



# Take Control of Your Diabetes: The Essential Take-Charge Guide to Better Health and BetterLiving

*Editors of Reader's Digest*

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# Take Control of Your Diabetes: The Essential Take-Charge Guide to Better Health and Better Living

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## **Take Control of Your Diabetes: The Essential Take-Charge Guide to Better Health and Better Living**

Editors of Reader's Digest

Beat diabetes with this complete guide containing the very latest medical research, breakthroughs, and expert advice-real-life practical guidance, reliable guidelines, plus dozens of scrumptious, guilt-free recipes.

Education is a cornerstone of well-being, and in this book you find more than 750 clever hints and tips, all the latest facts, and strategies-the more you know, the better you'll be able to use the tools at your disposal to keep your blood sugar in check and avoid complications that can compromise your enjoyment of life.

Fight this disease with small changes you'll barely notice-but you will notice the results. Mainly intended for people with type 2 diabetes, this book could be the ticket to a much healthier, happier, energy-filled you.

This easy-to-use reference is organized by how you live your life. Each chapter will show you the small changes to make, such as linger in the produce department and fill your cart with colorful produce, choose skim milk, and switch to kosher salt; go vegetarian at least once a week, always top your cereal with fruit, start meals with a salad, and leave two bites on your plate; go to bed and wake up the same time every day, turn down your thermostat, create a stress-, clutter-free oasis; try yoga or tai chi, hang around with active people, buy comfortable shoes, and wear sunglasses with UVA/UVB protection; plus simple recipes, super-easy exercise, weight-loss tips, herbs and supplements, and handy logs, charts, meal plans, and much more.

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