



Passing Through Recovery from Diabetes and Food Addiction

By Carl Eugene Moore

D C F X Publishing. Paperback. Book Condition: New. Paperback. 176 pages. Dimensions: 9.0in. x 6.0in. x 0.4in. I was approaching my 37th birthday, and slowly killing myself. I weighed almost 400lbs and was a Bad Diabetic, as my elderly mother declares, as if there were any other kind. When I was diagnosed in 1988, Diabetes education was all but absent from medicine and Diabetes was not the national epidemic it is today. I did little to address the disease and eventually was taking more than the maximum doses of oral anti-diabetic medication and insulin injections, and my blood sugar levels were still abysmal. I was suffering from the effects of uncontrolled Diabetes. After a revelation in 2003, I changed my lifestyle. Through common sense weight loss and the pursuit of fitness, I not only beat the disease, I changed my life in unexpected ways. After walking off more than 125 pounds, I was able to discontinue all the medications. My blood sugar levels became perfectly normal, better than normal. The success I achieved is typical of the majority of overweight Type 2 Diabetics who make similar changes in their lives. Education has become a passion for me, and I want...

DOWNLOAD



READ ONLINE

[1.46 MB]

Reviews

This pdf is wonderful. It is definitely simplified but excitement from the 50 percent in the ebook. You wont sense monotony at at any time of your time (that's what catalogues are for relating to should you request me).

-- **Jaqueline Kerluke**

I just started looking at this pdf. It can be rally fascinating throgh studying period of time. Its been printed in an extremely basic way and is particularly only following i finished reading through this publication where in fact altered me, change the way i really believe.

-- **Mr. Stephan McKenzie**

Related PDFs



Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large

Madelyn DR Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. This book is about my cousin, Billy a guy who taught me a lot over the years and who can teach you a lot. Everyone who...



Kindle Fire Tips And Tricks How To Unlock The True Power Inside Your Kindle Fire

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 52 pages. Dimensions: 9.0in. x 6.0in. x 0.1in. Still finding it getting your way around your Kindle Fire Wish you had the answers to all your frequently asked...



Too Old for Motor Racing: A Short Story in Case I Didnt Live Long Enough to Finish Writing a Longer One

Balboa Press. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. We all have dreams of what we want to do and who we want to become. Many of us eventually decide it is too late; we have missed...



California Version of Who Am I in the Lives of Children? an Introduction to Early Childhood Education, Enhanced Pearson Etext with Loose-Leaf Version -- Access Card Package

Pearson, United States, 2015. Loose-leaf. Book Condition: New. 10th. 249 x 201 mm. Language: English . Brand New Book. NOTE: Used books, rentals, and purchases made outside of Pearson If purchasing or renting from companies other than Pearson, the access codes for...



TJ new concept of the Preschool Quality Education Engineering the daily learning book of: new happy learning young children (2-4 years old) in small classes (3)(Chinese Edition)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the Youth Pre-employment Training software download generated pictures...



Gypsy Breynton

Echo Library. Paperback. Book Condition: New. Paperback. 88 pages. Dimensions: 9.0in. x 6.0in. x 0.2in. Hon. Gypsy Breynton, Esq. , M. A. , D. D. , LL. D. , c. , c. Gypsy Breyiiton, R, R. Tom was very proud of his handwriting....