

Type II diabetes is one of the fastest growing epidemics in America! Once called adult onset diabetes its now showing up in school-aged children. As a type II diabetic, if you dont know the huge differences between type I and type II diabetes, you could be using strategies that can make your problem worse instead of better! Unfortunately, many healthcare professionals arent yet aware of the importance of these differences and, consequently, give harmful, if well intentioned advice. In this timely text, learn: ? what those differences are, ? how to control cholesterol without drugs, ? the roles of carbohydrates, fats, protein and fiber, ? a secret weapon to create more energy and lower blood sugar, ? how to avoid harmful aspects of the food pyramid, ? how to test your own body and interpret the numbers, ? how to sleep better, ? how to stay in control while youre traveling, ? what to buy at the health food store ? and how to make fantastic, diabetic-friendly desserts. Learn how to master your life with type II diabetes, minimize or eliminate the need for diabetic drugs, and reduce your dependence on the advice of experts. After reading this book, you should understand more about managing it than many healthcare professionals.

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A person with Type 1 diabetes must take insulin to survive. Many people with Type 2 eventually go on to require insulin. Learn more about the health and medical experts who provide you with the Disclaimer of Medical Advice: You understand that the blog posts and comments to such blog posts.

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