



The Complete Idiot's Guide to Managing Diabetes

Fast-Track (Idiot's Guides)

Joan Clark-Warner

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The rapid emergence of Type 2 diabetes has become one of the most urgent health issues facing not only Americans, but people around the globe. For those suffering from diabetes, managing their disease is a delicate and often confusing balancing act that is highly unpredictable and can be, at times, life-threatening. Effective diabetes management requires not only daily effort, but knowledge in order to control side effects. However, armed with that essential knowledge, diabetes sufferers can lead normal and healthy lives, with minimal issues. *The Complete Idiot's Guide® to Managing Diabetes Fast-Track* gives readers critical yet practical insight to help manage their disease and minimize their risks. Readers will learn how to manage daily diet choices, as well long term dietary habits so their illness doesn't progress. Readers will also learn the simple lifestyle changes that can make a huge difference and take them from suffering to thriving. Helpful advice for managing medications and keeping diabetes in check when diet and exercise aren't enough is included so readers are armed with the tools and practical guidance they need to lead normal, healthy lives.



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