

Can carrots reduce the effect of diabetes-causing genes?

The following is an excerpt.

In the latest revelation about the human genome, researchers say diabetics with a certain genetic mutation may be able to rely on beta carotene to reduce their symptoms.

Genetic analysis alone, in which scientists compare the genomes of those with diabetes against those without the disease, has previously identified 90 potential genetic changes that can increase the risk of diabetes, but none were especially strong contributors to the disease, and it wasn't clear which combination of these DNA changes posed the greatest risk.

"We realized that maybe some of the reason why these genetic markers aren't really that potent ... is that the genes themselves may not cause diseases. It's the genes with the environment that cause disease."

Read the full article here: [Can Carrots Reduce the Effect of Diabetes-Causing Genes?](#)