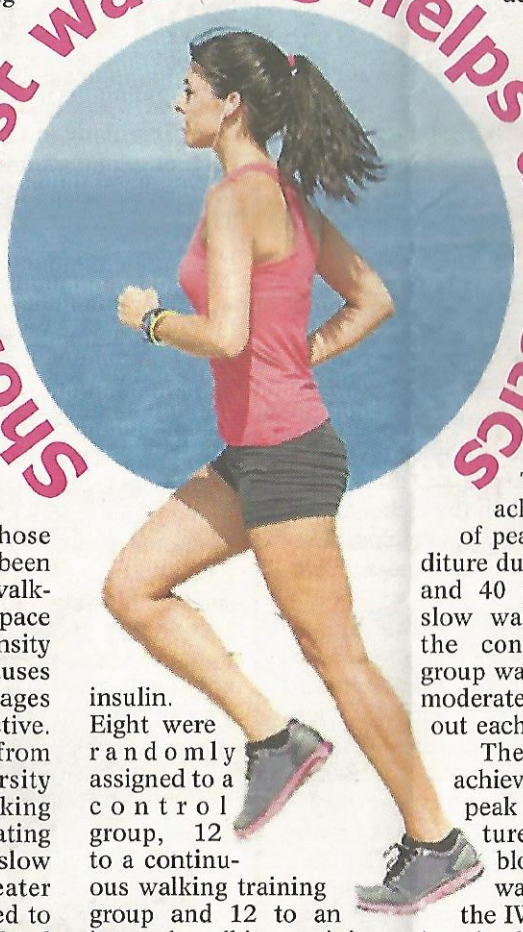
HEALTH WATCH

Short burst walking helps diabetics



Short bursts of fast walking could hold the key to managing diabetes, according to a study. Researchers found that patients who alternated between three minutes of rapid walking and three minutes of slow walking over an hour had better control of blood sugar levels than those who walked at a constant pace.

Traditionally, those with diabetes have been advised to stick to walking at a moderate pace and avoid high-intensity exercise in case it causes injury and discourages them from keeping active. But scientists from Copenhagen University found interval walking training – or alternating between fast and slow walking – had greater health benefits and led to better control of blood sugar levels, a key marker for type 2 diabetes.

The Danish study involved patients aged insulin. Eight were randomly assigned to a control group, 12 to a continuous walking training group and 12 to an interval walking training (IWT) group.

The two walking groups were instructed to train for one hour, five and a training computer that included an accelerometer to measure their speed and movement.

IWT consisted of walking quickly for three minutes then slowly for three minutes, and repeating this throughout the session. The aim was to achieve 70 per cent of peak energy expenditure during fast walking and 40 per cent during slow walking. Those in the continuous-walking group walked at the same moderate speed throughout each session.

The aim was to achieve 55 per cent of peak energy expenditure. Improved blood sugar control was found only in the IWT group, resulting in lowered glucose levels after exercise and probably caused by increased insulin sensitivity. No changes occurred

research team led by Dr Thomas Solomon, interval walkers lost an average of half a stone in weight, while the weight of continuous walkers did not change.

The weight loss was thought to be caused by 'post-exercise oxygen consumption' – a phenomenon by which the body burns more fat after intensive exercise. The researchers said: "Whether these beneficial effects of IWT continue and result in better health outcomes in the long term must be determined in order to justify the clinical utility of interval training for people with type 2 diabetes."

Dr Richard Elliott, of the charity Diabetes UK, said: "This small study builds on previous evidence to suggest that interval training might help people with type 2 diabetes to manage their blood glucose levels. It found that interval training seemed to be linked to improvements in insulin sensitivity around the body.

Further research is needed to find out if this form of exercise yields greater long-term health

Sushma's Health & Beauty Blog

What does your tongue say about your health?

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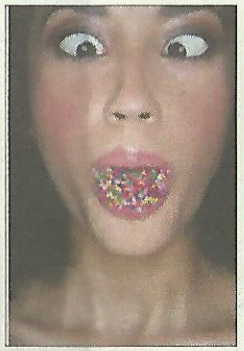
Feeling unwell, just stick out your tongue – it can give away more than you think. The colour, texture and moisture of your tongue can provide signs of what's going on inside your body. Certain areas of the tongue correlate to specific organs of the body.

The tongue of a healthy person is pinkish in colour, moves freely and is gently moist with a light coating.

If the tongue or mucous membranes looks pale - this could mean that your blood is lacking in haemoglobin. This will often result in tiredness and lethargy. Eat a well-balanced diet containing plenty of iron.



A pale tongue could indicate problems in the lungs or colon. Treat with warming herbs such as garlic, ginger and cinnamon or take a supplement such as Coolherbals Garlic with Ginger Capsules.

A red inflamed tongue could indicate a lack of certain nutrients, especially iron and B vitamins. Iron, found in red meat, shell fish, nuts and apricots, is necessary for energy and vitality. Alternatively use a vegetarian source supplement such as **Coolherbals Advanced Multivitamin and Minerals with Protein.** B vitamins are needed for energy metabolism, cell growth and the proper functioning of the nervous system. Lean meat, shellfish, nuts and dried apricots are all rich sources of vitamin B.

A red tongue shows heat. The colour of the