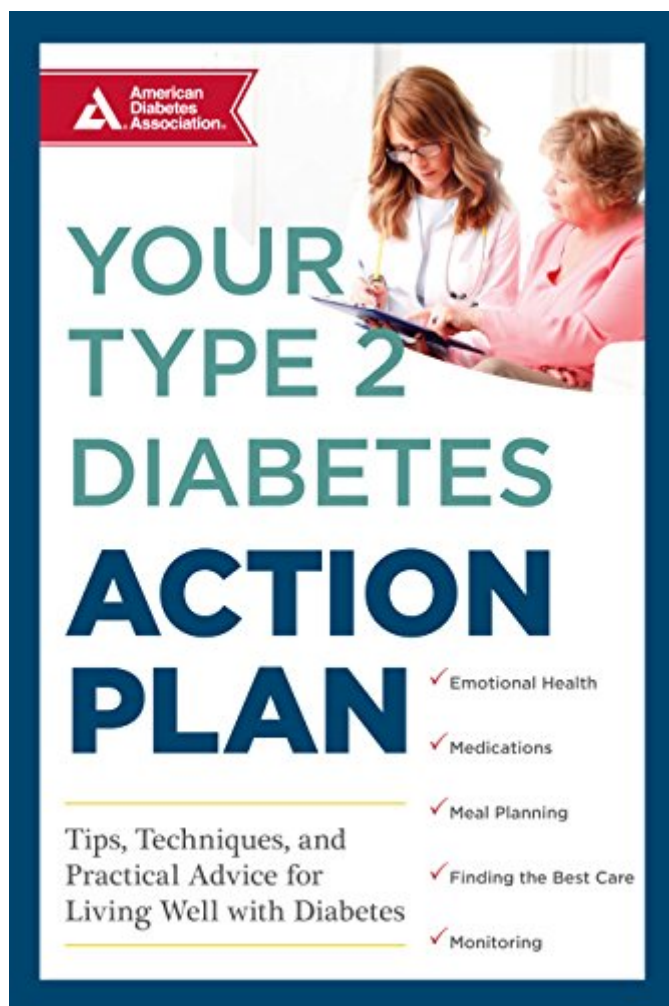


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# Your Type 2 Diabetes Action Plan: Tips, Techniques, And Practical Advice For Living Well With Diabetes



## Synopsis

Nearly two million people are diagnosed with type 2 diabetes in the United States every year. Many more are diagnosed with prediabetes. For the millions of people already living with diabetes, preventing or treating the many complications of diabetes is a constant concern. Often, what each of these individuals needs to control his or her blood glucose, treat complications, or prevent diabetes entirely is a change – a change in nutrition, a change in physical activity, a change in medication, a change in lifestyle. To help facilitate these changes, these individuals require clear recommendations based on established research that can help them quickly make the adjustments they need to improve their condition and create lifelong healthy habits. What they need is an action plan. Designed specifically for those are ready to take action, Your Type 2 Diabetes Action Plan is a concise, step-based approach to quickly improving blood glucose management and quality of life. Diabetes self-care advice can often be overwhelming and, coupled with the shock of diagnosis, it's easy to be paralyzed by the enormity of new information. To prevent this, the Diabetes Action Plan breaks down complicated concepts and long-term goals into manageable steps that are measured in days and weeks. Each attainable, short-term objective then builds upon the previous step to engender long-term self-care change. Topics include improving glucose management and optimizing medication; increasing physical activity; creating a diabetes meal plan; treating and coping with complications; getting the most out of a health care team; improving family health, and much more. Presented in clear, actionable steps, this is the perfect guide to a longer, better life with type 2 diabetes.

## Book Information

File Size: 1131 KB

Print Length: 184 pages

Publisher: American Diabetes Association; 1 edition (December 15, 2015)

Publication Date: December 15, 2015

Sold by: Æ Æ Digital Services LLC

Language: English

ASIN: B019M8N07K

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #725,871 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #100

inÃ Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > Type 2

#441 inÃ Â Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical

Ailments > Diabetes #783 inÃ Â Kindle Store > Kindle eBooks > Medical eBooks > Diseases

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DIABETES,diabetic cookbook,type 2 diabetes) BLOOD TYPE DIET : Eat recipes according to blood type(blood diet,blood type diet o,blood type diet b,blood type cookbook,blood type a diet,blood type a cookbook,blood type ab,blood type book) Your Type 2 Diabetes Action Plan: Tips, Techniques, and Practical Advice for Living Well with Diabetes Diabetes Diet:: Lower Your Blood Sugar Naturally (Diabetes Diet, Diabetes for Dummies, Diabetes Cookbooks Free, Diabetes Type 2, Diabetes Destroyer, Diabetes Solution, Diabetes Cure) Diabetes: Fight It with the Blood Type Diet: The Individualized Plan for Preventing and Treating Diabetes (Type I, Type II) and Pre-Diabetes (Dr. ... Eat Right 4 Your Type Health Library) Reverse Diabetes: Stop Diabetes Without Drugs (Type 1 and 2 Diabetes, Symptoms, Diabetes Cure, Diabetes Solution, Diabetes Cookbook, Diabetes Diet, Diabetes Nutrition) Diabetes: Step by Step Diabetes Diet to Reverse Diabetes, Lower Your Blood Sugar and Live Well (Diabetes, Diabetes Diet, Diabetic Cookbook, Reverse Diabetes) The Type 2 Diabetic Cookbook & Action Plan: A Three-Month Kickstart Guide for Living Well with Type 2 Diabetes 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) 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 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: Diabetes Black Book: Reverse Diabetes Forever With 25 Superfoods (Reverse Diabetes, Diabetes Diet, Diabetes Cure, Insulin, Diabetes recipes) Diabetes: Reverse type

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