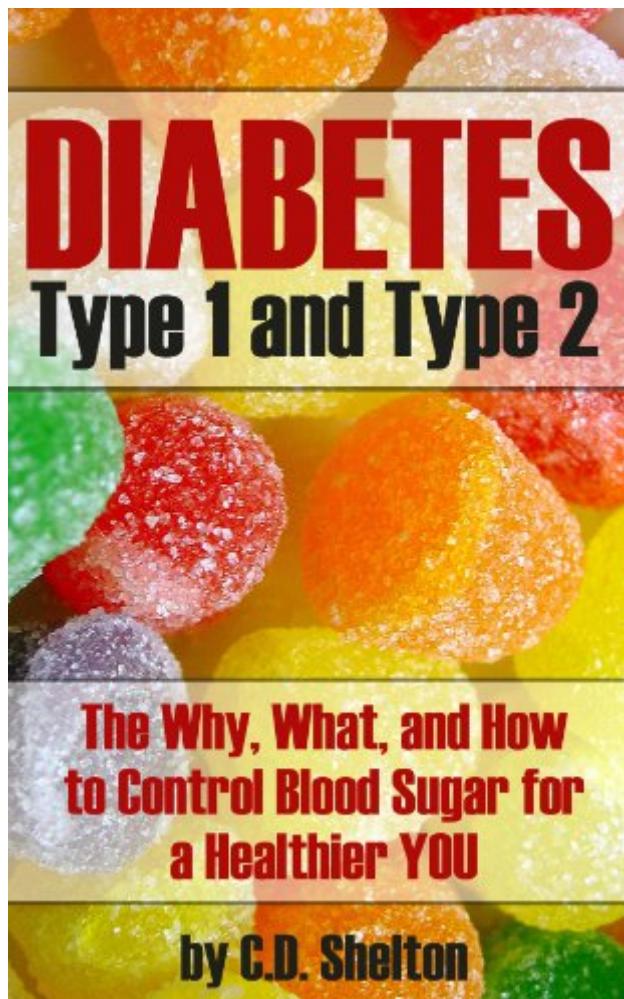


The book was found

# Diabetes (Diabetes: Type 1 And Type 2 The Why, What, And How To Control Blood Sugar For A Healthier You)



## **Synopsis**

Diabetes is a chronic disease. Diabetes Type 1 is genetically linked and Type 2 can at times be relieved by modifications to lifestyle. This short book contains vital information for you or a loved one to combat diabetes. It highlights symptoms of Type 1 & 2, risk factors, treatments, diet, and how exercise is a key component to health.

## **Book Information**

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## **Customer Reviews**

I was very interested in reading this book to inform myself even more of my condition of type 2 diabetes. Even though I've had diabetes for 4 years it did not mean I knew everything about my illness. This is a great book to read giving you more information on how to better control diabetes. Must read this book it will help you or someone you know with diabetes and would help in controlling your diabetes the right way.

I am very appreciative that I read this book because it is really very helpful for my own life. As I am a girl who really enjoys the sweet food, like ice cream, candies, and all desserts, I am always worried

about I would have a diabetes disease when I take in too much sugar. After reading this book, I got more information in diabetes disease and know it can be a family history and it is really influenced by the food style. It gives different kinds concepts of diabetes disease and full explained. I highly recommend this book to the people who wants some information in diabetes.

This is a great book. It contains many information about Diabetes disease. It clarifies different types of diabetes and its side effects to our body. The book introduced diabetes in detail. I learned diabetes is a chronic disease, it has two types, type 1 is genetically linked and type 2 can at times be relieved by modifications to lifestyle. This useful ebook also contains information about treatments, diet and exercise to help avoid diabetes. I highly recommend this book to my friends.

My family has a history of diabetes so, this book answer a lot of my question as I read through it. Now I want to help you understand and fully understand the truth about diabetes all you have to do is read this book. This is a short book easy to read. It talks about the two types of diabetes it give detail about the risk factors of each type of diabetes. It clears out so many myths about diabetes and it also talk about the symptoms; treatments and skill that diabetes need to learn to control their diabetic. It also gives a list of a Diabetic diet that would be monitor and it gives a simple meal plan to follow as well.

This ebook is very informative it defines the different type of diabetes and their effects. I never knew type one diabetes is extremely dangerous. After reading about the symptoms I became more aware of this disease. It is amazing how many of us could have diabetes and are not aware of it. The author also talks about the different test used to determine whether you have diabetes or not. Shelton mentions the different types of treatment a diabetic may go through. One of the biggest ways to combat diabetes is eating correctly. Overall this ebook is very informative about one of the worst disease out there in our society.

I enjoyed this book because it is short and to the point about diabetes. It may be very helpful for those who have diabetes as well as for those who want to prevent it. I agree with the author when he says that having it can affect the family of the victim just as much as the victim himself. I witnessed my grandmother suffer from it for years before it indirectly caused her death.

This is a must have book. Type 1 and Type 2 Diabetes is an undeniable problem in our society.

From kids to adult, it will affect our love ones if we are not cautious. This book is full of important facts and informative information regarding Diabetes. We could develop it from heredity or what we consume. It lists and describes the different types and symptoms Diabetes. Best of all it contains ways to help to prevent or at least control to lower the sugar level. My mother is at the early stage of Diabetes and this book has truly helped my family. I am grateful for this book and highly recommend this book. This book should be in everyone's home because of its great informative information.

Diabetes is becoming more and more common in our daily life. This book shows what is type 1 and type 2 diabetes. It contains a lot information about diabetes, also tells how to treats, diet, and how exercise is a key component to health. It also tells the treatments that could help when people have diabetes. This is an awesome book, worth of money and time. Highly recommend.

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