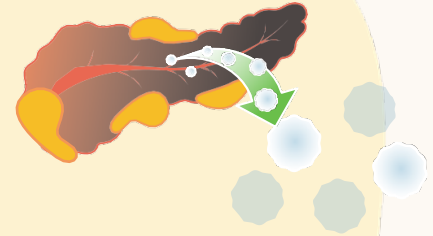
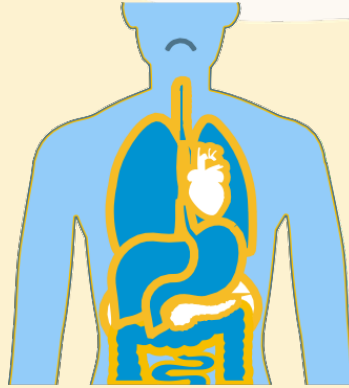


How **Type 2 diabetes** develops



- **Frequent intake of sugar and refined carbohydrates** causes blood sugar levels to rise, forcing the pancreas (insulin factory) to work harder to produce more insulin to control blood sugar levels.
- **As the body does not require this excess sugar for energy, it is converted and stored as fat.** If there is excess fat in the body, the body cells do not respond well to insulin. **More insulin is needed to move sugar from the bloodstream into body cells, further stressing the pancreas.**
- Over time, **the overworked pancreas becomes damaged and produces less insulin**, making it harder to keep blood sugar levels normal.