

Diabetes is on the rise. The American Diabetes Association reports 29.1m Americans or 9.3% of the population having diabetes and leading to the 7th leading cause of death in America in 2010. Some \$245 billion were spent on diagnosis and treatment of diabetes in 2012. A wealth of information has built around diabetes and at times for those with diabetes it can be confusing. We all know that diet and exercise are important but what is the real context? This book aims to demystify some of the built up myths around diabetes. The author's aim is to educate diabetics so that they can take action to start controlling their blood sugar and sensibly manage their diabetes. It will stimulate your thinking and accelerate actions. You will discover some of the common misconceptions and a challenge to conventional thinking. Stress is laid on both diet and exercise in a changing environment in which just about every key stakeholders, whether it's the physicians, food industry, pharmaceutical industry all have their self vested interests. Ultimately control will remain in your hands. Use this book to improve your understanding about diabetes and challenge the conventional thinking.

Incriminating Evidence (Love Inspired Suspense), Roman Roads in Gaul: Home Lines of Communication and Basing Support Operational, A Homiletic and Illustrative Treasury of Religious Thought, Vol. 4: Being a New Edition of Thirty Thousand Thoughts; Or Twenty Thousand Choice ... Ancient and Modern, With Copious Indices, YOGA JOYFUL LIVING MAGAZINE, SEPT. - OCTOBER 2006, #91, Everything Sucks, But Im Still Happy,

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inner voice. Its important to take the time to learn. using it may delay the more definitive 130
Your Diabetes Control Handbook.

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