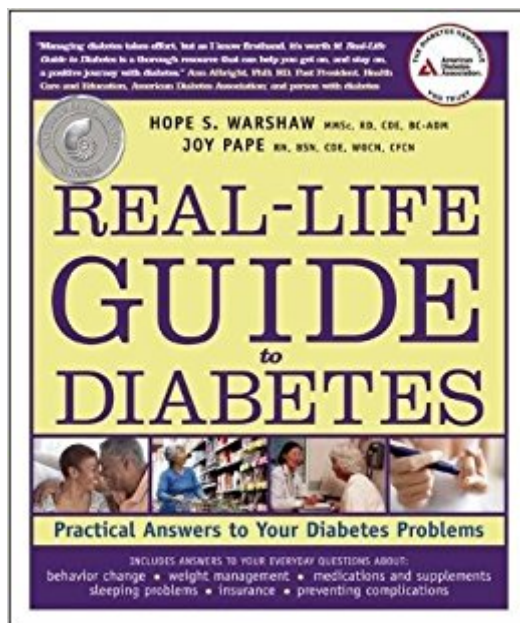


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# Real-Life Guide To Diabetes: Practical Answers To Your Diabetes Problems



## Synopsis

Here's everything you need to know about diabetes in a one-of-a-kind book packed with information you won't find anywhere else. Using an easy-to-search format, Real-Life Guide to Diabetes lets you find the answers to your most pressing questions quickly and easily. Other books give you complex systems to manage your diabetes, but those rarely work in real life - it's time for a more realistic approach.

## Book Information

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## Customer Reviews

Managing diabetes takes effort, but as I know firsthand, it's worth it! Real-Life Guide to Diabetes is a thorough resource that can help you get on, and stay on, a positive journey with diabetes. Ann Albright, PhD, RD, Past President, Health Care and Education, American Diabetes Association; and person with diabetes.

Hope S. Warshaw, M.MSc., RD, CDE, BC-ADM (Alexandria, Virginia, USA) is a registered dietician, certified diabetes educator, and board certified advanced diabetes manager. She is the author of Guide to Healthy Restaurant Eating (978-1-58040-270-5) and Diabetes Meal Planning Made Easy (978-1-58040-251-4). Joy Pape, RN, BSN, CDE, WOCN, CFCN (Columbus, Missouri, USA) is a registered nurse and certified diabetes educator with more than 25 years of experience and a former medical producer of a TV show dedicated to diabetes. Currently, Joy writes for several consumer magazines and websites and is the nurse editor of an internet-based global diabetes

education program for healthcare providers.

It's a very basic guide, but it does cover quite a few topics quite well. I've learned about diabetes since nursing school in 1983, and during my nursing career. Then I was diagnosed with diabetes in 1995. Every few years, there are different recommendations re: type of eating plan (i.e. no more 'exchange lists'), lab work numbers to aim for, etc. This looks pretty current, and is a nice reference for the current info being given to the newly diagnosed, as well as the old-timer diabetics. Not in depth, but very adequate for general information.

This book covered many additional topics, not only Control of diabetes. Very thorough on all areas of health. An excellent read.

As with any book, we gleaned what we needed from this book, and added that information to other information that we got from reading other books and articles, and what our Doctor told us. It gave us additional information.

Not what I was expecting. I felt this pertained to diabetes I diagnosis and life guides. I need satisfying do-able recipes and tips.

Good

My husband is a Diabetic, so this is very helpful.

This is an easy to read book and seems to have a lot of info. I have been a type 2 diabetic for about 12 years and so just wanted to learn what was new and to review what I had already learned.

My mom is deep in denial about self management... I found lots of simple, straightforward answers in this book. Just the kind of info I needed to help her in tidy little reference bubbles. Great starter book!

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Included)[Type 2 Diabetes, Type 2 Diabetes Cure, Type 2 Diabetes Diet, Diabetes Diet, Diabetes Magazine] TYPE 2 DIABETES DESTROYER: The Secret to REVERSE Type 2 Diabetes, 3 Proven Steps to Reverse Type-2 Diabetes in 11 Days (Diabetes type 2, Diabetes, diabetes ... DIABETES, diabetic cookbook, type 2 diabetes) Reverse Diabetes: Stop Diabetes Without Drugs (Type 1 and 2 Diabetes, Symptoms, Diabetes Cure, Diabetes Solution, Diabetes Cookbook, Diabetes Diet, Diabetes Nutrition) DIABETES Killer Formula: The Miraculous Guide Will Fully Reverse Your Diabetes and In A Natural Way. (Diabetes Diet, Diabetes Recipes, Diabetes Cure, Reversing ... 2 Diabetes, Diabetes Destroyer,) Diabetes: Diabetes Black Book: Reverse Diabetes Forever With 25 Superfoods (Reverse Diabetes, Diabetes Diet, Diabetes Cure, Insulin, Diabetes recipes) Real-Life Guide to Diabetes: Practical Answers to Your Diabetes Problems Diabetes: Step by Step Diabetes Diet to Reverse Diabetes, Lower Your Blood Sugar and Live Well (Diabetes, Diabetes Diet, Diabetic Cookbook, Reverse Diabetes) Diabetes Diet Cookbook: Delicious Low Carb Recipes For Diabetics (Diabetes Miracle Cure, Lower Blood Sugar, Diabetes Desserts) (Diabetes Cookbook, Diabetes ... Type 2 Diabetes, Lower Blood Sugar) Diabetes: The Most Effective Diabetic Superfoods To Reverse And Prevent Diabetes (Diabetes Diet, Diabetes Cure, Insulin, Type 2 Diabetes, Reverse Diabetes) Diabetes: Reverse Diabetes In 4 Weeks With Proven Step By Step Methods And Superior Strategies (+ Bonus Cheatsheet) (Diabetes Diet, Diabetes Type 2, Diabetes Cookbook, Insulin, Diabetes Solution) American Diabetes Association Complete Guide to Diabetes: The Ultimate Home Reference from the Diabetes Experts (American Diabetes Association Complete Guide to Diabetes) Diabetes: Reverse Diabetes Naturally & Safely: The Simple & Effective Changes You Can Make In Order To Reduce Blood Sugar Levels & Cure Diabetes ... End Diabetes, Type 1 Diabetes, Insulin) Diabetes: 2017 The Secrets About Diabetes that You Never Knew (Diabetes Diet, Reverse Type 2, Diabetes Insulin Resistance, Diabetes Cure, Lower Blood Sugar to Normal) Reverse Diabetes: The Natural Way - How To Be Diabetes-Free In 21 Days: 7-Step Success System (Symptoms Of Diabetes, Type 2 Diabetes, Reversing Diabetes, Diabetic Health) Cure diabetes : Diabetic No More: Normalize Blood Sugar, Reverse Diabetes, and Say Goodbye to Drugs and Testing Forever (Symptoms Of Diabetes, Type 2 Diabetes, Reversing Diabetes, Diabetic Health) DIABETES: 15 Super Foods To Quickly And Safely Lower Blood Sugar: How To Reverse and Prevent Diabetes Naturally (Natural Diabetes Cure - Diabetes Natural Remedies - Natural Diabetes Remedies) Diabetes: Reverse type 2 diabetes, lower your blood sugar, and live a healthier life in 12 simple steps (Diabetes, Type 2 Diabetes, Blood Sugar, Sugar, Insulin, Fat, Diet, Unhealthy Diet, Book 5) Diabetes: One Week Diabetes Meal Plan To Help You Improve Your Blood Glucose, Blood Pressure, And Cholesterol Numbers And Help Keep Your Weight On ... Reverse Diabetes,

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