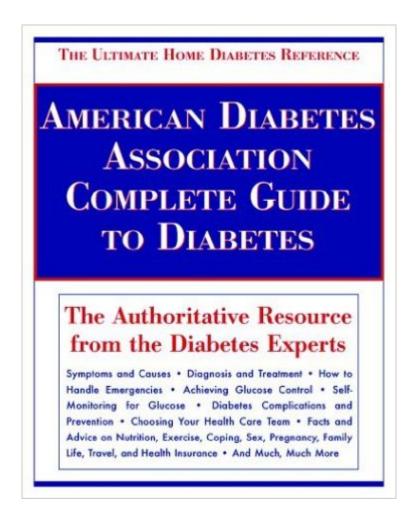
The book was found

American Diabetes Association Complete Guide To Diabetes: The Ultimate Home Diabetes Reference





Synopsis

This hefty diabetes bible will take readers with diabetes by the hand and safely lead them toward a more healthy lifestyle.

Book Information

Hardcover: 446 pages

Publisher: American Diabetes Association; 1 edition (April 1, 1996)

Language: English

ISBN-10: 0945448643

ISBN-13: 978-0945448648

Product Dimensions: 8.7 x 1.2 x 10.5 inches

Shipping Weight: 2.6 pounds

Average Customer Review: 4.4 out of 5 stars Â See all reviews (71 customer reviews)

Best Sellers Rank: #480,368 in Books (See Top 100 in Books) #50 in Books > Health, Fitness &

Dieting > Diets & Weight Loss > American Diabetes Association #5307 in Books > Health,

Fitness & Dieting > Diseases & Physical Ailments #118624 in Books > Reference

Customer Reviews

I have had diabetes for quite a few years, but recently was promoted to insulin status. I have been searching for a single source of information that was both simple and yet included more technical details of what was going on. The book does a very credible job of both for many aspects of diabetes. As an example, it provides a description how insulin works at the body and cell level, the effects of exercise, diet, timing, lifestyle, and many of the other factors that affect blood glucose levels. The descriptions start at a high level (e.g. exercise uses glucose in the blood, so levels tend to drop) to a more theoretical discussion of insulin interacting at the cellular level within your body and how your liver and other organs react. The same type of treatment is also provided for other subjects, ranging form what to do when you are sick; sex and libido issues; diet; types of insulin; managing diabetes around sports, exercise, work, travel, stress, family, entertaining; interaction of factors; complications of high and low sugars; and a bunch more. In short, there are no doubt books which cover individual aspects of any part of diabetes with more detail and rigor, but if you want one book that does a very credible job on most of the topics, this is a good choice.PROS: Very readable. Well organized- individual topics are fairly well indexed and broken down by topic, and for each topic, the discussion breaks down how this might affect different portions of the population (e.g. Type1, Type2, Gestational). Seems to be written by people who both have actual experience as

diabetics and real medical knowledge. Does not have the latest fads.

Download to continue reading...

American Diabetes Association Complete Guide to Diabetes: The Ultimate Home Reference from the Diabetes Experts (American Diabetes Association Comlete Guide to Diabetes) American Diabetes Association Complete Guide to Diabetes: The Ultimate Home Diabetes Reference Diabetes: Reverse Diabetes: How to reverse diabetes and manage type 2 diabetes, type 1 diabetes and gestational diabetes (Diabetes, Type 2 diabetes, Type ... sugar, diabetic recipes, what is diabetes) Diabetes Diet: The Ultimate Diabetic Diet Plan, How To Lose Weight, Prevent And Cure Type 2 Diabetes (Diabetes, Diabetes Diet, Diabetes Diet Plan, Diabetes ... Diabetes, Type 2 Diabetes Diet Book 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 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 Diet:: Lower Your Blood Sugar Naturally (Diabetes Diet, Diabetes for Dummies, Diabetes Cookbooks Free, Diabetes Type 2, Diabetes Destroyer, Diabetes Solution, Diabetes Cure) TYPE 2 DIABETES DESTROYER: The Secret to REVERSE Type 2 Diabetes, 3 Proven Steps to Reverse Type-2 Diabetes in 11 Days (Diabetes type 2, Diabetes, diabetes ... DIABETES, diabetic cookbook, type 2 diabetes) Diabetes: How To Reverse Diabetes (Diabetes Diet, Diabetes Cure, Insulin, Type 1 Diabetes, Type 2 Diabetes, Diabetes free, Reversing 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) Diabetes: Diabetes Black Book: Reverse Diabetes Forever With 25 Superfoods (Reverse Diabetes, Diabetes Diet, Diabetes Cure, Insulin, Diabetes recipes) The Type 2 Diabetes Cure - 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) American Medical Association Complete Medical Encyclopedia (American Medical Association (Ama) Complete Medical Encyclopedia) The American Heart Association Low-Salt Cookbook: A Complete Guide to Reducing Sodium and Fat in Your Diet (AHA, American Heart Association Low-Salt Cookbook) American Heart Association Low-Salt Cookbook, 4th Edition: A Complete Guide to Reducing Sodium and Fat in Your Diet (AHA, American Heart Association Low-Salt Cookbook) American Heart Association Low-Salt Cookbook, 3rd Edition: A Complete Guide to Reducing Sodium and Fat in Your Diet (AHA, American Heart Association Low-Salt Cookbook) 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 Cookbook: Delicious Low Carb Recipes For Diabetics (Diabetes Miracle Cure, Lower Blood Sugar, Diabetes Desserts) (Diabetes Cookbook, Diabetes ... Type 2 Diabetes, Lower Blood Sugar) Diabetes: Step by Step Diabetes Diet to Reverse Diabetes, Lower Your Blood Sugar and Live Well (Diabetes, Diabetes Diet, Diabetic Cookbook, Reverse Diabetes) 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)

<u>Dmca</u>