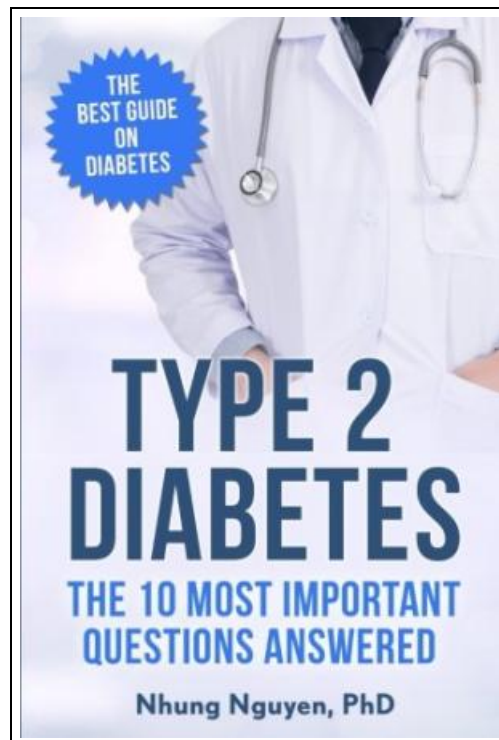


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TYPE 2 DIABETES - The Essential Guide The 10 Most Important Questions Answered The International Diabetes Federation reports that more than 350 million people around the world are living with diabetes and that 90 of them suffer from type 2 diabetes. Therefore, diabetes is the biggest epidemic of the 21st century and is on the rise worldwide. Fortunately, diabetes is reversible and sometimes curable without drugs but the people who receives a diagnostic of Type 2 Diabetes don t always know what to do, what to eat, how to react, what exercises to do, what positive lifestyle they can make, etc. Even though the prevalence of type 2 diabetes is increasing, it is largely preventable because many of the risk factors associated with it are related to lifestyle decisions and can be eliminated or reduced with time and effort. This book was written by a doctor specialized in diabetes and to help people to understand better type 2 diabetes and to get answers to the most frequently asked questions by diabetics to their doctors and health professionals. Most Frequently Asked Questions: What is Type 2 Diabetes (vs Type 1) ? How does type 2 diabetes differ from the other kinds of diabetes ? Are you at risk of developing type 2 diabetes ? What is prediabetes ? How can you reduce the risk of having type 2 diabetes ? What are the warning signs that you have type 2 diabetes ? What are the lifestyle changes you should do to live without type 2 diabetes ? What are the best things to do if you have type 2 diabetes ? What is the best diet for people with type 2 diabetes...



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