

# Diabetes



Diabetes is a condition where the body can't use glucose properly. The cause of diabetes is unknown – you can't catch it but it can run in families. There are two types of diabetes – Insulin Dependant Diabetes (IDDM) and Non-insulin Dependant Diabetes (NIDDM). People who have diabetes need to pay special attention to their diet.

Foods you eat that contain fat or sugar are changed into glucose and pass into your blood. Your pancreas produces insulin, which helps get glucose into the cells of the body where it is used as a source of energy. Without insulin, glucose cannot enter the body's cells so it builds up in the blood. If you have diabetes, either your pancreas isn't making enough insulin or the insulin isn't working properly.

## Risks

Diabetes can cause damage to blood vessels and nerves if it is undiagnosed or not controlled. This may affect:

- Eyesight
- Kidneys
- Heart and blood flow
- Feet
- Your ability to fight skin, kidney and other infections.

Most diabetes develops in people who are over 40. People often have diabetes for some time before it is detected. You may be at risk if three or more of the following describe you.

- You are over 40 years.
- You are overweight.
- Someone in your family has diabetes.
- You have high blood pressure or high cholesterol.

## Signs & Symptoms

- Frequent urination.
- Drinking a lot of liquid.
- Tiredness – loss of energy.
- Sickly sweet smelling breath.
- A lot of infections, such as skin (e.g. boils), genital (e.g. thrush), nail or urinary tract infections.

- Unexplained weight loss.
- Blurred or fuzzy vision.
- Wounds that heal slowly.

## TCM Drug Free Pain Control

Acupuncture works in a preventative capacity as well as dealing with the problem initially. The following regime is always followed, but each type of ailment is unique to the individual and so will be treated according to the individual cause.

- All treatments take into consideration the psychological effect the ailment has on you and your lifestyle
- Acupuncture
- Herbs which are prescribed in pill or raw form depending on the individual palate and case
- Local laser to treat tender spots occurring in the regional anatomy
- Cupping/Moxibustion
- Massage
- Exercise
- Dietary advice

What a relief! A drugless alternative to the ailment you have been experiencing. And it has been proven for thousands of years. TCM works because it establishes your body's equilibrium by correcting your energy imbalances.

TCM works in a curative and preventative manner. Incidentally, the frequency and duration of your treatment will vary according to your individual condition. Generally speaking, the longer a patient has had a particular condition, the longer it will take to treat.

TCM has a strong sense of commitment and purpose to each patient; this is why we are the only clinic offering one hour treatments with each appointment and an extremely high success rate.

If we can be of further assistance please do not hesitate to call.

*masters of TCM Pty Ltd*

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