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Thriving with Diabetes: Learn How to Take Charge of Your Body to Balance Your Sugars and Improve Your Lifelong Health - Featuring a 4-Step Plan for Long-Lasting Success!

By Paul Rosman, David Edelman

FAIR WINDS PRESS, United States, 2015. Paperback. Book Condition: New. 229 x 203 mm.

Language: English . Brand New Book. Learn to Actively Manage Your Diabetes for a Healthy and Happy Life Thriving with Diabetes empowers you to take charge of your diabetes, so you don't just deal with your symptoms, but change the way you think to improve your health, happiness, and quality of life. Through a simple four-step process, you'll learn how to intuitively understand your blood sugars and what causes both good and bad numbers. This proactive approach results in the ability to manage diabetes personally, not just by a set of notes from the doctor. Step 1: Lower the Highs Step 2: Limit the Lows Step 3: Use Your Best to Fix the Rest Step 4: Play with Your Diabetes Written by Dr. Paul Rosman and David Edelman, co-founder of Diabetes Daily, Thriving with Diabetes is not just about eating properly (although that's certainly part of it!), but also about managing the daily challenges of physical activity, stress, pain, sleep patterns, and other life events that have a major, but underappreciated, impact on blood sugar trends. You'll also pinpoint your favorite meals and activities and use them...



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