

Reverse Diabetes: The Best Guide to Reverse Diabetes-Lower Your Blood Sugar to Normal, Lose Weight and Live Healthier (Insulin Pump/Oral Insulin, Diabetes Cure, Diet Exercise) (Paperback)



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Reviews

This ebook will never be straightforward to get started on looking at but really fun to read. It is amongst the most incredible publication i have got read through. I realized this pdf from my i and dad encouraged this publication to learn.
(Mrs. Anya Kautzer)

REVERSE DIABETES: THE BEST GUIDE TO REVERSE DIABETES-LOWER YOUR BLOOD SUGAR TO NORMAL, LOSE WEIGHT AND LIVE HEALTHIER (INSULIN PUMP/ORAL INSULIN, DIABETES CURE, DIET EXERCISE) (PAPERBACK)



Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. You re about to discover proven strategies and steps on how you can reverse diabetes forever. Reverse Diabetes is the process by which blood glucose levels are closely controlled using multiple daily insulin injections or an insulin pump and exercise. People who use this method of reversing diabetes must be closely aligned with their health care team and highly motivated because it not only requires close scrutiny of blood glucose levels, but also constant monitoring of food intake and medication dosage, among other things. Reverse Diabetes is geared toward the health care practitioner who wants to implement this method in his or her patients. It emphasizes a team approach to patient care and offers guidance in helping patients move toward treatment goals appropriate for their individual skills and medical condition. It s proven that a healthy lifestyle can dramatically reduce your chances of diabetes, heart disease, and other illnesses. But where should you start? Americans are slowly becoming ill from impaired glucose metabolism that manifests itself as a debilitating illness or chronic condition. You may try to manage one problem after another- diuretics to treat blood pressure, statins to lower cholesterol, metformin and insulin to treat diabetes--without fully realizing that the root of these issues is insulin resistance which revs up inflammation, damages the immune system, and disrupts the whole hormonal/chemical system in the body. Using Insulin shows how to set, test, and adjust fast-acting and long-acting insulin doses for those with Type 1 or Type 2 diabetes. It covers Lantus, Detemir, Humalog and Novolog insulins. Helpful chapters explain carb counting, the glycemic index, safe exercise, insulin use in pregnancy and gestational diabetes, combining insulin with diabetes medications, dosage guidelines for...

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