

What is Diabetes?

Diabetes is a disease that occurs when a person's body cannot properly control blood sugar levels.

Blood sugar is the amount of sugar in the blood. It is normally high after a meal.

With diabetes, your body can't process the energy you've consumed, and blood sugar remains abnormally high.



Who Gets Diabetes?

90% of people with diabetes have type 2. Rates of type 2 diabetes have been increasing, especially in children.

Risk factors can include:

- A family history of the disease
- A sedentary lifestyle
- Being overweight
- High blood pressure

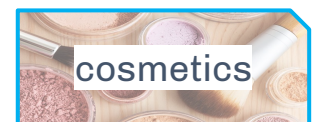
Chemical Exposure & Diabetes

Many studies have shown that exposure to toxic chemicals can also lead to diabetes.

These chemicals include

- Pesticides
- Phthalates
- Bisphenol-A (BPA)

Many of these are present in consumer and personal products such as:



Ways to Protect Your Health

Test yourself

- The Million Marker kit will help you discover and eliminate exposures

Avoid the following

- Processed foods
- Plastics numbered 3, 7
- Paper receipts
- The ingredient "fragrance"
- Capsule vitamins

