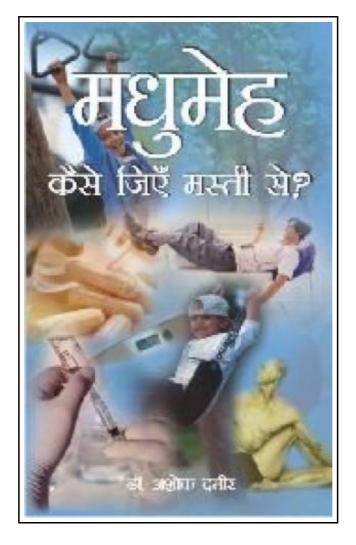
Madhumeh: Kaise Jiyan Masti Se?



Filesize: 8.52 MB

Reviews

This pdf is fantastic. It really is basic but shocks inside the 50 % in the pdf. I realized this pdf from my i and dad encouraged this pdf to discover.

(Hunter Witting)

MADHUMEH: KAISE JIYAN MASTI SE?



To read **Madhumeh: Kaise Jiyan Masti Se?** PDF, remember to follow the link under and save the document or have accessibility to additional information that are relevant to MADHUMEH: KAISE JIYAN MASTI SE? ebook.

D.K. Printworld (P) Ltd., New Delhi, India, 2009. Softcover. Book Condition: New. First Edition. India is under the grip of a malady called Diabetes. According to WHO and International Diabetes Federation (IDF), India is all set to become the diabetic capital of the world. Of the 31 crore estimated diabetic patients all over the world, India has more than six crore people affected with this disease. This book addresses many an issue faced by the diabetic patients, both type 1 and type 2. It thus provides detailed information on the genesis, restraints and cure, short- and long-term effects of diabetes. It also addresses a number of challenges associated with diabetes. In a wide spectrum, the book talks about this silent killer and its symptoms, diagnosis, monitoring of blood glucose, its treatment, desired exercises to keep diabetes under control, changes needed in lifestyle to combat diabetes, diet on special occasions, sugar tablets, herbal medicines, insulin therapy, how to face emergency situations in diabetes, complications due to diabetes, relationship between diabetes and (1) heart disease, (2) eyesight problems, and (3) kidney disorders. It also delves deep into the implications of diabetic foot, fluctuations in body weight due to this disease, other common ailments in diabetics, targets of controlling diabetes, pregnancy and diabetes, travelling with diabetes, need of routine diabetic examination and tests, impact of alcohol on a diabetic, diabetes in children and the aged, guidelines for fasting, etc. The book also educates one on what to eat and what not, to keep diabetes under control. A detailed diet chart with calorie calculation is also given for a diabetic to follow in day-to-day life. In addition, it provides quite a lot of data related to our physical fitness, be it weight, height, food recommendations for non-veg people, or calorie value conversion of different...



PDF

Read Madhumeh: Kaise Jiyan Masti Se? Online Download PDF Madhumeh: Kaise Jiyan Masti Se? Download ePUB Madhumeh: Kaise Jiyan Masti Se?

Relevant Kindle Books



[PDF] Owen the Owl s Night Adventure: A Bedtime Illustration Book Your Little One Will Adore (Goodnight Series 1)

Click the hyperlink under to download "Owen the Owl s Night Adventure: A Bedtime Illustration Book Your Little One Will Adore (Goodnight Series 1)" PDF document.

Save eBook »



[PDF] The Healthy Lunchbox How to Plan Prepare and Pack Stress Free Meals Kids Will Love by American Diabetes Association Staff Marie McLendon and Cristy Shauck 2005 Paperback

Click the hyperlink under to download "The Healthy Lunchbox How to Plan Prepare and Pack Stress Free Meals Kids Will Love by American Diabetes Association Staff Marie McLendon and Cristy Shauck 2005 Paperback" PDF document.

Save eBook »



[PDF] The Trouble with Trucks: First Reading Book for 3 to 5 Year Olds

Click the hyperlink under to download "The Trouble with Trucks: First Reading Book for 3 to 5 Year Olds" PDF document.

Save eBook »



[PDF] Diabetes Diet Plan: The Secret Tips to Diabetes and Heart Healthy Meals

Click the hyperlink under to download "Diabetes Diet Plan: The Secret Tips to Diabetes and Heart Healthy Meals" PDF document.

Save eBook »



[PDF] The Day I Forgot to Pray

Click the hyperlink under to download "The Day I Forgot to Pray" PDF document.

Save eBook »



[PDF] Index to the Classified Subject Catalogue of the Buffalo Library; The Whole System Being Adopted from the Classification and Subject Index of Mr. Melvil Dewey, with Some Modifications.

Click the hyperlink under to download "Index to the Classified Subject Catalogue of the Buffalo Library; The Whole System Being Adopted from the Classification and Subject Index of Mr. Melvil Dewey, with Some Modifications." PDF document.

Save eBook »



[PDF] Joey Green's Rainy Day Magic: 1258 Fun, Simple Projects to Do with Kids Using Brand-name Products

Follow the link below to download "Joey Green's Rainy Day Magic: 1258 Fun, Simple Projects to Do with Kids Using Brand-name Products" PDF file.

Download ePub »



[PDF] Superhero Max- Read it Yourself with Ladybird: Level 2

Follow the link below to download "Superhero Max- Read it Yourself with Ladybird: Level 2" PDF file.

Download ePub »



[PDF] Rumpelstiltskin - Read it Yourself with Ladybird: Level 2

Follow the link below to download "Rumpelstiltskin - Read it Yourself with Ladybird: Level 2" PDF file.

Download ePub »



[PDF] Johnny Goes to First Grade: Bedtime Stories Book for Children s Age 3-10. (Good Night Bedtime Children s Story Book Collection)

Follow the link below to download "Johnny Goes to First Grade: Bedtime Stories Book for Children's Age 3-10. (Good Night Bedtime Children's Story Book Collection)" PDF file.

Download ePub »



[PDF] Sleeping Beauty - Read it Yourself with Ladybird: Level 2

Follow the link below to download "Sleeping Beauty - Read it Yourself with Ladybird: Level 2" PDF file.

Download ePub »



[PDF] The Day Lion Learned to Not Be a Bully: Aka the Lion and the Mouse

Follow the link below to download "The Day Lion Learned to Not Be a Bully: Aka the Lion and the Mouse" PDF file.

Download ePub »