

## Diabetes Symptoms, Causes and Natural Cures

Millions of people get diabetes every year. It is the major killer of people. The main reason for diabetes is overweight not from a sneeze or not taking you vitamins.

Type II Diabetes usually occurs after 40 years. Overweight person circulates sugar in his bloodstream continuously because he is taking in more calories. More sugar in the bloodstream causes the production of insulin in the pancreas. Insulin helps to get the sugar into the cells so that they can be burned for fuel. This continuous production of insulin in the body can have two results. The cells that produce insulin can get burned. They just can't make enough insulin any more. Or the part of the cell that works with the insulin to burn sugar gets burned from excess use. In both cases, body can not get the sugar it needs.

### Symptoms of Diabetes:

- You get tired frequently because your body can not use sugar. Almost all the foods you eat get turned into sugar and body is fail to absorb all sugar.
- Thirst: You will feel more thirst because body tries to lower the sugar level by adding water.
- You urinate a lot because you drink lot of water.

### Causes of Diabetes:

Blindness and gangrene are the most important **causes for diabetes**. The limbs feet, wrist, elbow etc. die because they do not get enough blood and food. Insulin is the cause of hunger. You will eat more and result will be overweight body. Diabetes is a diet disease. The more insulin you take the more weight you will gain. Definitely, diabetes will kill you if nothing else does first. Know more natural [Home remedies for diabetes](#).

### Natural Cures for Diabetes:

- Do regular exercise – essential to burn the calories
- Check your blood sugar regularly- Test your blood sugar often while exercising, workout so that your blood sugar levels do not drop too low.
- Drink lots of fluids to maintain the blood sugar - Dehydration can increase blood sugar.
- Junk foods should be avoided.
- Take some green vegetable (low sugar vegetable) in your lunch and dinner.
- Drink plenty of water

I hope this short and snappy article on **diabetes information** will help you in knowing the basic of diabetes causes, symptoms and natural treatments. One thing to keep in mind that this article is a general information and the diabetes condition may vary with person to person.

Disclaimer: This article is not meant to provide health advice and is for general information only. Always seek the insights of a qualified health professional before embarking on any health program.

### About the Author

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