

Zeal For Life Drink

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Zeal for Life May Help Control Diabetes

Thursday, May 10th, 2012 at 9:21 pm

Zeal for Life users have reported that the product is been helpful in controlling their diabetes. *Zeal for Life* is a whole food nutritional supplement derived from stabilized rice bran that helps aide with your nutritional deficiencies as well as curb cravings and hunger and snacking. Amanda L. Chan of the Huffington Post reports to [Zeal for Life](#) users how the speed by which you consume your foods could put you at risk for diabetes.

Fast Eaters May Have Higher Risk Of Type 2 Diabetes

Sloooooow down, fast eaters!



Research presented at the [International Congress of Endocrinology and European Congress of Endocrinology](#) shows that **people who eat fast** have a 2.5-times higher risk of Type 2 diabetes, compared with slower eaters.

"The prevalence of Type 2 diabetes is increasing globally and becoming a world pandemic. It appears to involve interaction between susceptible genetic backgrounds and environmental factors," study researcher Dr. Lina Radzeviciene, of the Lithuanian University of Health Sciences, said **in a statement**. "It's important to identify modifiable risk factors that may help people reduce their chances of developing the disease."

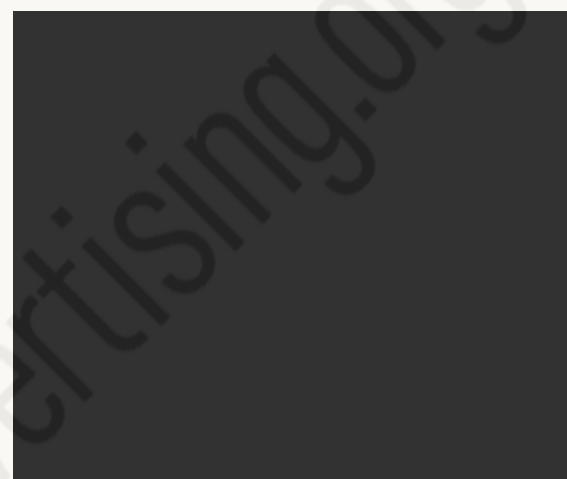
For the study, researchers examined the eating habits of 468 people without diabetes and 234 people who had just been diagnosed with Type 2 diabetes. Everyone answered a questionnaire, where they explained whether their eating habits were slower, faster, or the same as others. The researchers also noted their waist and hip circumference, height and weight.

After adjusting for other factors like body mass index (BMI, a ratio of height to weight), smoking status, diabetes and education, the researchers found that Type 2 diabetes risk seemed to be linked with eating faster.

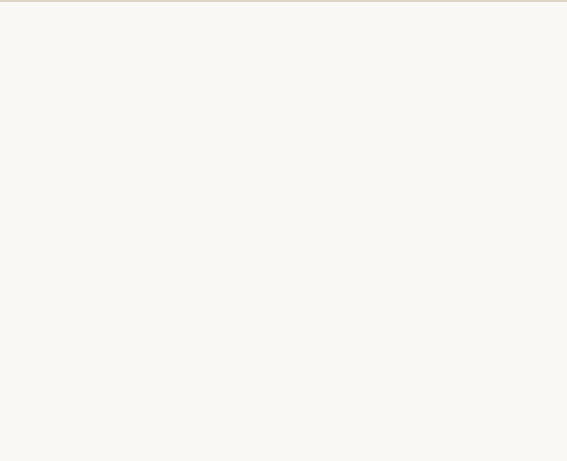
This is certainly not the first time research has suggested a link between eating speed and health risks. A previous study in the *Journal of the American Dietetic Association* showed that speed-eaters are **more likely to be obese** than slow-eaters.

And the **faster people ate**, the more their BMI rose – 2.8% for each "step" increase on the five-step eating-speed scale (equivalent to an extra 4.3 pounds), researchers found.

▼ [www.MyZealForLife.com](#)



▼ **Ray's Amazing 16 Pound Weight Loss in 8 Weeks With the Zeal for Life Wellness Formula Drink**



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