



# Nitschke Chiropractic

354 Anzac Highway, Plympton 5038

Tel:08-82931441, 08-82931366

Email – [admin@nitschkechiropractic.com.au](mailto:admin@nitschkechiropractic.com.au)

Website: [www.nitschkechiropractic.com.au](http://www.nitschkechiropractic.com.au)

Dr Darryl T. Nitschke

Dr Helen Nitschke

Dr Luke S. Nitschke

14-9-20

Diabetes can affect people of all ages and we need to be able to recognise the condition in its early stages.

The body's ability of being able to turn carbohydrates in food into energy is badly compromised in a diabetic condition.

The pancreas releases the hormone insulin in the right quantities when the stomach breaks down the carbohydrates into sugar. Insulin helps turn the food into energy. In a diabetic the body does a poor job of turning carbs in food into energy.

## Diabetes signs

In the early stages people with diabetes don't show symptoms easily but some things to look out for are being thirsty a lot, having a dry mouth, eating a lot, urinating frequently and weight gain or loss.

When the blood sugar gets higher headaches may occur with blurred vision and fatigue. Cuts and sores don't heal quickly and there are more frequent UTI's and yeast infections.

The skin may become itchy especially in the groin area.

Changing your life style, losing weight especially around the waist, can help.

Eat a healthy diet cutting down on red meat, processed meats, high fat dairy and sweets. Engage in regular exercise and take up weight training and learn to relax.

Yours in Good Health

The Nitschke Team