

What is driving the epidemic of Type 2 diabetes

Over the past five decades of the industrial, economic and now digital revolution, the world has seen an unprecedented change in the food and lifestyle of the population. This change has had a significant impact on the urban Indian population, who currently leads the world in the number of cases of Type 2 diabetes. The food has become unnatural and synthetic, rich in refined sugars, refined milled wheat flour products, meat and dairy from farm animals who are fed unnatural foods, antibiotics, and hormones. Lifestyle has become inactive and unbalanced with too many meals and snacks. More time of the day is spent in feeding than fasting, leaving the body no time to rest and rejuvenate. This unnatural food and lifestyle have resulted in an epidemic of a group of disorders called food and lifestyle diseases. These include:

- Obesity
- Joint arthritis
- Type 2 diabetes
- Acid Reflux and indigestion
- High Blood pressure
- Stress-related diseases—Anxiety, Insomnia, Depression
- Heart Disease
- Stroke

All the above diseases have the same underlying cause. An individual inflicted with one disease may have the other condition or a combination of these diseases. A good example being obesity, Type 2 diabetes, high blood pressure, and heart disease frequently occur together. A patient with Type 2 diabetes and obesity is more likely to get a stroke, acid reflux disease, arthritis, dementia, and cancer.

13 cancers are associated with overweight and obesity

