

This is American Diabetes Month

HOW A MOM CAN MAKE A DIFFERENCE!

By Jean Huelsing RN (Founder of Camp Jump Start®)

Cindy's mom watched her daughter gain significant weight in a short period of time during high school. This concerned her as it would any parent. Her mom urged her to attend Camp Jump Start, a summer residential healthy lifestyle/weight loss camp. Cindy refused until she saw her weight continue to rise and her health continue to deteriorate as she began to develop signs of diabetes.

Cindy is not alone. According to a study published last year by JAMA: The Journal of the American Medical Association, nearly 50% of adults living in the U.S. have diabetes or pre-diabetes and many do not even know it. The journal Pediatric Obesity predicts by 2025 if no preventative measures have been able to combat childhood obesity, there will be 91 MILLION obese children in the world which will also increase all obesity-related illnesses, including diabetes, to catastrophic levels. No mother wants this for her child!

Diabetes occurs when your body cannot produce and use its own insulin well enough to control the sugar in your blood. When you have high blood sugar then your smallest blood vessels are damaged and this leads to:

- Heart disease
- Stroke
- Vision loss
- Kidney disease
- Nerve damage
- Infections and amputations

Cindy came to camp at age 17, weighing over 200 pounds. In her 8 weeks in the program, she lost 30 pounds, and gained the education and life skills she needed to continue her healthy lifestyle at home. Her signs of diabetes disappeared. Over the following year at college, she lost another 50 pounds.

Cindy returned to camp as a camp counselor, eager to inspire other kids and teens to eat right, get vigorous exercise, and feel good about themselves. She has maintained her weight loss for almost half her adult life now and has a healthy attitude about her lifestyle. She reversed her diabetes and it has never returned! It started with a mom's concerns, a teenager's resistance and ended happily with a commitment to learn and make lifestyle changes that have improved her life and given her control of her future.

These kinds of lifestyle changes can help you prevent diabetes:

- Lose 5 to 7 percent of your body weight if you are overweight
- Portion control what you eat to the actual serving size
- Read food labels for serving sizes---Be careful as they DO try to TRICK you!
- Eat whole grains, fruits and vegetables, limit foods high in sugar and fat
- Include at least 30 minutes of "Push Yourself Activity" every day
 - It helps you lose weight
 - Lowers blood pressure and blood cholesterol
 - Helps you use insulin by getting the blood sugar to the muscle instead of harming the blood vessel



Did you know in just health care costs...

- A child on the verge of being a diabetic can have additional medical bills of \$6,000 PER YEAR?
- A child diagnosed with Type 2 diabetes can have additional medical bills of \$20,000 PER YEAR?

Education: Another way to understand what is going on in your body:

Think of it like your car. You notice the gas gauge is close to empty so you pull into the gas station. You notice that the diesel fuel is six cents a gallon cheaper than the gasoline. Not knowing any better and wanting to get the most for your money, you pull up to the diesel pump and you fill up with diesel. You turn on the ignition and the car coughs and sputters. You put the car in gear and it shutters and jerks along then stops. You get out of the car and you see black smoke coming out of the exhaust pipe. Your car has to be towed to the garage and you tell the mechanic, "My car broke down right as I left the gas station." The mechanic asks, "What are you using for fuel?" and you say, "Diesel." He says, "I have an idea, try gasoline." So he drains the diesel which is kerosene out of the gas tank. They clean off the spark plugs and fill the tank up with premium gasoline. Now you turn on the engine and it runs great. "Oh, that mechanic is so smart. He fixed my car." The car was not broken. The engine was clogged up then malfunctioned because the diesel fuel was not the right fuel source. The car's fuel system was not designed to run on the cheaper fuel and it caused the car to breakdown.

Thus goes the human body. The standard American diet (SAD) is the wrong fuel for our bodies. We will not see a change in our health until we eat the right fuel then our body will run efficiently. To change the diabetes epidemic we must change the way we eat BEFORE we get the disease. Historically we treat the symptoms of diabetes, isn't it time we take care of the cause?

HEALTHY LIFESTYLE/WEIGHT LOSS CAMPS

Camp Jump Start

3602 Lions Den Road
Imperial, MO 63052

877-520-5867

www.campjumpstart.com