Information I have gathered:

-diabetes

Diabetes is a chronic (long-lasting) health condition that affects how your body turns food into energy. Most of the food you eat is broken down into sugar (also called glucose) and released into your bloodstream. When your blood sugar goes up, it signals your pancreas to release insulin

There are 2 types of Diabetes, type 1 and type 2. Lifestyles changes for type 1 and type 2 might be completely different so consult your doctor to get the right information to feel better.

Type 1 Diabetes:

Try reducing your carbohydrate intake as it can damage your kidneys and worsen Type 1 Diabetes. Include protein in each meal as it can help balance your blood sugar. Don’t purchase canned food as it can contain sodium, sugar, etc. Always check ingredients of what you are purchasing to guarantee that you are doing your best to stay healthy.

Some healthy fruits, vegetables + more:

* Amaranth or Chinese spinach
* Artichoke
* Artichoke hearts
* Asparagus
* Baby corn
* Bamboo shoots
* Beans (green, wax, Italian)
* Bean sprouts
* Beets
* Brussels sprouts
* Broccoli
* Cabbage (green, bok choy, Chinese)
* Carrots
* Cauliflower
* Celery
* Chayote
* Cucumber
* Daikon
* Eggplant
* Greens (collard, kale, mustard, turnip)
* Hearts of palm
* Jicama
* Kohlrabi
* Leeks
* Mushrooms
* Okra
* Onions
* Pea pods
* Peppers
* Radishes
* Rutabaga
* Salad greens (chicory, endive, escarole, lettuce, romaine, spinach, arugula, radicchio, watercress)
* Sprouts
* Squash (cushaw, summer, crookneck, spaghetti, zucchini)
* Sugar snap peas
* Swiss chard
* Tomato
* Turnips
* Water chestnuts
* Yard-long beans

Are all non starchy vegetables that can improve your blood sugar and make you feel much better. While keeping recommended diets is one of the things your body will thank you for, don't forget to stay hydrated as it is equally important.

Type 2 Diabetes:

It's important to eat many fruits, vegetables, and recommended whole grains, beans, nuts etc. (Always consult your doctor to make sure that you are eating well and improving your health).

Some highly recommended fruits, vegetables, grains, etc include:

* artichoke
* [asparagus](https://www.medicalnewstoday.com/articles/270805.php)
* broccoli
* [cauliflower](https://www.medicalnewstoday.com/articles/282844.php)
* [green beans](https://www.medicalnewstoday.com/articles/285753.php)
* lettuce
* [eggplant](https://www.medicalnewstoday.com/articles/279359.php)
* peppers
* snow peas
* [spinach](https://www.medicalnewstoday.com/articles/270609.php)
* [Celery](https://www.medicalnewstoday.com/articles/270678.php)
* Brown Rice
* Bulgur
* Oats
* Buckwheat
* Quinoa
* Barley
* Berries: raspberries, blueberries, blackberries, etc
* Cherries
* Peaches
* Apples
* Kidney Beans

It's important to keep in mind that along with this diet make sure to stay hydrated and eat fresh foods instead of canned. They contain much less sugar and are healthier for you.

Healthy exercises for people with diabetes:

* Walking
* Cycling
* Swimming
* Team sports
* Aerobic dance
* Weightlifting
* Resistance band exercises
* Calisthenics

Exercise links:

<https://www.youtube.com/watch?v=Dnnas10sROI>

<https://www.youtube.com/watch?v=1bjKpgrbm6o>

<https://www.youtube.com/watch?v=tj9d6aBOzDo>

<https://www.youtube.com/watch?v=9WujK6Q2y1M>

<https://www.youtube.com/watch?v=9qqnYOcSpY8>

<https://www.youtube.com/watch?v=U8R11bOj2Ek>

-kidney disease

Chronic kidney disease, also called chronic kidney failure, involves a gradual loss of kidney function. Your kidneys filter wastes and excess fluids from your blood, which are then removed in your urine. Advanced chronic kidney disease can cause dangerous levels of fluid, electrolytes and wastes to build up in your body.

In the early stages of chronic kidney disease, you might have few signs or symptoms. You might not realize that you have kidney disease until the condition is advanced.

Treatment for chronic kidney disease focuses on slowing the progression of kidney damage, usually by controlling the cause. But, even controlling the cause might not keep kidney damage from progressing. Chronic kidney disease can progress to end-stage kidney failure, which is fatal without artificial filtering (dialysis) or a kidney transplant. Ckd may also be a disease that someone can live a long, healthy, happy life with if caught at early stages. It's important to research symptoms and contact your doctor if you have any. It's important to eat healthy and exercise as it will help slow down CKD.

Diets: It's important to limit carb and protein intake as it can damage your kidneys. Try eating less bread/pasta/grains and more vegetables. Too much sugar is also not good so try eating fruits that have a low glycemic index.( You can always find glycemic index information on google/other search engines). Lower your salt, potassium, and sodium intake as that can damage kidneys too. Avoid purchasing fried/already made/canned food as those are not only bad for kidneys but for the rest of your body too. Make sure to cook food that is full of vegetables and consult your doctor for what nutrition they think is best for you.

Recommended foods:

Red Peppers

Cauliflower

Berries

Leafy greens(kale, arugula, etc)

Lettuce

Fish

Egg Whites

Garlic

Olive Oil

Strawberries

Some healthy carbs include:

Quinoa

Oats

Buglur

Millet

Barley

-liver disease

Your liver does a lot of things that keep you healthy. It turns nutrients into chemicals your body needs. It filters out poisons. It helps turn food into energy. When your liver doesn’t work well, that can affect your whole body. It is important to eat healthy and exercise to improve liver function and help your body become happier and healthier!

Recommended foods:

Leafy Greens

Broccoli

Brussel sprouts

May help increase the liver’s natural detoxification enzymes, protect it from damage, and improve blood levels of liver enzymes.

Berries including:

Blueberries

Raspberries

Cranberries

Contain antioxidants called polyphenols, which may help protect the liver from damage.

-heart disease

According to the Centers for Disease Control and Prevention (CDC), heart disease is the leading cause of death in the United States. Around [1 in 4 deaths](https://www.cdc.gov/heartdisease/facts.htm) in the U.S. occur due to heart disease, and the condition affects all genders as well as all racial and ethnic groups.

There are many heart diseases and its important to contact your doctor as soon as possible if you have any of these symptoms:

Heart failure can be ongoing (chronic), or it may start suddenly (acute).

Heart failure signs and symptoms may include:

* Shortness of breath with activity or when lying down
* Fatigue and weakness
* Swelling in the legs, ankles and feet
* Rapid or irregular heartbeat
* Reduced ability to exercise
* Persistent cough or wheezing with white or pink blood-tinged mucus
* Swelling of the belly area (abdomen)
* Very rapid weight gain from fluid buildup
* Nausea and lack of appetite
* Difficulty concentrating or decreased alertness
* Chest pain if heart failure is caused by a heart attack

- people who want to improve their overall health

Mental and physical health is important. Drinking water and exercising is proven to help with depression and other mental + physical problems. This app has a reminder to drink water, exercise, and smile! You can take a look at some of the recommended exercise options for you and decide on which one is best. Try exercising 5 days a week or more. Don’t forget to stay happy and smile.

- covid safety:

Covid-19 has been an ongoing issue for many people and has affected many people's lives. Some things you can do to keep loved ones and family safe is; washing your hands, wearing a mask, and doing your research on vaccines can positively impact many people in your life!