

of the Week...

Christopher Reeve Speaks Out On Health-June, 2003 British Medical Journal

"People should not take their health for granted...to really pay attention to diet and exercise...A good doctor goes the extra mile for his patients, in spite of the limitations of the healthcare system...They need to be independent thinkers who are compassionate...A good patient should learn everything he can about his illness or disability and be willing to try reasonable recommendations...A good patient should maintain self discipline."

Preventing the Predicted Diabetes Epidemic

The Associated Press published a story on 6/15/03 that the Centers for Disease Control are predicting that 33% of the children born in the year 2000 could become diabetic some time during their lives. They also predict that nearly 50% of Black and Hispanic children are at risk.

Dr. Narayan, a diabetes specialist at the CDC stated, "I think the fact that the diabetes epidemic has been raging has been well-known to us for several years. But looking at the risk in these terms was very shocking to us.

The 33% lifetime risk is about triple the American Diabetes Association's estimate.

Diabetes can lead to a host of problems, including blindness, kidney failure,

amputation and heart disease, and diabetics are getting younger.

Including undiagnosed cases, authorities believe about 17 million Americans, nearly 6% of the U.S. population, have diabetes.

If the CDC predictions are accurate, from 45 million to 50 million Americans could have diabetes by 2050 and there is no way that the medical community could keep up with that.

Diabetes can be prevented or delayed by losing weight, exercising and following a sensible diet. Studies have shown that walking 30 minutes a day most days of the week and losing a little weight helped the people most likely to get the disease cut their risk 58%.

The Bottom Line...The Bottom Line...The Bottom Line...

What we've been saying for years is becoming mainstream news. In order to develop your health and your family's health to the fullest, one must establish, accept and maintain healthy lifestyle decisions for as long as you want to be healthy. Good health is not found in pills, powders, potions, lotions or treatment. Good health is found in a healthy lifestyle. Let us help you make some healthy lifestyle decisions today!