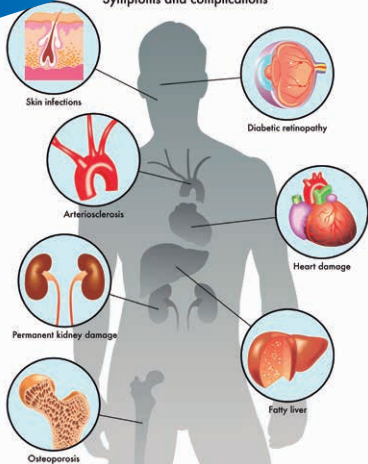




Healthy and Happy Seminar 10

Diabetes Symptoms and complications



Diabetes is a “Sugar Daddy!” How To Lock Him Out.

A “Sugar Daddy” is an older man who gives financial and other support to a younger woman in exchange for sexual favors. Type 2 Diabetes can be called a “Sugar Daddy.” First, it results from too much sugar in the blood. Second, it secretly fathers many children – hypertension, kidney failure, blindness, heart attack, stroke, ulcerated sores, and amputations. In the USA, over 29 million people have Diabetes! That’s almost 1 in every 10!

1. There are three types of Diabetes.

- **Type I** was formerly called juvenile diabetes, is mostly found in children.
- **Gestational** occurs temporarily in a small per cent of pregnant women.
- **Type II** is the most prevalent type of Diabetes.

2. In order to understand Diabetes, let’s look at the metabolic process.

Choose the right words: bloodstream, glucose, shuts, pancreas.

- (a) The cells of our bodies need fuel, which we get from our food.
- (b) Carbohydrates in food are broken down into _____ or blood sugar.
- (c) For glucose to move from the blood to the body cells, it needs insulin.
- (d) So when the glucose level rises, the _____ supplies insulin.
- (e) After the glucose enters the cells, the level of blood sugar lowers.
- (f) Then insulin is no longer needed, and the pancreas _____ it off.
- (g) Type 2 Diabetes occurs when the body’s insulin does not work well, and glucose remains in the _____.

3. Good News: Type 2 Diabetes can be prevented! And even be reversed! How? Take three actions! First Action is: Control the Sugars in Your Diet.



- T F 1. “Refined” foods like white rice and white flour are enemies.
- T F 2. They convert slowly into sugar and overwhelm the system.
- T F 3. We can get better sugars from whole grains, like brown rice.
- T F 4. Sugars from natural foods enter the bloodstream slowly.
- T F 5. Limit food portions. Less food = Less glucose = Better insulin balance = Less risk of Diabetes.
- T F 6. Cakes and many desserts, mostly sugar, decrease glucose supply.
- T F 7. Avoid sodas! Each can contains 6 to 8 teaspoons of sugar.

4. The Second Action is: Make Exercise Your Ally. Choose the right words: whole, receptors, multiplies.

- (a) Exercise helps glucose to move from the blood to the muscles.
- (b) On the outer part of our body cells are insulin _____.
- (c) These receptors allow the cells to bond with insulin in the blood.
- (d) Regular exercise _____ the number of insulin receptors!
- (e) _____ body exercise is best - 30 minutes a day, 5 days a week.

5. Action number three is: Manage Your Weight. True or False?

- T F 1. A body carrying excess pounds has greater volume of blood.
- T F 2. More blood with more glucose calls for less insulin.
- T F 3. But the pancreas can only supply a limited amount of insulin.
- T F 4. This imbalance of glucose and insulin results in Diabetes.
- T F 5. So less weight = less blood = less sugar = more control of Diabetes.
- T F 6. The best way to lose weight is: Eat more and exercise less.

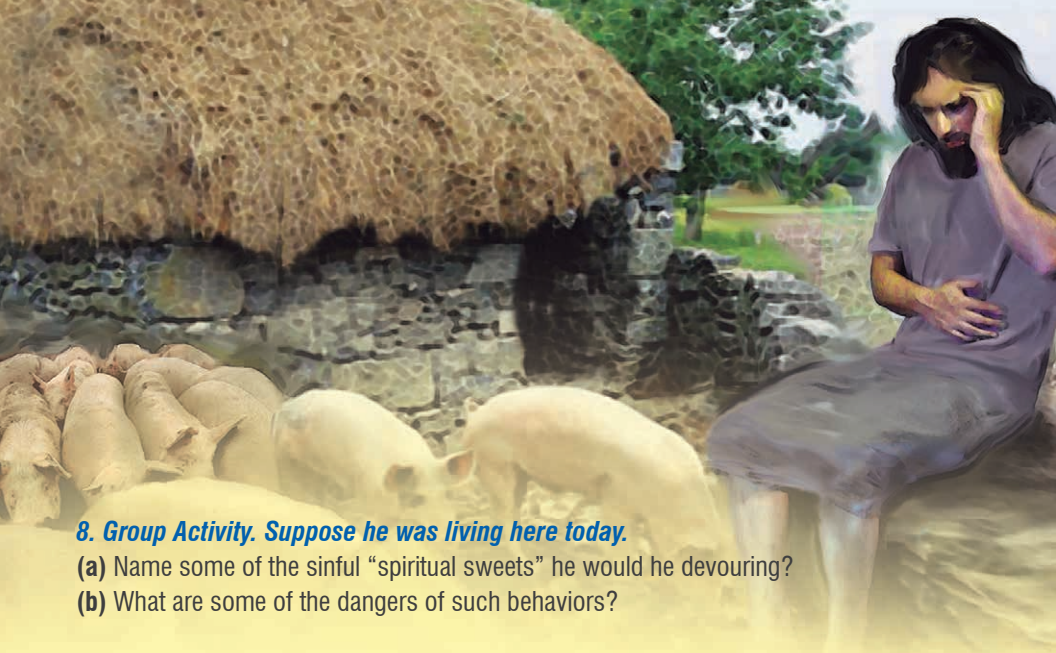
Attention! There are a few chronic situations where Type 2 Diabetes may not be reversed completely. So medication will still be needed. But the amount of medication needed will become less.

6. Jesus told the story of a young man who chose the wrong sugars.

Luke 15:11, 12. How did he say? “Father, _____ me” my portion.

7. Then he started to feast on the wrong “sweets” and soon he became a spiritual diabetic!

Luke 15:13. “He wasted his possessions with prodigal living.”



8. Group Activity. Suppose he was living here today.

- (a) Name some of the sinful “spiritual sweets” he would be devouring?
(b) What are some of the dangers of such behaviors?

9. The “sugars of sin” have terrible consequences! What happened?

Luke 15:14-16. True or False?

- T F 1. His money ran out. The things of earth do not last forever!
T F 2. The only job he found was feeding horses.
T F 3. Instead of eating sweet cakes, he now wanted to eat pig food!

10. But he didn't stay and die there! He took three life-changing actions!

Luke 15:17, 18 tells us the first two.

- First, he came to his senses! His father's servants had food; he had none!
- If I despise God's love, I'm like that youth - not in my right mind!
- All of my Father's commands are laws of love.
- Second, he made up his mind. He decided to go home to his father.
- Many are hesitating! I need to make up my mind to give my life to Christ.

11. Third, he moved from Decision to Action!

Luke 15:20a, Acts 22:16, Hebrews 4:7, 8. Choose: today, arose, baptized.

- (a) He got up and moved! “He _____ and came to his father.”
(b) I, too, need to take action! I should “Arise and be _____.”
(c) Satan says, “Wait for tomorrow!” God says, “Act _____!”
(d) I reject Satan's advice! I will obey God's command.

12. Then something amazing happened! What was it?

Luke 15:20b. The father saw him, ran to him, and kissed him!

- How could his father see him? Every day he had been looking for him!
- Each day he stood by the door watching! Will my boy come home today?
- That's what my loving Father is doing! He's waiting for me tonight!



**13. Then the father showered his son with the sweetness of his love!
Luke 15:22, 23. True or False?**

- T F 1. The son was filthy, but his father covered him with his robe.
T F 2. Son was penniless, but father gave him sandals and a ring.
T F 3. Dad ordered the fatted calf to be killed. It was an innocent calf!
T F 4. That calf represented Christ. His blood was shed for me!

14. It was now time for a joyful Family Celebration!

Luke 15:24. “They began to be merry!”

- That’s what will happen at your baptism! All heaven will celebrate!
- Then your loving Father, with tears of joy, will say, “Welcome home!”

My Choice.

- I will take the Three Actions to prevent or reverse Diabetes.
 Like the Prodigal Son, I have decided to come home to my Father.
 Beyond Decision, I will take Action! I will “Arise and be baptized.”

Check Your Answers. 3. 1T, 2F [quickly], 3T, 4T, 5 T, 6F [increase], 7F [8-12].
5. 1T, 2F [more], 3T, 4T, 5T, 6F [eat less, exercise more]. 9. 1T, 2F [pigs], 3T.
13. 1T, 2T, 3T, 4T.

Attention! The information in this seminar is for health education only. It is not designed to be a substitute for the medical care of your physician.

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