

## **Help Control Diabetes**

According to the American Diabetes Association, over 15.7 million Americans are diabetic. Tight control of blood glucose (sugar) levels is the only defense against the many problems and side effects that come from diabetes.

Recent studies published in the September 16, 1999 issue of the New England Journal of Medicine give new hope to the millions who suffer from diabetes. It stated that "hot tub therapy" helped a group of Type 2 diabetics reduce their blood sugar levels and improve sleep patterns. The effects of partial immersion in a hot tub simulate the beneficial effects of exercise. Physical exercise is recommended for patients with type 2 diabetes mellitus.

An independent study led by Dr. Philip L. Hooper at the McKee Medical Center in Loveland, Colorado studied a group of Type 2 diabetes patients for three weeks. The patients were required to soak in a hot tub for thirty minutes a day, six days a week, for the duration of the study. The results were astounding! The patients' average blood sugar levels were reduced by an average of 13 percent. Hooper also explained that one of the subjects was able to reduce his daily dose of insulin by 18 percent after only ten days of the study.

In reference to these findings, Dr. Hooper states that hot tubs are especially helpful for patients who are unable to exercise, and recommends that hot tub treatments should be included as regular therapy for patients with diabetes.

**IMPORTANT NOTE: It is highly recommended for those with diabetes to consult with their physician prior to beginning hot tub treatments.**