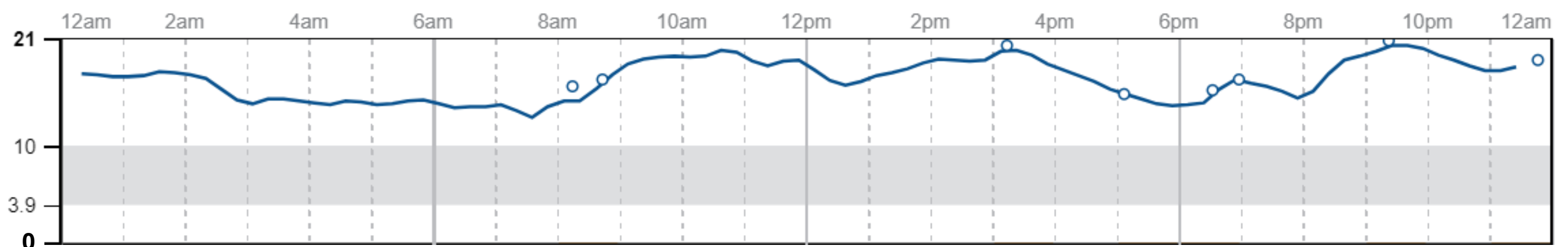
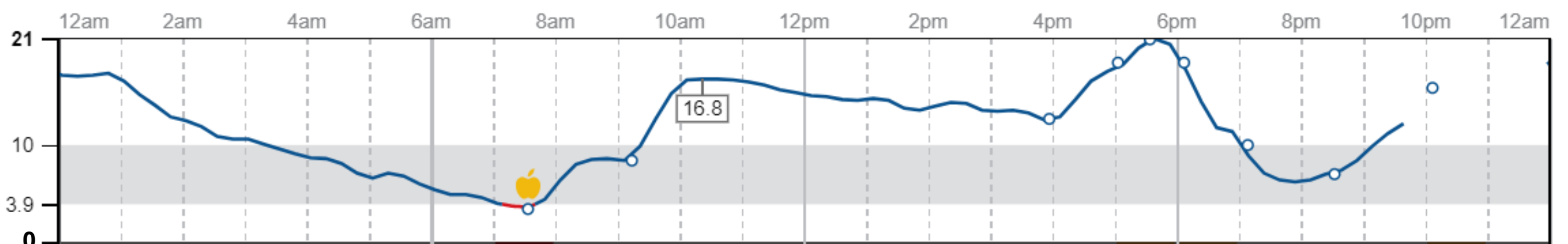


WHAT'S GOING ON IN YOUR BLOOD?

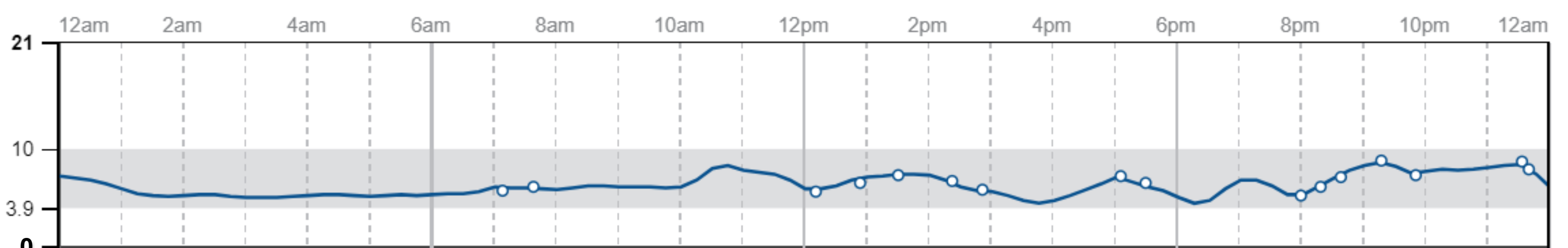
People living with diabetes have trouble managing their blood sugar levels.

Having a high blood sugar can cause significant damage to your cardiovascular system, leading to issues with your kidneys, eyes and feet in particular. Here are two examples of blood sugar levels which are not being well managed:



The grey section indicates where we would like to see the readings. As you can see, these records are quite high, and will be causing damage to the body.

Through diet, exercise and medication, we are able to bring blood sugar levels down to sit in that grey portion of the chart. This limits the damage being done to your body, meaning you can live healthier, for longer! Check out this example below of someone who has done just that:



Habits for Health are experts at assisting you manage your blood sugar level. We use the latest in blood sugar technology to find personalised solutions that suit your life, so that you can take control of your diabetes.

Contact us on 0422 480 159

hello@habitsforhealthnutrition.com

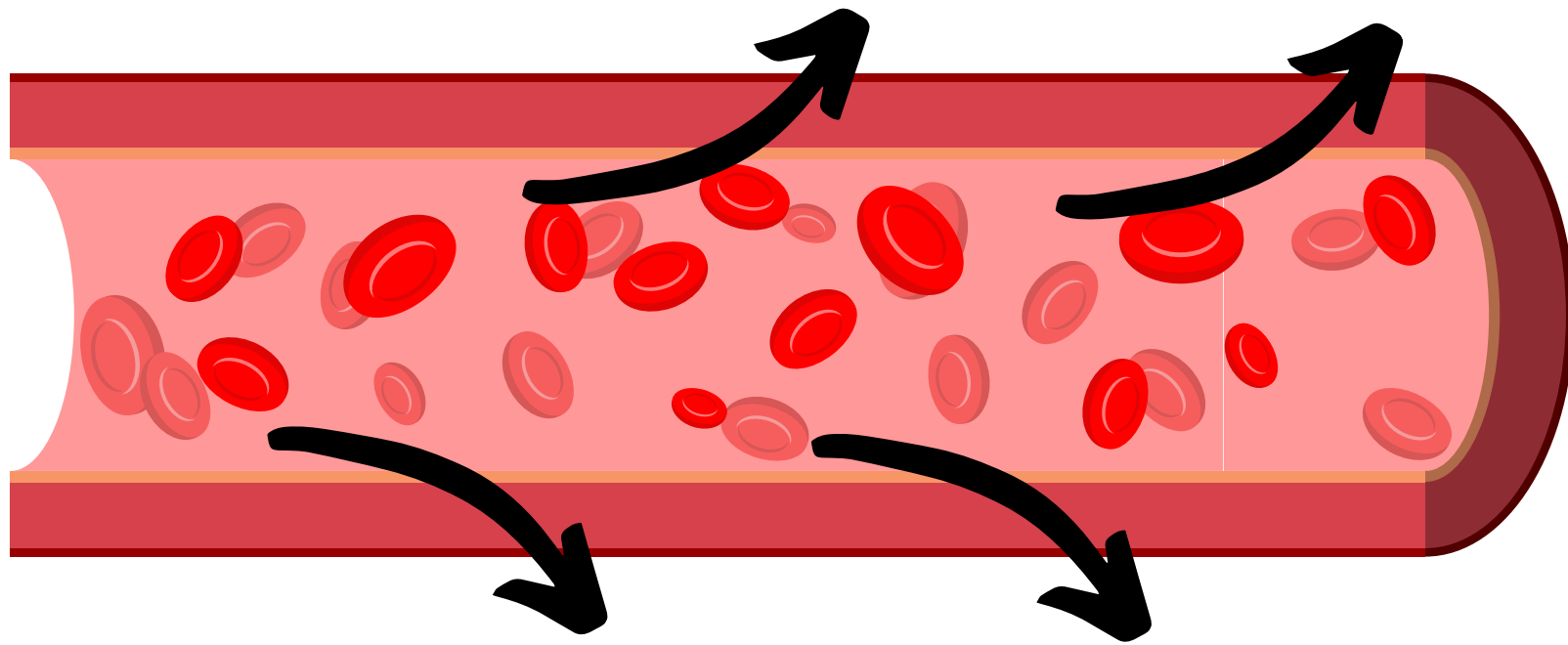
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WHAT'S GOING ON IN YOUR BLOOD?

Have you been told that your blood sugar level is too high?

What does that really mean?



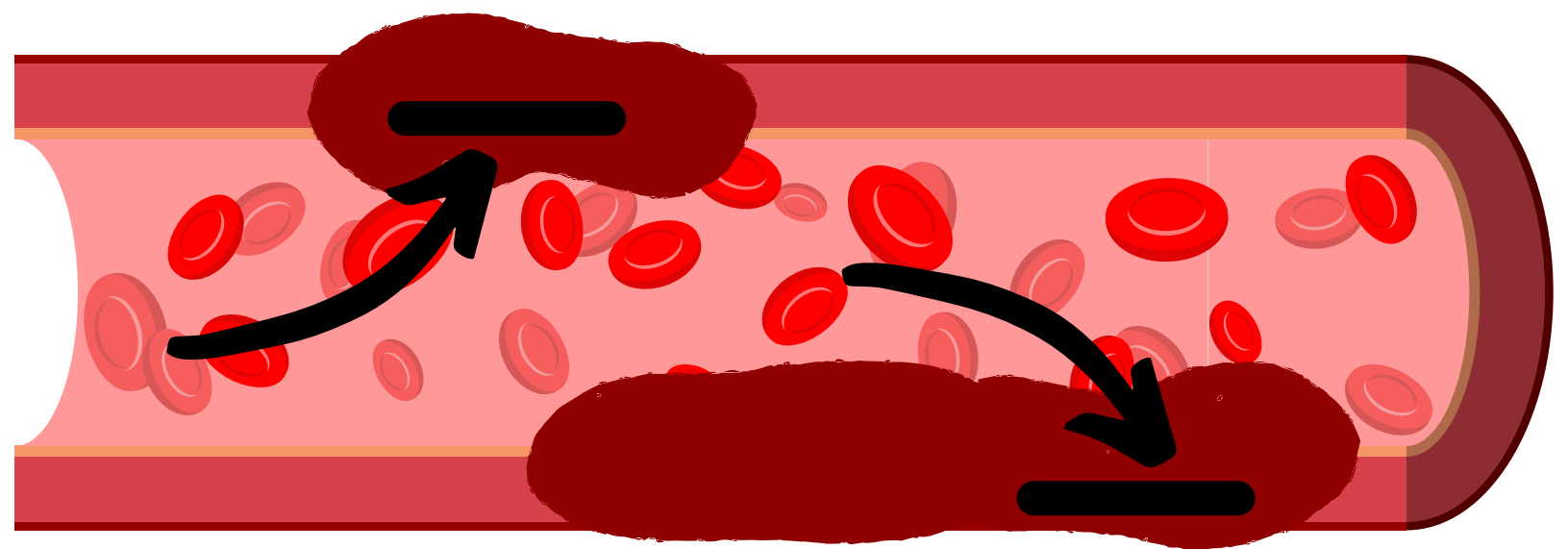
A healthy blood vessel: nutrients are freely passed to the organs and muscles

Our blood carries oxygen, energy and other nutrients around the body. These can then be used by our muscles, organs and our brain.

These nutrients pass from the blood and into the organs and muscles by passing the blood vessel wall. The blood vessel wall must be healthy for this to happen. Instead of a wall, think of healthy blood vessels as being surrounded by a piece of tissue - nutrients can cross the tissue to get into or out of the blood.

When our blood sugar levels are regularly too high (as with diabetes), this causes damage to the blood vessels. Now the blood vessels really do resemble a wall. It is much more difficult for the nutrients to pass across the blood vessel walls to get into the organs and muscles.

When our organs and muscles don't receive those important nutrients from the blood, they can start to die off. This is why people with diabetes are at higher risk of kidney disease, blindness and nerve damage.



An unhealthy blood vessel: nutrients are unable to leave the blood to the organs and muscles

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