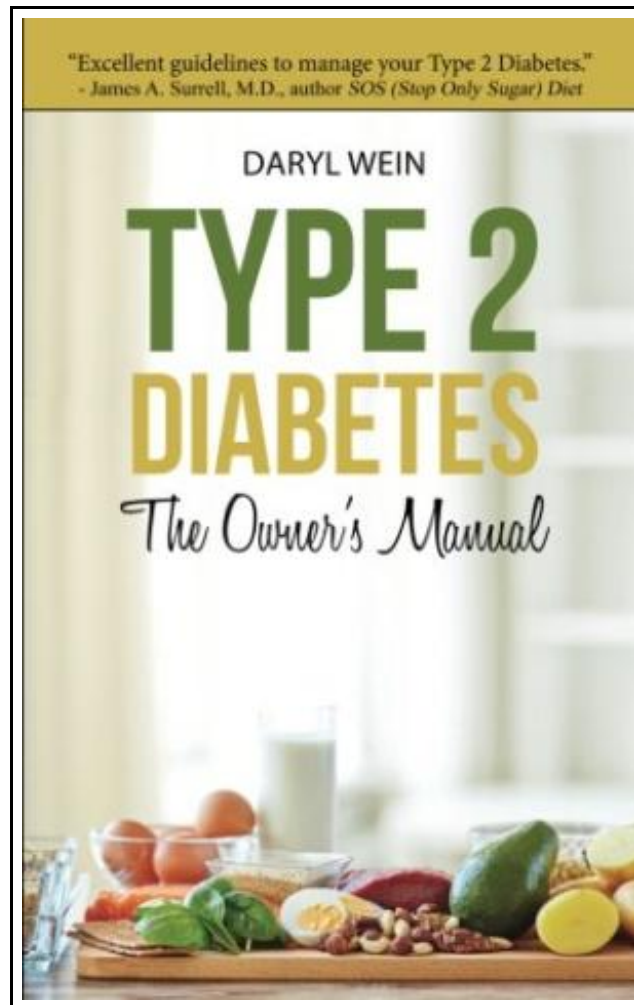


Type 2 Diabetes the Owner's Manual



Filesize: 2.37 MB

Reviews

This ebook is very gripping and fascinating. Sure, it is engage in, nevertheless an amazing and interesting literature. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Ms. Ora Buckridge)

TYPE 2 DIABETES THE OWNER S MANUAL



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Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Daryl Wein discovered he was among the millions of patients with type 2 diabetes while studying to become a Physician Assistant. That s when he found out that, despite type 2 diabetes making up the vast majority of cases, most of the reading material he could find was geared toward patients with type 1 diabetes. Type 2 Diabetes The Owner s Manual is his way of fixing that. This handbook is an easy-to-read guide on how to manage your blood sugar primarily through diet. It is written clearly and concisely, explaining the difference between the two diseases in a way that is easy to grasp. You don t have to be a health professional to understand the book. Wein includes concrete examples of what to eat and what to avoid. He talks about the importance of exercise and provides information about medicines in a way that the layman can comprehend without needing to know medical terminology. The book also includes a useful question-and-answer section that covers a variety of specifics about type 2 diabetes to help you make sense of it all. Wein knows about the frustration and fear diabetics feel, because he s been there. As he explains in the book, when he experienced blurred vision and other health problems while studying to become a Physician Assistant, he discovered that he was among the millions diagnosed each year with type 2 diabetes. There was no mistake: I was now a diabetic! he writes. I sat down and started crying, not something I would ordinarily allow myself to do. He goes on to describe how a mentor told him that diabetes can usually be managed...



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