

# DIABETES: THE GLOBAL BURDEN



- The gastric mind band – weight loss hypnosis – [www.gmband.com](http://www.gmband.com)

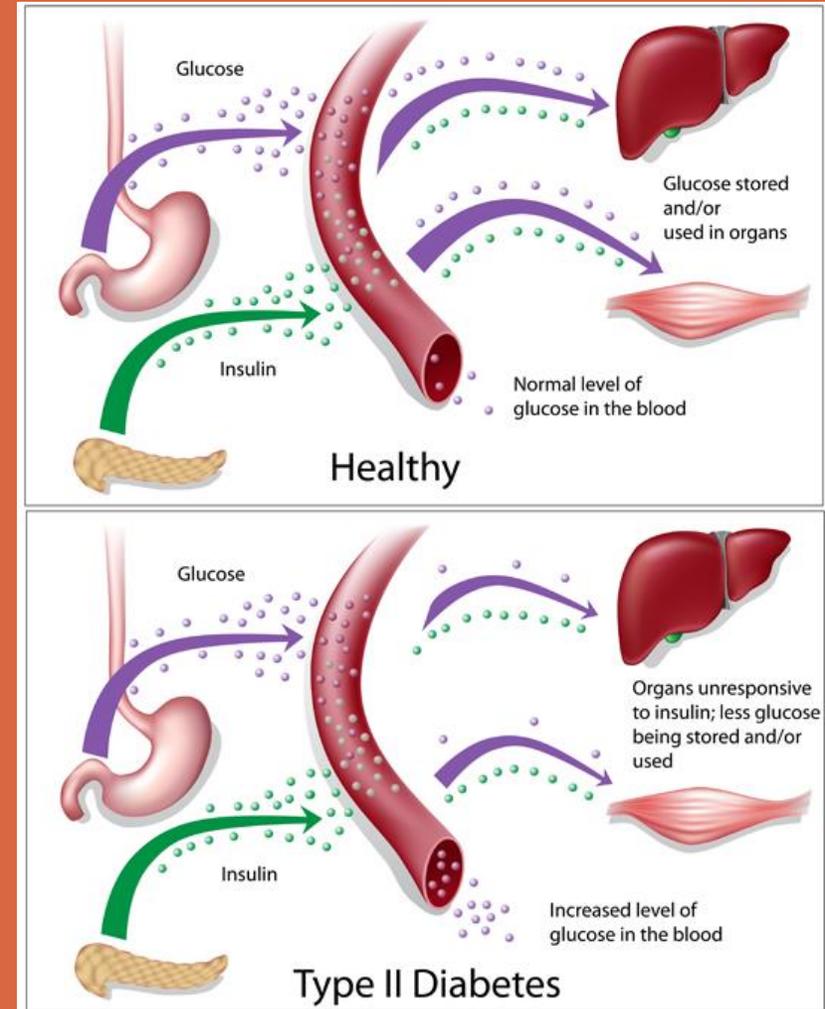
# UNDERSTANDING TYPE 2 DIABETES

Type 2 diabetes mellitus is a metabolic disorder that results in high blood sugar or glucose levels, which is referred to as hyperglycemia. Hyperglycemia takes place when the body cannot use the natural insulin it produces; otherwise known as insulin resistance. Type 2 diabetes also occurs when the body is unable to produce enough insulin.



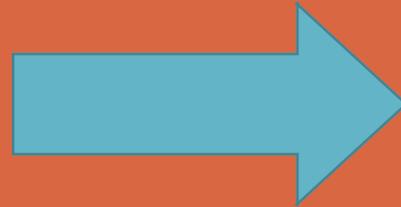
# WHEN YOU HAVE TYPE 2 DIABETES

- When you have type 2 diabetes: fat, liver, and muscle cells do not respond correctly to insulin
- This is called insulin resistance
- Blood sugar is not getting into these cells to be stored for energy
- If sugar cannot enter cells, then high level of sugar starts to build up
- Referred to as hyperglycemia
- Body can no longer use the glucose for energy.
- Symptoms begin to show for type 2 diabetes.



# SYMPTOMS OF TYPE 2 DIABETES

- Very thirsty and more trips to the bathroom than usual
- Very hungry, more than usual
- More tired than usual
- Blurred vision
- Slow healing sores or more infections
- Patches of darkened skin



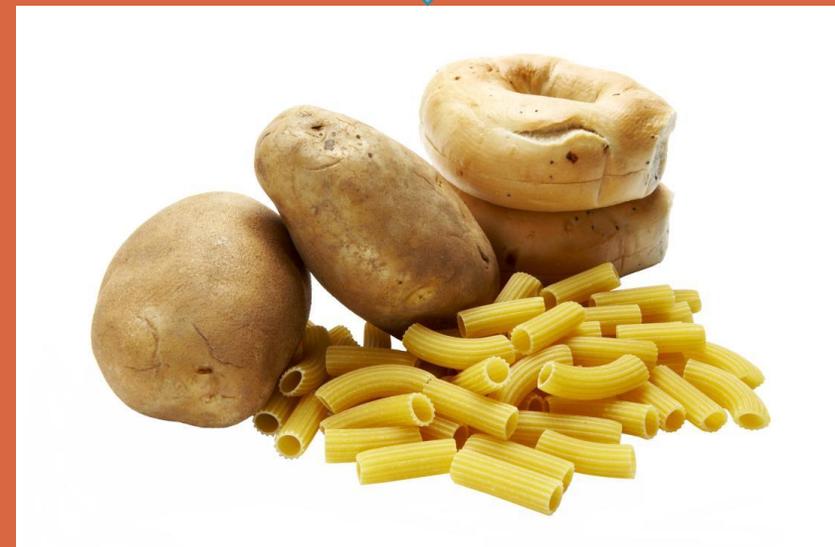
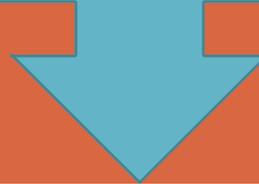
# WHERE SUGAR IN THE BLOOD COMES FROM

The trouble with diabetics is the body has difficulty keeping blood sugar levels down. The blood literally turns too sweet. So where does sugar in the blood come from?

Sugar in the blood comes from the food that we eat. The foods that turn into different types of sugar as soon as they reach the stomach are called carbohydrates. This means sugar (as in soda, fruit juice, candy) and starch (as in bread, pasta, rice and potatoes).

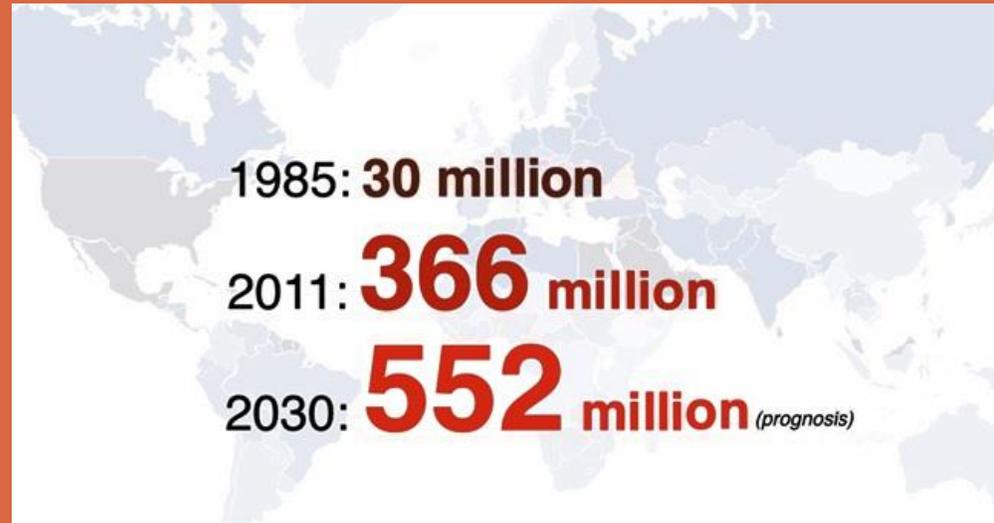
[Source: The Diet Doctor](#)

The more carbohydrates we eat in a meal, the more sugar is absorbed into the blood stream. The more sugar that's absorbed into the blood stream, the higher the blood sugar will be.



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# DIABETES DIAGNOSIS' ON THE RISE



[WHO Inforgraphic](#)

**366 million** people had diabetes in 2011; by 2030 this will rise to **552 million**

**80%** of people with diabetes live in low – and middle income countries

The **greatest number** of people with diabetes are between **40-59 years of age**

**183 million** people (50%) with diabetes are **undiagnosed**

Diabetes caused **4.6 million deaths** in 2011

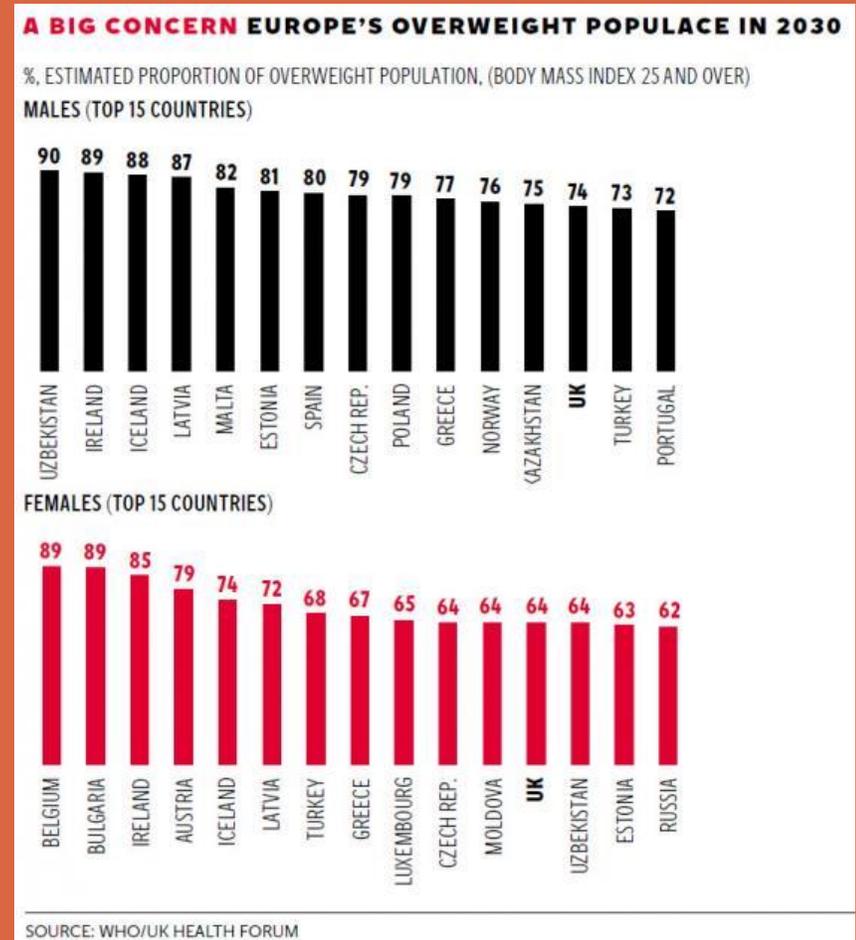
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# REVERSING TYPE 2 DIABETES

IF YOU WANT TO REVERSE TYPE 2 DIABETES THEN LETS GET STARTED...

- Ask yourself:
- Do you want effortless weight loss without the gimmicks and fad diets?
- Do you want to enjoy all the health benefits possible, and prolong your life?
- Do you want to eat all you need to feel full and satisfied?

**We're going to go out on a limb here, and asume your answer is yes...**



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# REVERSING TYPE 2 DIABETES

## THE ANSWER TO REVERSAL IS LOW CARB DIETING

### QUICK LINKS:

[Low Carb veggies](#)

[Low Carb Fruits](#)

[Low Carb Nuts](#)

[Low Carb Snacks](#)

### Low Carb Dieting for Beginners

- There is no calorie counting ever
- No pills
- No surgery
- Just real food
- A low-carb diet restricts sugary foods, and starches like pasta or bread. Instead you'll eat delicious real foods, including protein, natural fats and vegetables.

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BY  
REBECCA W. OPPENHEIMER



## LOW CARBS WORK, AND HAVE FOR 100 YEARS

A low-carb diet restricts sugary foods, and starches like pasta or bread. Instead you'll eat delicious real foods, including protein, natural fats and vegetables.

Low-carb diets just work, they've been used for over 150 years and there are tons of success stories. Dozens of scientific studies prove that compared to other diets, low carb is more effective.



## ARE YOU BEING LIED TO?

Who really benefits from your type 2 diabetes? Is it a matter of controlling your type 2 diabetes, and remaining diabetic? The answers you seek are coming up in the next series of our special series blog covering Type 2 Diabetes – a major global pandemic, which rises everyday.

Our next blog features more from the Diet Doctor, and will include some more FREE stuff to help you REVERSE type 2 diabetes.

# WEIGHT LOSS HYPNOSIS



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to [Gastric Band Surgery](#)

# THE GASTRIC MIND BAND – WEIGHT LOSS HYPNOSIS

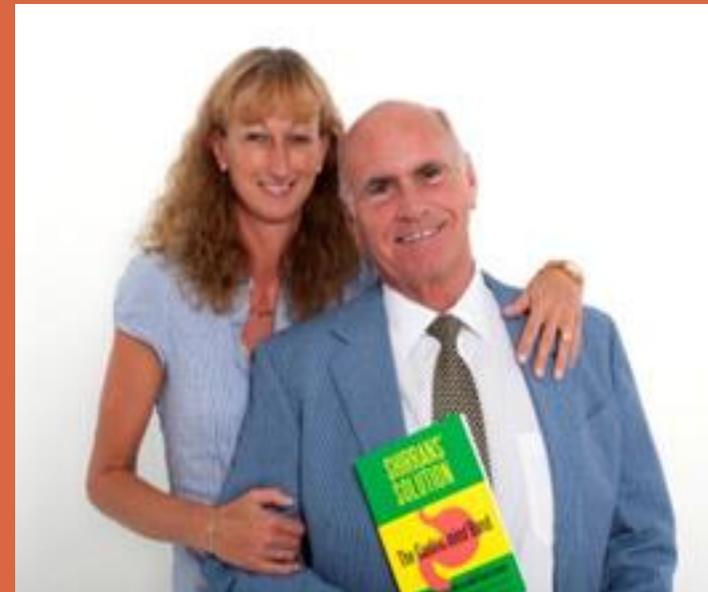
- The Gastric Mind Band is a therapy, which utilises weight loss hypnosis and other proven psychological therapies. It was developed by Martin and Marion Shirran, who over 10 years, perfected the treatment. At their Elite Clinic in Spain, Martin & Marion provide a real alternative to the NHS surgical gastric band. What you get is a surgery-free alternative that is safe and very effective.
- <http://gmband.com>



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# ABOUT THE GASTRIC MIND BAND

- The Gastric Mind Band® (GMB) procedure is [surgery-free](#). Through weight loss hypnotherapy, the Gastric Mind Band provides a healthy alternative to the NHS gastric band. This virtual gastric band therapy was developed and perfected by Martin and Marion Shirran, over a ten year period. At their Elite Clinic in the South of Spain, the Shirran's have helped countless people reach their weight loss goals. The treatment is now also the subject of the best-selling book, The Gastric Mind Band, published by Hay House, [available from Amazon](#).



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# The Gastric Mind Band Articles

On our site we have several helpful tools and resources giving you a better understanding of weight gain, obesity, diabetes and an overview of our therapies.

- ❑ [Weight loss hypnosis clinical evidence](#)
- ❑ [Cognitive Engineering Obesity](#)
- ❑ [Alcohol and Dieting](#)
- ❑ [Food Deprivation](#)
- ❑ [Origins of Obesity](#)
- ❑ [Overweight People wear Blinkers](#)

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