



Diabetes: The Unnecessary Epidemic

(NAPSA)—What do Dizzy Gillespie, Elvis Presley and Ernest Hemingway all have in common? They had diabetes. So do Halle Berry, George Lucas, Elizabeth Taylor and 17 million other Americans, a third of whom are undiagnosed.

There are two forms of diabetes—type 1 and type 2. Type 1 diabetes, commonly known as juvenile-onset diabetes, is the most serious and least preventable form, requiring daily insulin injections. Both can result in blindness, gangrene, heart disease and premature death.

Type 2 diabetes, or adult-onset diabetes, can often be prevented or controlled by diet and exercise. Age, family history and race/ethnicity are definite risk factors that are cause for extra vigilance. This is particularly true for those of American Indian, Native Alaskan, Hispanic/Latino American or African-American heritage.

To assess your individual risk, take the American Diabetes Association test at www.diabetes.org/main/info/risk/risktest.jsp.

Additionally, here are some steps to dramatically decrease those risk factors that are within your control:

If you're overweight or obese—like more than 80 percent of diagnosed diabetics—take the weight off with a well-balanced diet that reduces fat intake to less than 25 percent of your diet. According to the National Institute of Health, even a seven percent weight loss can significantly lower your risk.

Exercise moderately for 30 minutes, five days a week; try walking, jogging, swimming and

bicycling. Choose something enjoyable and consider varying your routine to prevent boredom.

Consider including a chromium supplement in your diet. The body requires chromium for proper insulin function, as well as normal protein, fat and carbohydrate metabolism, yet the USDA reports that nine out of 10 people don't get enough of it in their diets, so a supplement may be the most practical solution.

In choosing a chromium supplement, it is important to recognize that they aren't all equal. The two most important factors are safety and bioavailability (the extent to which a substance can be used by the body). Researchers have shown that chromium polynicotinate (niacin-bound chromium) is the safest and most potent form of chromium.

One type of chromium polynicotinate that has been the subject of extensive research is ChromeMate®. Research has shown that ChromeMate may prove very useful in the prevention of diabetes and can improve glucose metabolism by 15 percent. It can reverse symptoms in those with insulin resistance, often a precursor to diabetes, and can reduce the amount of insulin required for those with the disease.

Made by InterHealth Nutraceuticals, ChromeMate is available at local vitamin and health food stores under several brand names. Look for the ChromeMate name or logo on the bottle. For more information about this and other top-quality nutritional ingredients, visit www.InterHealthUSA.com.