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Diabetes, I Ain't Having It!: Diabeaters Lifestyle Solutions Made Simple.

By David Johnson Ph D

Balboa Press, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. Diabetes, I Ain't Having It! presents a unique lifestyle regime for those affected by type 2 diabetes. Its suggestions offer substantial health gains for those who want to live their optimal health right now and become Diabeaters. A Diabeater is someone who has diabetes living with them, who refuses to let it control their life, and who is proactive about maintaining their best possible physical and emotional health. Diabetes, I Ain't Having It! highlights effective diabetic healthcare options, encourages greater health independence, and sets out a full range of useful and simple-to-do tips and exercises. The easy-to-read interactive chapters allow for immediate progress. Each chapter is about doing: The Diabeaters Mindset provides the mental preparation for kick-starting the Diabeaters healthier approach to diabetes and life. Recognizing the Symptoms suggests natural solutions for the A-Z of diabetic symptoms presented. A SoupCon of Sabotage focuses on lifestyle activities that help prevent the temptation of diabetic self-sabotage. The Diabeaters Activity Charts allow for easy monitoring of daily progress and help achieve self-directed goals. The Diabeaters Anchor/Trigger Combos offer ways to create feel-good...



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Reviews

Very useful to any or all group of folks. It really is rally interesting through reading through period of time. Once you begin to read the book, it is extremely difficult to leave it before concluding.

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