Glucosplash helps regulate blood sugar levels.

Diabetes. "What's that?"

From a medical lexicon:
A common disorder later in life, often referred to as "diabetes." Due to insulin deficiency or because less insulin is produced, the blood sugar level is incomplete or very serious cases do not work at all. This is the definition of a professional.

For the layman, however, this raises many questions: Where does blood sugar come from? Why is it necessary? What is insulin? Why is insulin so important?

The effect of sugar in our body
The maintenance of human life processes requires the uninterrupted supply of energy. Every heartbeat, every breath, every step we take would not be possible without energy.

It provides the fuel our body needs for the functioning of the organs and muscles. Blood sugar is transported by the blood to the cells of the body and then broken down to produce energy. The brain needs about 6 g of sugar (glucose) per hour. In the muscles and other organs, the need depends on the physical load. At rest it needs about 4 g / hour, at activity the demand increases to 40 g / hour (and more).

What does "blood sugar level" actually mean?
Blood sugar comes from our diet. It comes from the digestion of foods, which do not necessarily have to taste sweet. In healthy people, the normal blood sugar level is about 5.00 to 7.00 mmol. The blood sugar level is not constant throughout the day, but varies depending on whether we have eaten or exercise a lot. The values in a healthy person should not be less than 3.2 mmol and not higher than 7.4 mmol. The body always strives to reduce blood sugar levels between 5.00 and 7.00 mmol. Today, we distinguish different forms of a disease, all of which are referred to as diabetes. Common element of all is a disorder of glucose metabolism (metabolism of carbohydrates), it plays a crucial role in the production of insulin.

In type 1 diabetes, the pancreas no longer produces insulin at all. This form is not very common and mainly occurs in young people up to the age of 40. Type 1 usually develops quickly and is associated with severe symptoms in the beginning. Rapid medical attention can save lives. This disease can only be treated with daily injections of insulin.

In type 2 diabetes, insulin is produced by the pancreas, but for various reasons, it does not work as in a healthy person. There is a so-called insulin resistance or relative insulin deficiency. This form is much more common than type 1 and occurs mainly at an older age (old age diabetes). Type 2 usually develops slowly and is noticed very late by those who develop type 2. In many cases it is only noticed when damage has already occurred.

Where does the insulin come from?
The insulin is produced in the pancreas. The pancreas lies (left) under the stomach.

The consequences of insulin deficiency / deficiency
If there is a lack of insulin, the body cannot make full use of the blood sugar level. The glucose remains in the blood and the blood sugar level rises. The body begins to excrete the blood sugar through the kidneys in the urine. Because the blood sugar no longer ends up in the body cells, the body has no fuel to produce energy.

The consequences are fatigue and exhaustion. If the energy deficiency remains unchanged, the body does what it always does when it is short of energy. It tries to 'produce more fuel' and converts fats into blood sugar / glucose (this is pointless, because insulin is missing to restore blood glucose levels). This leads to significant weight loss.

Complications of diabetes and the resulting secondary diseases:
A subject that causes anxiety, depression and repression in many diabetics.

Risk factors in the development of secondary diseases are:
- Smoking
- Overweight
- Wrong, usually too oily food
- High blood pressure ("kidney killer")
- high blood sugar
- Lack of exercise

Many complications are not initially observed and develop over a longer period of time. For this reason, regular medical examinations are very important.

Secondary diseases, for which extensive studies have been done, have shown that it can be influenced by correct behaviour. It is worth avoiding risk factors.

Because diabetes is discovered later and thus treated later, the following health problems can occur:
- Disease of the large vessels
- Going backwards from the eyes
- Functioning of the kidneys changed
- The diabetic foot
- Nerve damage

With **Gluco Splash forte**, there's now
a means of regulating blood sugar levels.
In diabetics, it is quite possible that the need
for insulin decreases during the application of Gluco Splash forte.

By self-monitoring the blood sugar you have more certainty in your daily life and it makes it easier for the doctor to assess your metabolism based on these values. This is not a substitute for medical treatment.

Diabetics should certainly pay attention to their weight and if possible follow a low carbohydrate diet.

Gluco Splash forte