

Health Mentor Programme

Glucose control

BONUS SESSION 5

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IN THIS BONUS SESSION:

- Do you know what your blood glucose is?
- Do you have the symptoms of a glucose problem?

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Time for a test?

Ever had the dreaded finger prick test for glucose? Ever wondered why this is so important?

Well there's a lot to say about the glucose balance in your body, but let me make the following statement based on my study of scientific literature:

'Having unstable blood sugar is one of the best ways to make you fat, tired, sick and older than what you really are!'

In this short session I'm not going to wear you down with too much detail but, know this, having your blood sugar tested regularly is a very important health-promoting and disease-preventing thing to do!



A healthy level



What is a healthy blood glucose level?

Your blood glucose should preferably be around 4,5mmol/l. The general recommendation is that you don't go over 11,1mmol/l on a random test and 7,8mmol/l on a fasting glucose test.

Are there early warning signs that my blood sugar is not right?

One of the main problems with blood sugar abnormality is that it masquerades with signs that we tend to link to other causes. Symptoms include fatigue, depression, regular infections, slow wound healing, constant hunger, constant thirst and a frequent need to urinate.

If you have excessive thirst and you're visiting the toilet too often you may have the symptoms of unstable glucose.

Your next step

My finger prick test showed a high result, what now?

See your doctor and have him/her send you for two proper fasting blood glucose samples on two different days. If they also show a high result then your doctor needs to address the possible presence of diabetes.

My finger prick glucose result was normal but I have a lot of the symptoms you mention here, what now?

It's advisable for you to also do the two proper fasting blood glucose samples at a laboratory.

If they show a slightly elevated glucose level then discuss this with your doctor and consider doing a glucose tolerance test. This test is more sensitive and will show if you're possibly pre-diabetic or not.

If you are pre-diabetic then you need to make some essential lifestyle-related changes to prevent you from developing diabetes. These can include regular exercise, eating a healthy, balanced diet and managing your stress in a healthy manner.



Having your blood glucose level tested is a very important step in healthy living!

Take it a notch up



Want to take it a notch up?

Then start some extra reading by browsing the following articles!

- Read about the non-invasive measurement that you can do at home that will give you a good idea of your disease risk profile! (Hint: This is included in my session on metabolic syndrome)
- Read about what the core principles are of a healthy low GI diet in my sessions about this topic.
- Like sweet treats? In a few weeks time you'll be able to read my publication about how to keep sweet treats in your diet without disturbing your blood glucose.

Should you already have diabetes then you can read about the natural treatment options that are available to assist stable blood glucose levels in the bonus session that accompanies the next session on carbohydrates.

About Dr Anton



Dr Anton Janse van Rensburg is a practising medical doctor who has devoted himself to the study of unique, scientifically sound solutions to modern diseases. He is also a qualified metal toxicologist, has a master's degree in Applied Human Nutrition and is the South African programme director for the Robertson Wellness Brain Chemistry Optimisation Programme.

He has written on a variety of wellness topics for numerous South African magazines and newspapers and in 2009 co-authored the book 'Diamonds in the Dust – crafting your future landscape'. Dr Anton is no stranger to radio and television has been able to guide scores of audiences with his passion for wellness education.

Dr Anton is an established public speaker and is also a wellness coach to company executives. He specialises in motivating people to adopt healthier habits through well researched lifestyle and food approaches.

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