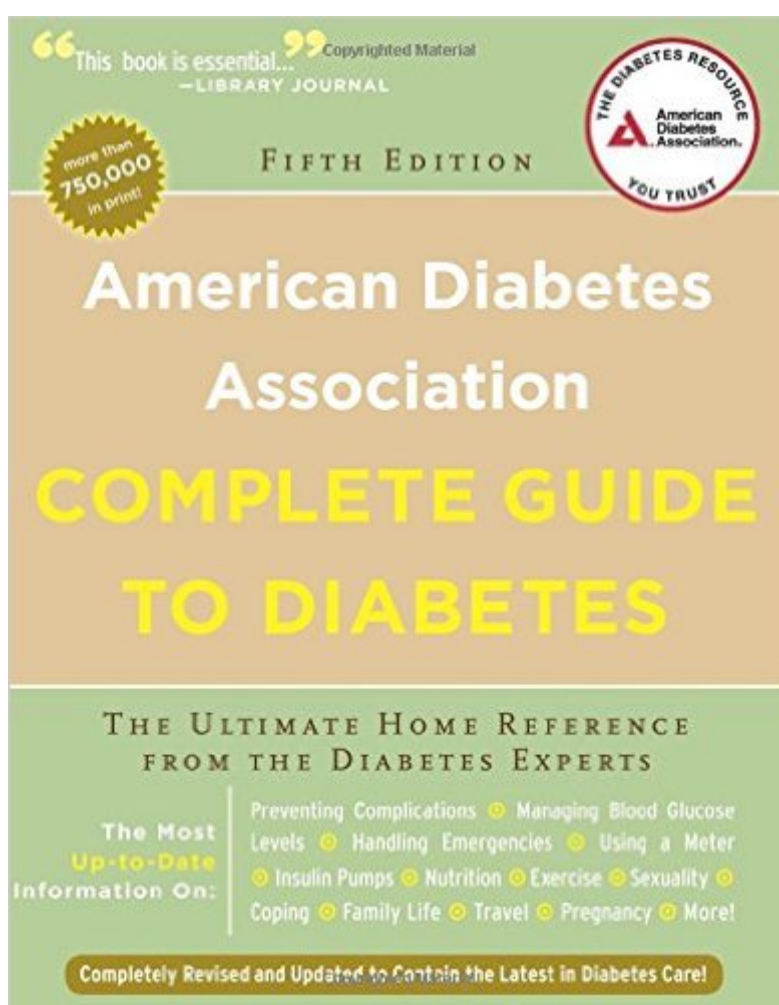


The book was found

# American Diabetes Association Complete Guide To Diabetes: The Ultimate Home Reference From The Diabetes Experts (American Diabetes Association Complete Guide To Diabetes)





## Synopsis

The American Diabetes Association—the nation’s leading health organization supporting diabetes research, information, and advocacy—has completely revised this comprehensive home reference to provide all the information a person needs to live an active, healthy life with diabetes. Now in its fifth edition, this extensive resource contains information on the best self-care techniques and the latest medical advances. For people with diabetes, this extraordinary guide will answer any question. Topics include the latest on self-care for type 1, type 2, and gestational diabetes; new types of insulin and medications; strategies for avoiding diabetes complications; expanded sections on meal planning and nutrition; and tips on working with the health care system and insurance providers.

## Book Information

Series: American Diabetes Association Complete Guide to Diabetes

Paperback: 576 pages

Publisher: American Diabetes Association; 5 Rev Upd edition (June 1, 2011)

Language: English

ISBN-10: 1580403301

ISBN-13: 978-1580403306

Product Dimensions: 1.2 x 7.2 x 9.2 inches

Shipping Weight: 2.1 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars See all reviews (71 customer reviews)

Best Sellers Rank: #41,286 in Books (See Top 100 in Books) #3 in Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association #65 in Books > Health, Fitness & Dieting > Reference #594 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments

## Customer Reviews

I have had diabetes for quite a few years, but recently was promoted to insulin status. I have been searching for a single source of information that was both simple and yet included more technical details of what was going on. The book does a very credible job of both for many aspects of diabetes. As an example, it provides a description how insulin works at the body and cell level, the effects of exercise, diet, timing, lifestyle, and many of the other factors that affect blood glucose levels. The descriptions start at a high level (e.g. exercise uses glucose in the blood, so levels tend to drop) to a more theoretical discussion of insulin interacting at the cellular level within your body and how your liver and other organs react. The same type of treatment is also provided for other

subjects, ranging from what to do when you are sick; sex and libido issues; diet; types of insulin; managing diabetes around sports, exercise, work, travel, stress, family, entertaining; interaction of factors; complications of high and low sugars; and a bunch more. In short, there are no doubt books which cover individual aspects of any part of diabetes with more detail and rigor, but if you want one book that does a very credible job on most of the topics, this is a good choice. PROS: Very readable. Well organized- individual topics are fairly well indexed and broken down by topic, and for each topic, the discussion breaks down how this might affect different portions of the population (e.g. Type1, Type2, Gestational). Seems to be written by people who both have actual experience as diabetics and real medical knowledge. Does not have the latest fads.

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

American Diabetes Association Complete Guide to Diabetes: The Ultimate Home Reference from the Diabetes Experts (American Diabetes Association Complete Guide to Diabetes) American Diabetes Association Complete Guide to Diabetes: The Ultimate Home Diabetes Reference 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) 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: 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 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 Diet:: Lower Your Blood Sugar Naturally (Diabetes Diet, Diabetes for Dummies, Diabetes Cookbooks Free, Diabetes Type 2, Diabetes Destroyer, Diabetes Solution, Diabetes Cure) 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: 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 Black Book: Reverse Diabetes Forever With 25 Superfoods (Reverse Diabetes, Diabetes Diet, Diabetes Cure, Insulin, Diabetes recipes) 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) American Medical

Association Complete Medical Encyclopedia (American Medical Association (Ama) Complete Medical Encyclopedia) Feng Shui: Wellness and Peace- Interior Design, Home Decorating and Home Design (peace, home design, feng shui, home, design, home decor, prosperity) Home Security: Top 10 Home Security Strategies to Protect Your House and Family Against Criminals and Break-ins (home security monitor, home security system diy, secure home network) The American Heart Association Low-Salt Cookbook: A Complete Guide to Reducing Sodium and Fat in Your Diet (AHA, American Heart Association Low-Salt Cookbook) American Heart Association Low-Salt Cookbook, 4th Edition: A Complete Guide to Reducing Sodium and Fat in Your Diet (AHA, American Heart Association Low-Salt Cookbook) American Heart Association Low-Salt Cookbook, 3rd Edition: A Complete Guide to Reducing Sodium and Fat in Your Diet (AHA, American Heart Association Low-Salt Cookbook) 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 Diet Cookbook: Delicious Low Carb Recipes For Diabetics (Diabetes Miracle Cure, Lower Blood Sugar, Diabetes Desserts) (Diabetes Cookbook, Diabetes ... Type 2 Diabetes, Lower Blood Sugar)

[Dmca](#)