

Paula Deen Recipe to Control Diabetes with Weight Loss

David Allison March 19, 2013



Paula Deen Recipe for Weight Loss

Television celebrity chef, Paula Deen recently announced that she is a diabetic and has attempted to control it with diet. She says she feels that she is fat and has decided to use her Paula Deen recipe for success.

(Newswire.net -- March 19, 2013) Atlanta, GA -- Diabetes is one of the most common diseases in the US. Obesity has been blamed as one of the leading factors in the development of diabetes.

The American Diabetes Association has announced guidelines to lower the risk of developing diabetes. These are losing weight, eating healthier, exercising and quitting smoking. It has been shown that a weight loss of only 7% of ones body weight can significantly lower the risk of becoming diabetic. For a 200 pound person, that would be less than 15 pounds.

Fruits and vegetables are the foods of choice for lowering the chance of diabetes.

Exercise goals are recommended to be set at 30 minutes of brisk exercise at least five days a week.

Weight loss supplements can also be used to control weight for those who find it hard to reduce their weight otherwise. It is advised to only use those supplements that have been deemed as safe and it is also advised to consult with your doctor before taking any supplements or medications.

[Garcinia cambogia](#) has been touted recently by Dr. Oz, among others, as an effective natural [weight loss supplement](#). It is still sage advice to control weight and health with the use of a responsible diet and exercise program.

Garcinia cambogia has been linked to improved glucose metabolism so could help those with a tendency to develop diabetes. It has been recommended to take this supplement with care as it may lower blood sugar levels too far. Again, asking your doctor before taking this or any other supplement is advised.

The American Diabetes Association (ADA) promotes healthy ways to minimize the effects of diabetes. Anyone that has or has a family member with diabetes would benefit by looking at the [ADA website](#).

Paula Deen has shed 40 pounds over the past year in an attempt to control her recently announced diagnosis of diabetes. She has revamped her website to reflect better choices in foods and recipes. Her advice is moderation and not trying out fad diets.

For more information about weight loss supplements, go to this website: <http://goo.gl/upOLb>

For more information or questions, contact us at:

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