**DIABETES**

Diabetes occurs when the body does not produce enough insulin, a hormone that controls the level of glucose in the blood. One type of diabetes appears in childhood, and the other type appears after the age of eighteen. This ailment, considered hereditary, can afflict persons of any age, though mainly those who are inactive. It is very common for very obesity people to get diabetes, so the illness is linked to overweight. For this reason, it is important to get the right balance between food and exercise. It is important to be active, and to eat a healthy diet, containing plenty of vegetables. Research shows that people who are physically active are less susceptible to the type two diabetes.

When the pancreas fails, the sugar gets into the blood stream in excess quantities. The bigger part of the pancreas sends its secretion to the small intestine. The smaller part secretes insulin directly into the blood. The conversion of starch into glucose is called carbohydrate metabolism. Glucose is converted into glycogen as a fuel for bodily purposes.

When the starch is not converted into such fuel, because of excess sugar intake or insufficient production of insulin by a diseased pancreas, it enters the blood stream. The kidneys are then unable to strain the excess sugar and excrete it through the urine. Thus a vital ingredient of your food, carbohydrates, which runs the body dynamo, is wasted.

In a diabetic patient the pancreas swells, the tissues die and insulin production stops. That is why insulin has to be injected daily in severe cases.

**to run the body dynamo** – приводить в действие организм