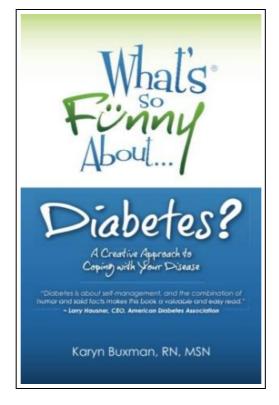
What's So Funny about Diabetes?: A Creative Approach to Coping with Your Disease (Paperback)



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Reviews

An extremely awesome pdf with perfect and lucid reasons. I have got go through and so i am certain that i will going to read again once again in the foreseeable future. I found out this ebook from my dad and i recommended this publication to understand. (Angela Kassulke)

WHAT S SO FUNNY ABOUT DIABETES?: A CREATIVE APPROACH TO COPING WITH YOUR DISEASE (PAPERBACK)



What s So Funny About? Publishing, United States, 2011. Paperback. Condition: New. Language: English. Brand New Book ***** Print on Demand *****.What s so funny about diabetes? Maybe nothing. Then again, maybe everything. Especially if you understand the premise that so much of our humor comes from pain and discomfort-our own, or somebody else s. And let s face it; if you re a diabetic, you ve got more than your fair share of pain and discomfort. Currently one in 10 US adults has diabetes, but those numbers could go as high as 1 in 3 by the year 2050. A long-term solution can only come from getting people to change their lifestyles: better diets, exercise and coping mechanisms to deal with this serious illness. The good news: Humor and laughter have been shown scientifically to have positive benefits for diabetic patients. Laughter has been shown to lower blood glucose in diabetics, as well as decrease hormones that can be harmful. Humor is recognized as a healthy coping mechanism. And humor has also been proven to increase the retention of information. For these reasons, and more, author Karyn Buxman has written the first in a series of books for patients with chronic illness: What s So Funny About Diabetes? When you re a diabetic, you need to arm yourself with all the tools that you possibly can to become the healthiest person that you can be. You need a large repertoire of skills. Humor isn t the be-all, end all; it s not meant to replace your medical regime, but rather to be a complement to all the efforts you re already making. Now Karyn Buxman shows you how you can strategically use humor everyday to better manage your diabetes and live a healthier and happier life. And you...



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