

Diabetes

DIABETES IS RUNNING rampant. The World Health Organization had predicted that diabetes deaths will double from where they were in 2005 by the year 2030. Imagine if one child alone had diabetes in your family. What would that cost your family to care for that one child? In the U.S., 10 percent of your family income will be used to care for and treat that one child due to diabetes. In the World Health Organizations region; the Western Pacific region; 16 percent of hospital expenditures are spent on those that have diabetes. In Fiji, where the country has limited access to healthcare, 20 percent of the offshore expenditures go toward treating this disease. Not only do they have to spend money on treating the disease, but they have to go offshore to do it.

The University of California offers a nutritional program through the Coursera learning platform. They suggest that somewhere around twenty-six million people have diabetes which is roughly 8.3 percent of our population, and they go on to further suggest that only 18.8 million are those that are diagnosed, leaving another seven million that have no idea that they have diabetes. This does not even take into account those individuals that are in the pre-diabetic stage, which studies have shown to be connected with poor eating habits. This is a huge problem because around seventy-nine million people could potentially be in this predicament.

Empty calories, lack of willpower, and poor choices add insult to injury. Even if we are financially strapped, you can still make better choices, and if you live in a place where you are stuck with whatever food is trucked into your area, you may have to step outside of your normal purchasing practices, and districts, to find food that is better suited for a new way of living. It will require some thought, meditation, and a bit of foot-work, but it will pay off.

Although I have addressed some negatives here in this chapter, I would like to remind you that cellular memory communication is a suitable means of evaluation for any area of your life. Including determining what your body needs in order to create balance, good health, and help you maintain your optimal weight. Once you have become more familiar with it, you will be able to use the CMD method to determine what the other members of your household need.