Reader's Digest



# STOPPING DIABETES

THE DEFINITIVE TAKE-CHARGE GUIDE



# **Stopping Diabetes In Its Tracks The Definitive Take Charge Guide**

**Mark Edberg** 

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Stopping Diabetes in its Tracks Editors of Reader's Digest, 2011-01-06 Stopping Diabetes in its tracks is updated with the latest research best testing tools lifestyle tips cutting edge treatments and delicious healthy recipes to help you control your blood sugar and take charge of your body Here are all of the latest diabetes facts practical tips and strategies from finding out if you are at risk for developing diabetes to a comprehensive guide to the latest drug and insulin options Broken down into two sections readers will first learn about lifestyle changes with Start Right Now and then gain hope through discussion of breakthrough medical studies in Looking Ahead Includes information on how Losing just 5% of your body weight along with exercise can cut your risk of developing diabetes by up to half Following a high fiber diet for just 6 weeks can make a remarkable difference included are over 40 delicious low fat low sugar recipes Actively expressing your emotions can lower your blood sugar Patient empowerment can contribute to a higher success rate in fighting diabetes You ll also find a clear unbiased look at the latest tests drugs insulin therapy surgery alternative therapy exercise and diets that can bring your blood sugar into a normal range Eat to Beat Diabetes Robyn Webb, 2003 Includes more than 300 recipes that are as delectable as they are healthy Based on the newest findings about diabetes health and diet this book will show you that you can eat the most flavorful and satisfying dishes and beat diabetes at the same time From baked breakfast delights to rich succulent stews from fresh and summary salads to robust holiday dinners this book is filled with well tasted recipes you and your family are sure to love Cover Reminisce .2003 American Book Publishing Record, 2003 Taking Charge of Diabetes Reader's Digest Staff, Richard Laliberte, 2003 Stopping Diabetes In Its Tracks is filled with practical tips for better health and better living You ll learn how to battle diabetes burnout what to do on sick days how to choose a glucose monitor simple weight loss strategies information on medicines and insulin everything you need to know to take control of diabetes Packed with information this authoritative guide will explain why there is no such thing as a diabetic diet sugar is not the villain it was once thought to be and even fats aren t all bad Read about the secret ingredients in our eat to beat diabetes diet and enjoy our tasty and healthy recipes Learn how your attitude makes a difference the way you view your diabetes has a significant impact on the course of your condition Discover how to stay focussed and guard against diabetes related complications without becoming obsessed or feeling defeated Stopping Diabetes In Its Tracks is the definitive guide to taking charge of diabetes and your life **The British National Bibliography** Arthur James Wells, 2005 The Publishers **Weekly** ,2005 Practical General Practice E-Book Adam Staten, Paul Staten, 2019-06-10 Practical General Practice is a highly practical manual specifically designed for use during the consultation process Containing over 1000 conditions the unique underlying structure of the book allows the GP to see immediately what treatment is recommended and why All

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