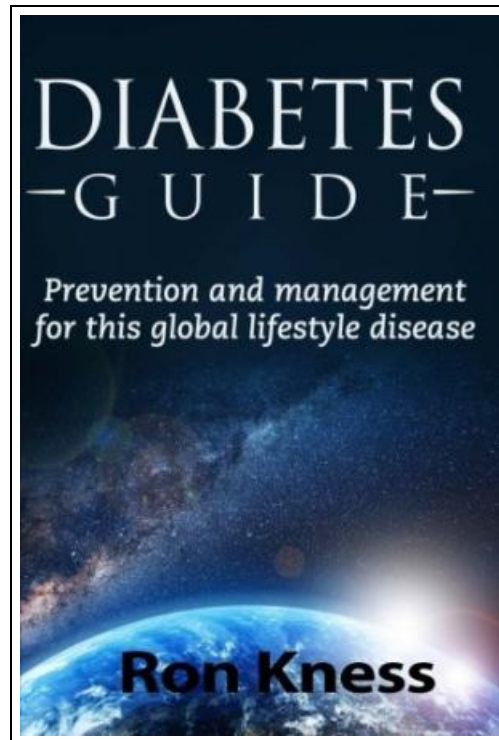


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DIABETES GUIDE: PREVENTION AND MANAGEMENT FOR THIS GLOBAL LIFESTYLE DISEASE (PAPERBACK)



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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.One of the best ways to stay healthy is to stay informed. Certainly, knowing more about insulin and blood glucose is a must not only for all diabetics but for their family members too. Typically, if one family member has diabetes it will impact the rest of the family and they will have to make some adjustments - especially in their eating habits. Significantly, statistics indicate that if Type 2 diabetes hasn't affected you or your family already, it will, sooner or later. Diabetes is becoming a global epidemic. It is on the rise even among small children. Modern lifestyles - predominantly food choices, but also eating and exercising behaviors - means a conscious and mindful effort is required to avoid the seemingly inevitable progression from overweight, through obesity and pre-diabetes to full-blown Type 2, with all its health risks. However, being diagnosed with Type 2 diabetes is not the end of your world. You do have control, if you choose to exercise it. And because Type 2 diabetes is a result of a poor lifestyle, it can be controlled (and even in some cases reversed) once positive lifestyle changes are made. Look at your diet, your lifestyle and that of your family. Make the changes now before it is too late. Your family will thank you later. It is important to understand how our food choices affect insulin release and how it impacts our overall health. Prevention and management starts at home . with you. Understanding a few factors in this 41-page guide is a good beginning, such as: -Hyperglycemia vs. Hypoglycemia -What is Diabetes Mellitus? -Managing Diabetes -Insulin and Blood Glucose -Carbohydrate Cravings - a Big Diabetes Risk Factor...



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