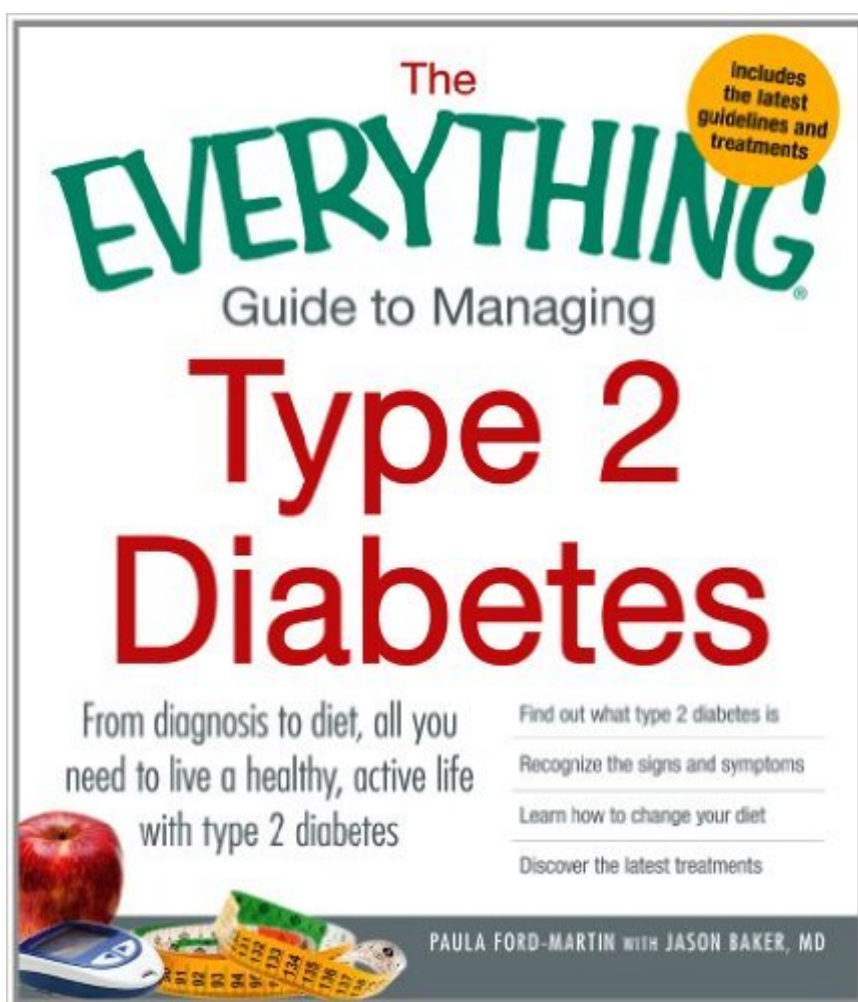


The book was found

# The Everything Guide To Managing Type 2 Diabetes: From Diagnosis To Diet, All You Need To Live A Healthy, Active Life With Type 2 Diabetes - Find Out ... Your Diet And Discover The Latest Treatments





## Synopsis

Diabetes is a complex disease--but learning about it shouldn't be! A Type 2 diabetes diagnosis can be daunting, but it is also manageable. With this all-in-one guide, you will get expert advice on establishing a healthier lifestyle and getting control of your diabetes. "The Everything Guide to Managing Type 2 Diabetes" provides easy-to-follow advice on all aspects of living with diabetes, and helps you:

- Recognize the symptoms of prediabetes and diabetes
- Monitor your blood glucose levels
- Learn about the types of insulin and insulin-delivery systems
- Understand the importance of nutrition and exercise
- Reduce the short- and long-term effects of diabetes

Filled with reliable advice and the latest information on medication, therapies, blood sugar monitoring, and more, this invaluable guide shows you how to take control of your diabetes and enjoy your life!

## Book Information

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Average Customer Review: 4.5 out of 5 stars See all reviews (17 customer reviews)

Best Sellers Rank: #712,823 in Books (See Top 100 in Books) #66 in Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association #7472 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments

## Customer Reviews

I tried a bunch of books on diabetes, trying to get my sugars under control and they usually either confuse me or leave me asking more questions. I found this one strikes the right balance by including everything I wanted to know and some things I learned I needed to know without being too technical. It's a real thorough and handy reference for anyone needing help in grasping the basics and a lot more. It's all in there. My sugars told me so!!

My wife gave this recently to a friend of hers who was diagnosed with Type2 Diabetes. It very helpful to her friend and helped her is knowing more about and who to do with this very challenging

situation.

Arrived promptly, in good condition and it is a very easy guide to Type 2 Diabetes. I was diagnosed over 3 years ago, but this still had a lot of information that I wasn't aware of even though I am signed up on several Diabetic websites. Very insightful and doesn't require being plugged into the internet to view.

I am enjoying this book, it is helping this newly diagnosed diabetic. Great information and great recipe ideas. I was amazed at what I can still eat

This book scares the poagies out of anyone. It is all about selecting insulin-delivery options, neuropathy, ocular nerve damage. If you don't genuinely need this book, don't pay cash to get scare tactics.

My husband got this at the library after his doctor told him he had diabetes, and found it so helpful we ordered a copy on .

Good for some stuff, but not really helpful with concrete ideas of what to do now.

If you have diabetes, and you are trying to understand what this disease is, this book will help you! Great information and very easy to read. I am glad I purchased it!

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How to Reverse Diabetes Naturally and Enjoy Healthy Living for Life (Reverse Diabetes, Diabetes, Type 2 Diabetes, Diabetes Diet, ... Solution, Type 2 Diabetes Cookbook, Book 1) Diabetes: Diabetes Diet: 3 Steps to Cure Diabetes The Ultimate Guide with the Top Foods to Restoring Blood Sugar (diabetes,type 2 diabetes,diabetes symptoms,type ... diet,glucose,type 2 diabetes symptoms) Diabetes: How To Reverse Diabetes (Diabetes Diet, Diabetes Cure, Insulin, Type 1 Diabetes, Type 2 Diabetes, Diabetes free, Reversing Diabetes) Diabetes Diet:: Lower Your Blood Sugar Naturally (Diabetes Diet, Diabetes for Dummies, Diabetes Cookbooks Free, Diabetes Type 2, Diabetes Destroyer, Diabetes Solution, Diabetes Cure) Diabetes Diet - Ultimate Step-by-Step Guide to Reversing Diabetes With Your Diet: Diabetes, Diabetes Diet, Diabetes Cure, Reverse Diabetes, Type 2 Diabetes, Vegan, Vegetarian Diabetes: Reverse Diabetes With Proven Step By Step Methods And Superior Strategies (Diabetes Diet, Diabetes Cure, Insulin, Type 1 Diabetes, Type 2 Diabetes) Diabetes: Step by Step Diabetes Diet to Reverse Diabetes, Lower Your Blood Sugar and Live Well (Diabetes, Diabetes Diet, Diabetic Cookbook, Reverse Diabetes) Diabetes: Fight It with the Blood Type Diet: The Individualized Plan for Preventing and Treating Diabetes (Type I, Type II) and Pre-Diabetes (Dr. ... Eat Right 4 Your Type Health Library) Diabetes: Diabetes Prevention And Symptoms Reversing, Guide To Diabetes Diet, Nutrition Tips, The "Cure" For Diabetes Type 2 (Diabetes Diet Cookbook And ... Dummies, Reverse Diabetes Without Drugs 1) Diabetes Diet: Quick, Easy and Enjoyable Diabetic Recipes (Diabetes Diet, Diabetes Diet Plan, Gestational Diabetes, Diabetic Recipes, Type 2 Diabetes, Diabetes Diet Cookbook, Diabetic) Diabetes: Diabetes, Causes, Symptoms & Effects and How To Manage It For A Healthy, Successful Life: Diabetes, Diabetes Diet, Diabetes Type 2, Insulin Diabetes Diet Healthy Nutritious Diabetes Recipes to Control & Reverse Type 1 & 2 Diabetes (Diabetes, Diabetic Diet, Healthy Eating, Cookbook) Diabetes: Reverse Diabetes In 4 Weeks With Proven Step By Step Methods And Superior Strategies (+ Bonus Cheatsheet) (Diabetes Diet, Diabetes Type 2, Diabetes Cookbook, Insulin, Diabetes Solution) Diabetes: The Most Effective Diabetic Superfoods To Reverse And Prevent Diabetes (Diabetes Diet, Diabetes Cure, Insulin, Type 2 Diabetes, Reverse Diabetes) Diabetes: The Most Effective Ways and Step by Step Guide to Reverse Diabetes: (Diabetes, Diabetes Diet, Lower Blood Sugar, Diabetes free, Diabetes Cure, Reversing Diabetes)

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