



David Fairlamb THE FIT FACTOR

LIFESTYLE CHANGE

Four grams of sugar is equivalent to one teaspoon. As adults our recommended daily allowance is seven teaspoons. Check your labels and aim reduce your daily amount of refined sugar to a safe level.



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

DIABETES is one of the fastest growing epidemics in the world, affecting 425 million people.

Many more go undiagnosed until it's too late. It is the seventh leading global cause of death according to the World Health Organisation.

I have written on numerous occasions about the causes and prevention of diabetes, but the latest UK statistics on the impact of this disease are appalling.

■ More than 120 foot and toe amputations are carried out every week in England as a result of diabetes, with the number of amputations rising by over a quarter since 2013.

■ Type 2 diabetes has more than doubled over the past decade due to rising rates of obesity, inactivity and unhealthy eating.

■ Diabetes causes around 24,000 premature deaths a year and treating the disease takes up 10 per cent, or £10 billion, of the NHS budget.

■ 2014-2017 over 19,000 amputations carried out

■ Data, released by the House of Commons Library shows that

15,075 foot and toe amputations occurred in England between 2010 and 2013 as a result of diabetes.

Unless diabetes is properly managed, it can lead to artery disease, which occurs when a person's blood vessels narrow, which reduces blood flow to their legs and feet.

Reduced blood flow can slow wound healing. Therefore, if any cuts or grazes become infected, this infection can spread to surrounding tissue and even bones.

Poor blood flow can also cause nerve damage, which may prevent a person from feeling pain.

Diabetes affects about 3.7 million people in the UK with around 90

per cent of suffering from type 2 diabetes. Many people do not realise in many cases it is reversible.

A healthy lifestyle including cutting as much refined sugar and processed food out of your diet alongside a sensible exercise, schedule is the way forward.

I have many clients who have reversed their diabetes and no longer take any medication. My Sugar Clean Lean food and fitness plan works in the most dramatic way for health and wellness and of course weight loss.

If you are pre diabetic or have type 2 diabetes be positive and make those lifestyle changes you need to lead a healthy life.

*We don't know
how strong we are
until strong
becomes the only
choice*

**Motivational quote
of the day**

FITNESS TIP

People with type 2 diabetes have too much glucose in their blood, either because their body doesn't produce enough insulin to process it, or because their body doesn't use insulin properly. In either case exercise can reduce the glucose in your blood. Yet another reason you should exercise regularly.

► A nurse administers a diabetes test. All too often the result is positive

