Dr Helena Popovic

What happens when we eat too many refined carbohydrates over many years?

Insulin resistance and hyperinsulinaemia

Chronic hyperglycaemia (uncontrolled type 2 diabetes)

Damage to the inner lining (endothelium) of blood vessels

Eye disease (retinopathy)	Kidney disease (nephropathy)	Nerve damage (neuropathy)	Erectile disfunction
BLINDNESS	**KIDNEY FAILURE**	**LIMB AMPUTATION**	**DEPRESSION**

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