

Are you having too much sugar?

We eat for energy. The food we eat contains Carbohydrates, proteins and fats and other macro and micronutrients, which we breakdown in digestion and metabolism and use to make energy for all life processes, in a process called respiration. This energy fuels every reaction in everybody cell and impacts our physical and mental health. However, too much dietary sugar, surplus to energy needs, and we can get a life-threatening condition called Diabetes. Testing your HBA1c antigen (the biomarker for your blood sugar), can determine your blood average blood sugar over the last 3 months, and help detect, treat and prevent life and health span reducing diabetes.

What is the role of carbohydrates/sugar in the diet and how do they affect physical and mental health?

HBA1c, or glycated haemoglobin, is a biomarker which tells a person their average blood sugar level for the last 2-3 months. A level above 42mmol/L indicates you are at higher risk of developing diabetes as you have had too much sugar in your blood for a sustained period. Diabetes is a condition where a person has too high blood sugar and either stops producing (type 1 diabetes) or becomes resistant to (type 2 diabetes) Insulin, the hormone that helps regulate and reduce blood sugar. Type 1 diabetes is of genetic (caused by errors in your DNA) origin whereas type 2 is associated with lifestyle choices, such as consuming too much dietary fat and sugar and not exercising sufficiently. There is also gestational diabetes, which a woman can develop in pregnancy, sterol induced diabetes, latent autoimmune diabetes in adults (LADA), type 3c diabetes and cystic fibrosis associated diabetes.

Knowing your HBA1c level, can tell you if you are at risk of developing diabetes or, if you already have the condition, how well you are managing and treating the disease, and help prevent life threatening and health span reducing complications such as irreversible heart and kidney damage and damage to your eyes and feet. A simple test of your HBA1c level, can be the early intervention that empowers you towards necessary medical assistance or improved lifestyle habits to prevent or cure diabetes.



How can NPH Group help?

Want to improve your mental and physical health based on your own personal biochemical evidence and ensure you reach your optimum health capacity?

For more information, please get in touch info@nph-group.co.uk.