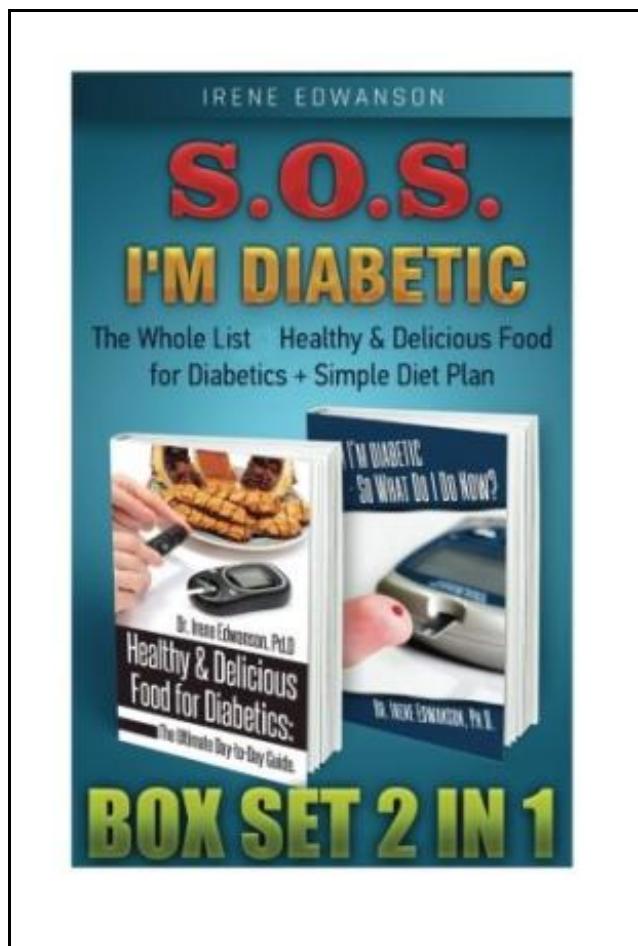


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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.S.O.S. I m Diabetic BOX SET 2 IN 1: The Whole List Healthy Delicious Food For Diabetics + Simple Diet Plan. S.O.S! I m Diabetic! So What Do I Do Now? Coping with diabetes is a difficult process, but it doesn t have to be as difficult as it is for some. There are numerous different aspects that go along with diabetes including blood tests, what foods are appropriate to eat, what foods should be avoided, and stress management. People diagnosed with this disease are often times overwhelmed and fall into depression because they no longer know how they are going to manage their lives. In this book, all of those key points will be addressed. The first chapter will explain what diabetes is and what tests will be run by a doctor. The second chapter discusses the differences between type 1 and type 2 diabetes. The third chapter explains gestational and prediabetes, an important chapter for pregnant women and people who have a family history of diabetes. The fourth chapter is foods that should be avoided, while the fifth chapter is foods that are safe. The final chapter discusses simple ways to avoid falling into depression and how to find help when it s needed. Healthy Delicious Food for Diabetics The Ultimate Day-to-Day Guide Making the right food choices for diabetics can seem like a daunting task, but it s not as difficult as it once was. Now that there is a vast plethora of information out there about how to manage diabetes and what can and cannot be eaten, well, it can be found. However, researching takes time and it might be time you do not have....

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