

Exercise Prevents Diabetes: Report

Exercise is even more important than weight loss for prevention or control of diabetes, according to a report from the Australian National University in Canberra (Medicine and Science in Sports and Exercise, September 2007). Dr. Richard Telford concludes that obesity is associated with, but does not cause, diabetes, heart disease and premature death. The health benefits of exercise include increasing cells' ability to respond to insulin, lowering blood sugar levels, and preventing all the side effects of diabetes. Weight loss is not necessary for a person to gain these benefits from an exercise program.

Most cases of Type II diabetes are caused by inability to respond to insulin. Strengthening muscles makes cells more responsive to insulin (Diabetes Care, September 2007). Your ability to respond to insulin depends on the ability of muscles to burn oxygen without producing excessive free radicals (called oxidative capacity). When you convert food to energy, you produce free radicals that can damage the DNA in your cells to shorten life. Exercise causes cells to burn food for energy more efficiently, without producing large amounts of free radicals.

Source: *Dr. Gabe Mirkin's Fitness and Health e-Zine* [11/4/07]

The relevance to MicroVas therapy is the following:

- **MicroVas is equivalent to a 3 mile walk**
- **MicroVas is forced exercise**
- **MicroVas strengthens muscles**