



DAVID FAIRLAMB THE FIT FACTOR

NUTRITION CORNER

Unlike any other beverage on the market, coconut water contains five essential electrolytes that are present in the human body: calcium, magnesium, phosphorous, potassium and sodium. Low in calories, naturally fat and cholesterol free its also super hydrating.



Don't miss David's tips every Saturday in your Journal

BY 2040 one in 10 people will have diabetes. In the past year globally, diabetes took more lives than HIV, tuberculosis and malaria combined – a horrendous statistic. In fact one person dies from diabetes every six seconds. Since 1980 the global number of diabetics has quadrupled to 422 million and treating the disease costs a massive £674 billion per year.

What's the difference between type 1 and type 2 diabetes?

Type 1 cannot produce insulin, whereas type 2 people do not produce enough or their bodies grow resistant to it. Either way, too much glucose accumulates in the blood.

Causes?

Type 1, nobody knows what causes it and it usually begins in childhood.

Type 2 is more likely to develop if you are overweight, have a family history of it, also your age or ethnic background can put you at risk, often striking in middle age.

Treatment

Type 1 daily insulin injections
Type 2 healthy diet and exercise, therefore it can be reversed

One of the main reasons for type 2 diabetes is obesity, with sugar being the main culprit – people have simply become hooked on sugar.

Lets look at Ethiopia's story

Shortly before the the famine of the 80s (hence 'Live Aid'), only 0.34% of Ethiopians were diabetic. Since then, their econ-

omy has boomed and major cities developed. Addis Ababa used to have only two pastry shops – now there are fast food and pastry shops on every corner. Dietary habits have dramatically changed and sugar consumption rocketed. Eating large quantities of sugary and fatty food in Ethiopia is a sign of wealth. This has led to diabetes increasing by more than 600% and is expected to keep rising. Africa is now grappling with the same consumption and bad lifestyle issues as the western world. The dangers of sugar, or – as I call it – white death, has now spread to Africa.

In this country, doctors are well used to treating diabetes. In 1981, a specialist diabetic foot clinic was set up at Kings College hospital, and over the next three years, 240 patients came through the door. Now 200 arrive each week!

What will it take for diabetes to get the attention it needs? Because of the political importance of other diseases, diabetic patients seem to take a back seat, even though every day in this country 20 people have a diabetic-related amputation.



Breakthrough in research

Professor of medicine and metabolism at Newcastle University, Roy Taylor subjected 11 diabetics to a low calorie diet for eight weeks and every one of them saw their insulin production return to normal, a star-

ting result. The results pointed to an error in how it's thought type 2 diabetes affects the body. His research is obviously complicated but the short version is shed enough fat and type 2 diabetes is lightly to reverse, a huge breakthrough and gives real hope towards tackling this epidemic.

At DF Fitness

We too have had amazing results with reversing type 2 diabetes while on my SugarCleanLean diet and fitness programme.

Cutting out refined sugar, exercising and eating what the body was designed to eat, ie fresh, health, natural food, has shown yet again is the key to health, well being and longevity.

Motivational quote of the day

Exercise is like an addiction once you are in, you feel like your body needs it



FITNESS TIP

Looking the part will make you feel good. Why not hit the Easter sales and buy some new fitness gear? Research shows you are more likely to train if you have the right kit.



Now £799

WHILE STOCKS LAST



see some of our fantastic prices in-store & great choice of furniture, carpets & giftware



Great Choice in Beds & Bedroom

VISIT OUR SHOWROOMS
 DURHAM | Chester le Street | Seaham
 Gilesgate | Front Street | Church Street

Designer Sofas but at Affordable Prices