In 2012, diabetes medical costs in the U.S. were a staggering \$245 billion a year.

**So what do these stats mean to you?** Like a directory map that indicates "you are here", knowing where you are health-wise is your first priority. The diagnosis of "pre-diabetes" is based on blood tests which tell your healthcare professional how your body handles sugar. Be aware that the parameters for normal for these tests have been lowered, which means more people will be labeled "pre-diabetes" since their results will be "above normal".

Two common tests endocrinologists (doctors who treat blood sugar issues) and the ADA use to determine pre-diabetes are fasting blood glucose levels (FBG) and Hemoglobin A1c (HbA1c). The A1c is non-fasting and takes a look at your average blood glucose levels over the past 2-3 months. See The Tests box to compare your results.

Many disorders are considered *age-related* as the body is less efficient in renewing itself. Knowing your risk of developing health woes is a good idea so you don't follow in your parents' footsteps. This is especially true for conditions that occur with age and/or lifestyle such as coronary artery disease, metabolic syndrome and type 2 diabetes. While you may not be able to change genetics, you can lower your risk without the "quick fix" offer of a cholesterol lowering or diabetic drug.

**Take 5.** Our top five nutrients may help you get and keep your blood sugar under control. Here's why. Any elevation of blood sugar can cause a loss of nutrients, especially water soluble B's and C. Taking multi-vitamin Multi-Gold™ makes sense and gives you a full B complex spectrum for metabolism of carbs and sugars. Since magnesium is required to decrease insulin resistance and support normal blood sugar balance, take the optimal form in Fibro-Care™. Alpha Lipoic Acid supports

## The Tests

### A1c

Normal	less than 5.7%
Pre-Diabetes	5.7% - 6.4%
Diabetes	6.5% or higher

### FBG

Normal	less than 100 mg/dl
Pre-Diabetes	100 mg/dl - 125 mg/dl
Diabetes	126 mg/dl or higher

Source: [www.diabetes.org](http://www.diabetes.org)

*Continued*

## The Pre-Diabetes Predicament

*continued*

liver detoxification to increase fat metabolism, plus protects cells on a water and fat soluble level to reduce oxidative stress and damage. Buffered C helps lower sorbitol, a sugar that damages cells. Finally, Omega-3 fights the inflammatory cascade caused by elevated blood sugar or insulin levels.

Compare the meager cost of nutritional therapy to diabetes medical dollars. Which one would you choose for a health program? Add a healthy (close to nature) diet and exercise daily.



While the medical organizations that set the standards for disease labeling provide a means to evaluate your risk, don't forget that the person who holds your health in your hands is you.

Resources: [www.diabetes.org](http://www.diabetes.org), [www.cdc.gov](http://www.cdc.gov), National Diabetes Statistics Report 2014

### Get with the Program™

#### Blood Sugar Health

- ◆ Multi-Gold™ (4/day)
- ◆ Fibro-Care™ (500-1000 mg/day)
- ◆ Alpha Lipoic Acid (100 mg 3x/day)
- ◆ Buffered C (1000 mg/day)
- ◆ Omega-3 (Fish or Flax)
- ◆ CoQ10 (100 mg 1-2x/day)

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