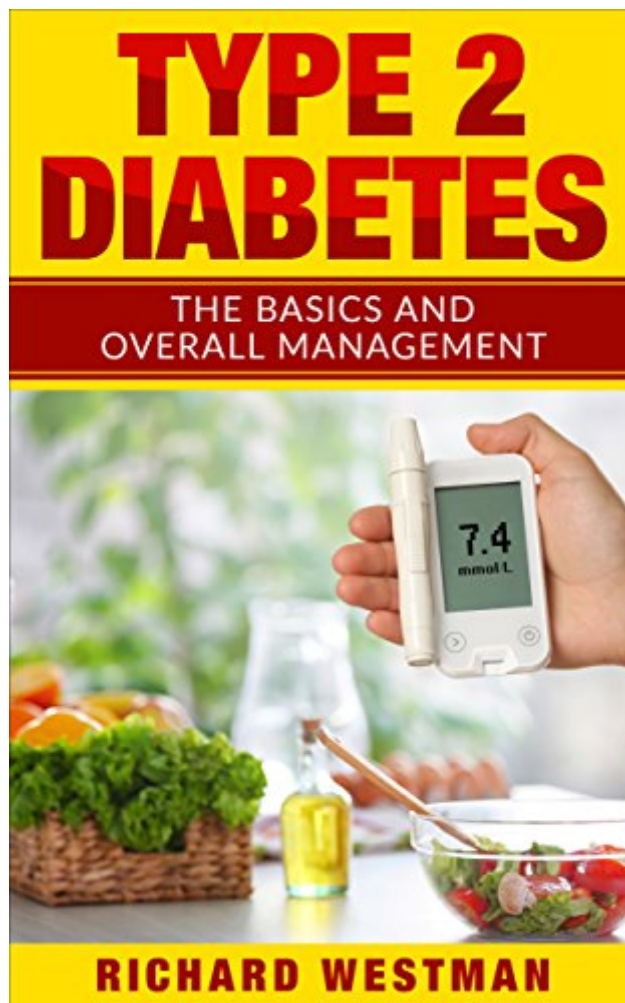




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Type 2 Diabetes: The Basics And Overall Management



Synopsis

Do you suffer from Type 2 Diabetes? Are you searching for ways to control and manage this chronic condition? Most people who have diabetes suffer from Type 2. There is no cure for the condition but it can be managed very effectively in a number of ways, helping to limit damage to the body and preventing other conditions which may occur as a result. In this new book on the subject, *Type 2 Diabetes: The Basics and Overall Management*, you can learn how to live with this complaint through a variety of treatments in chapters which covers:

- The symptoms of Type 2 diabetes
- Diets for Type 2 diabetes
- Medication
- Risk factors
- Tips for preventing Type 2 diabetes
- Complications
- Taking steps to fight diabetes without medication
- Exercise tips
- And much more

Living with Type 2 diabetes is manageable when you have all the facts and with *Type 2 Diabetes: The Basics and Overall Management* you will be armed with all the information you'll ever need. So start managing your Type 2 diabetes now! Download this book today and see what difference it will make to your life.

Book Information

File Size: 1638 KB

Print Length: 94 pages

Publication Date: March 21, 2017

Sold by: Â Digital Services LLC

Language: English

ASIN: B06XSB9S4L

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #560,032 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #81

in Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > Type 2

#262 in Â Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Reference #330

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Customer Reviews

While I'm not a diabetic myself, I have a family member who is, and found this book very helpful. Clearly separates the subject matter into easy to understand chapters making it easier remember where to reference for specific information. Things your doctor may not cover with you, things you can do to manage it, lower your blood pressure and lose weight. It all starts with eliminating foods and drinks your body can not process or break down. A wonderful book I would recommend to any who struggles with weight loss, high blood pressure or at risk or is pre-diabetic/pre-carbosis. This book is full of information to help you better yourself and that makes it alone worth check into.

This book focuses on how diabetics should modify Eat to Live plan to accommodate the disease. The amazing thing is that type 2 diabetes can be reversed and type 1 can have a lower dependence on insulin. I don't have diabetes but it runs in my family and I'm at risk. Personally, if I had diabetes, I'd do whatever I can to get rid of it. This book really made me realize how serious a disease it is. I hope more people learn about his plan and join me. It's challenging but worth it!

I couldn't have worded this better myself! This book has definitely gave me a general overview on how to manage my newly diagnosed diabetes. Definitely glad I got it!"To im

The book doesn't even deserve the one star, but that was the lowest grade allowed. Don't waste your money. You can get better information just goggling 'type 2 diabetes' online. The book reads like a draft, not a completed product. It is unclear and repeats itself so many times, you begin to think you're re-reading the same pages over and over again.

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