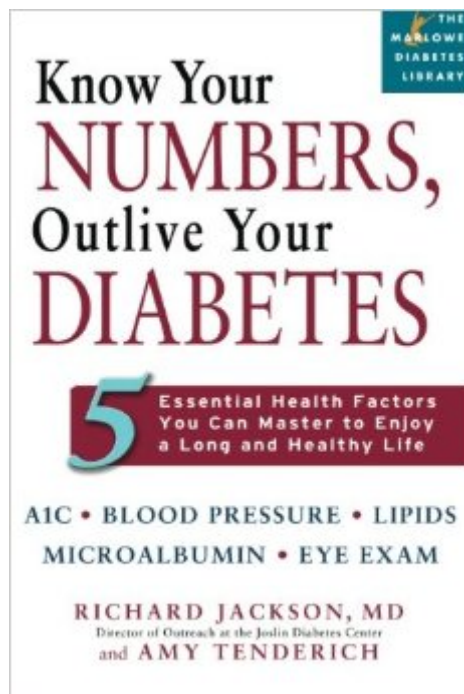


The book was found

Know Your Numbers, Outlive Your Diabetes: 5 Essential Health Factors You Can Master To Enjoy A Long And Healthy Life (Marlowe Diabetes Library)



Synopsis

Five tests are the cornerstones for monitoring your overall health with diabetes and developing a daily management plan; yet few of the more than 21 million people in the United States living with diabetes know their results of these five tests: A1c Blood pressure Lipids (HDL, LDL, triglycerides) Microalbumin Yearly eye exam Knowing your five key test results will enable you to manage your condition as successfully and fully as possible, and achieve the long and healthy life you want. Dr. Richard Jackson and Amy Tenderich walk you through how to understand each of these factors and then to create a personalized treatment plan for optimum blood-glucose control, heart health, and general diabetes management and well being.

Book Information

Series: Marlowe Diabetes Library

Paperback: 320 pages

Publisher: Da Capo Press; 1 edition (December 21, 2006)

Language: English

ISBN-10: 1569242720

ISBN-13: 978-1569242728

Product Dimensions: 5.5 x 0.8 x 8.2 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars See all reviews (15 customer reviews)

Best Sellers Rank: #1,388,639 in Books (See Top 100 in Books) #111 in Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association #13488 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments

Customer Reviews

Lose 30 pounds. Get your blood pressure down. Lower your LDL cholesterol and triglycerides and get that HDL cholesterol up. Keep an eye on your blood sugar and have it checked often. Does any of this sound familiar? Sure it does and you may have even heard it from your own doctor regarding your flailing health because of you are overweight or obese. It's the dreaded lecture that comes from physicians when they see certain health indicators come back as irregular. But what if what you are dealing with is something even more life-threatening than just a bout with obesity, hypertension, or a poor lipid profile? What if it's one of the most dreaded of all diseases that makes you feel like your world has come to an official end? That's exactly what happens to some people when they are told they have been diagnosed with diabetes. What did I do to cause this? How can something like this

happen to me? Will I ever live a "normal" life again or am I destined for a life of painful insulin injections, expensive prescription medications, and endless doctor visits for the rest of my life? These thoughts are not only very real to people who are told they have diabetes, but it can paralyze them even when they otherwise have their life under complete control. Diabetes has quite literally turned the life of millions of people upside down and leaves them with very little hope or help. Where can people turn when they are faced with such despair about this complex disease they have? Whether you are Type 1 or Type 2 diabetic, then you have undoubtedly been given some all-too-familiar generic advice about handling your diabetes (like I illustrated at the beginning of this review) which is all meant to help you I am sure.

[Download to continue reading...](#)

Know Your Numbers, Outlive Your Diabetes: 5 Essential Health Factors You Can Master to Enjoy a Long and Healthy Life (Marlowe Diabetes Library) The Type 2 Diabetes Cure - How to Reverse Diabetes Naturally and Enjoy Healthy Living for Life (Reverse Diabetes, Diabetes, Type 2 Diabetes, Diabetes Diet, ... Solution, Type 2 Diabetes Cookbook, Book 1) Diabetes: Reverse Diabetes: How to reverse diabetes and manage type 2 diabetes, type 1 diabetes and gestational diabetes (Diabetes, Type 2 diabetes, Type ... sugar, diabetic recipes, what is 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 Diet: The Ultimate Diabetic Diet Plan, How To Lose Weight, Prevent And Cure Type 2 Diabetes (Diabetes, Diabetes Diet, Diabetes Diet Plan, Diabetes ... Diabetes, Type 2 Diabetes Diet Book Book 1) TYPE 2 DIABETES DESTROYER: The Secret to REVERSE Type 2 Diabetes, 3 Proven Steps to Reverse Type-2 Diabetes in 11 Days (Diabetes type 2, Diabetes, diabetes ... DIABETES, diabetic cookbook, type 2 diabetes) Diabetes: How To Reverse Diabetes (Diabetes Diet, Diabetes Cure, Insulin, Type 1 Diabetes, Type 2 Diabetes, Diabetes free, Reversing Diabetes) Diabetes Diet - Ultimate Step-by-Step Guide to Reversing Diabetes With Your Diet: Diabetes, Diabetes Diet, Diabetes Cure, Reverse Diabetes, Type 2 Diabetes, Vegan, Vegetarian Diabetes: The Most Effective Ways and Step by Step Guide to Reverse Diabetes: (Diabetes, Diabetes Diet, Lower Blood Sugar, Diabetes free, Diabetes Cure, Reversing Diabetes) Diabetes: Diabetes Diet: 3 Steps to Cure Diabetes The Ultimate Guide with the Top Foods to Restoring Blood Sugar (diabetes, type 2 diabetes, diabetes symptoms, type ... diet, glucose, type 2 diabetes symptoms) Diabetes: Diabetes Black Book: Reverse Diabetes Forever With 25 Superfoods (Reverse Diabetes, Diabetes Diet, Diabetes Cure, Insulin, Diabetes recipes) Diabetes: One Week Diabetes Meal Plan To Help You Improve Your Blood Glucose, Blood Pressure, And Cholesterol Numbers And Help Keep Your Weight On ... Reverse

Diabetes, Diabetes Meal Plan) Diabetes: Diabetes, Causes, Symptoms & Effects and How To Manage It For A Healthy, Successful Life: Diabetes, Diabetes Diet, Diabetes Type 2, Insulin 50 Secrets of the Longest Living People with Diabetes (Marlowe Diabetes Library) When to Apply for Social Security Retirement Benefits: Strategies for Maximizing the Guaranteed Income You Can't Outlive: UPDATED FOR NEW RULES (My Personal CFO) Diabetes: Step by Step Diabetes Diet to Reverse Diabetes, Lower Your Blood Sugar and Live Well (Diabetes, Diabetes Diet, Diabetic Cookbook, Reverse Diabetes) Diabetes: Diabetes Prevention And Symptoms Reversing, Guide To Diabetes Diet, Nutrition Tips, The "Cure" For Diabetes Type 2 (Diabetes Diet Cookbook And ... Dummies, Reverse Diabetes Without Drugs 1) 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: Reverse Diabetes With Proven Step By Step Methods And Superior Strategies (Diabetes Diet, Diabetes Cure, Insulin, Type 1 Diabetes, Type 2 Diabetes) Diabetes: The Most Effective Diabetic Superfoods To Reverse And Prevent Diabetes (Diabetes Diet, Diabetes Cure, Insulin, Type 2 Diabetes, Reverse Diabetes)

[Dmca](#)