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Type 2 Diabetes: From diagnosis to a new way of life

Matthew Lashley

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Type 2 Diabetes: From diagnosis to a new way of life Matthew Lashley
From the author This book tells the story of how my diabetic condition was discovered, my denial of the condition, then the work done to get my glucose level to levels that are close to normal. There is no magic solution to treating type 2 diabetes, but I hope the information that I gathered and applied to my own life may be helpful to everyone struggling with type 2 diabetes. There is no cure, and I will have this condition the rest of my life. However, type 2 diabetes can be treated and controlled with the proper approach and lifestyle changes. You can have a better quality of life with a diet that is compatible with this disease. Book Word Count 7,300 Topics include: From denial to self-blame How I found out what type 2 diabetes was Acceptance and getting down to work Medication Type 2 diabetes is a serious illness How many carbohydrates per day should the limit be? My target glucose levels Foods to eat and foods to avoid The importance of fiber in the diet Eating out at restaurants Is the damage from type 2 diabetes reversible? Can type 2 diabetes be prevented?

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