

# **What Causes High Blood Sugar – Four Common Causes Why Blood Sugar Levels Increase And effective Ways To Control Them**

There are actually many different reasons why one develops high blood sugar levels but there are actually four common reasons to the question “**what causes high blood sugar?**”

You have to know that sugar plays a very important role in a person’s bodily function. Sugar is basically absorbed from the food we eat and that it provides energy to the body – energy that is essential for the body to keep it from moving and functioning.

However, if too much or if excess sugar or glucose has been stored inside the body, this will in turn result to diabetic signs and symptoms like weakness and fatigue, blurry vision, frequent thirst, frequent urination, and dry mouth. If any of the aforementioned signs and symptoms is encountered, then it will be very important for you to visit your doctor and have your blood sugar monitored.

This is the reason why even if you are not yet diagnosed with diabetes, it is still very important to have your own blood sugar monitoring procedures as this type of health condition comes so suddenly without any prior notice.

Take note that when persistent or prolonged high levels of blood sugar is present in the body, this can result to some of the most dreadful clinical conditions we have these days: Heart failure, kidney failure, blindness, and the ever dreadful and scary amputation.

The following are four of the common and avoidable causes of diabetes:

**Improper Diet** – the kind of food we eat spells the kind of blood sugar level we one might have. Foods that are high in carbohydrates should be avoided by diabetic people as these types of foods will only increase the sugar levels in the body and results can be somewhat scary.

**No Exercise** – any form of vigorous exercise will help you increase the production of insulin in your pancreas. Insulin is essential in the absorption of sugar into the cells. The truth is that many diabetic patients have significantly stopped taking medications because they have simply found a great diabetic remedy and that’s through regular exercising.

**Stress** – when the body’s stress level goes up this will trigger the “fight or flight” response of the body thus causing excessive expending of energy levels.

**Dehydration** – sugar levels in the blood easily go up especially when the body is dehydrated. This is the reason why it is very important to consume a generous amount of water everyday to regulate glucose level.

So, those are the four common answers to the question “**what causes high blood sugar?**” – they might be simple but they are highly avoidable which means that you can easily get yourself rid of the dreadful diabetes.

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