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Diabetes: Diabetes Diet: How to Control, Cure and Reverse Diabetes With a 7 Day Diabetic Meal Plan (Diabetic Cure, Diabetes Cure, Diabetic Cookbook, Diabetic Diet Cookbook, Diabetes)

Paul DeVecchi

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Diabetes: Discover Now How Easy It Is To Control and Reverse Diabetes Naturally in 4 Weeks

This Book Contains Proven Steps and Strategies on How Manage Diabetes While Living a Normal Life Through Prevention and An Appropriate Diet

By Reading This Book You Will Learn How to Control Diabetes With a 7-Day Diabetic Meal Plan

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Diabetes or diabetes mellitus (DM) is a group of diseases which cause high blood sugar levels over a prolonged time period. There are various symptoms which are associated with diabetes, such as increased thirst, frequent urination and increased hunger.
If the diabetes is left un attended, it may lead to tons of complications such as stroke, cardiovascular disease, kidney problems and damage to the eyes. In acute conditions diabetes cause diabetes ketoacidosis and non ketotic hyperosmolar coma.
Diabetes is caused when either the pancreas isn’t producing enough insulin or our body cells aren’t

responding to the insulin produced in our body.

There are 3 types of diabetes:

*** Type 1 diabetes**: is when the body isn't producing enough insulin. It's also called as insulin dependent diabetes mellitus.

*** Type 2 diabetes**: is when body develops insulin resistance, a condition in which the cells are unable to respond to insulin correctly. It's also known as non-insulin dependent diabetes mellitus. Its shows in old age and is caused by obesity and no exercise.

*** Gestational diabetes**: is caused in pregnant women who develop a very high blood glucose level.

Prevention of diabetes involves a lifestyle change and taking anti-diabetic medications. We must consume nutritious food and maintain a normal boy weight and a daily exercise. As diabetes is also related to genes, there are various medications to prevent diabetes from happening. A routine aspirin usage is said to help in diabetes prevention. Type 1 DM is treated with a combination of NPH insulin. Blood pressure must be kept in normality to prevent diabetes and thus blood pressure medication is also recommended.

Here's a Sneak Peak of What You Will Learn After Downloading The Diabetes Diet Book

- What is Diabetes Mellitus
- Diabetes Mellitus Type 1 and Type 2
- How the diabetes mellitus is developed
- How do you know you have diabetes
- Non-Pharmacologic Treatment
- Lifestyle Modifications in Diabetes
- Weekly Diet Plan
- Easy Diabetes Recipes
- Pharmacologic Treatment
- Much, much more!

You'll Find The Following Main Benefits in The Diabetes Diet Book:

=> Proven steps and strategies on how to control, cure and reverse diabetes along with a 7 day diabetic meal plan.

=> The navigation between the chapters has been made very easy.

=> The Diabetes Diet kindle book comes with Linked table of contents which gives you the possibility to jumping to your preferred chapter very easily by just clicking on the title.

Take Action Right Away To Learn How To Lower Your Cholesterol in 4 Weeks.
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Brandon Harmon:

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Rocio Linville:

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Floy Knowles:

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Irvin Ashbaugh:

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