

Passing Through Recovery from Diabetes and Food Addiction

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Reviews

I actually started out reading this pdf. Of course, it really is play, continue to an interesting and amazing literature. I realized this pdf from my i and dad encouraged this pdf to discover. (Maddison Becker)

PASSING THROUGH RECOVERY FROM DIABETES AND FOOD ADDICTION



D C F X Publishing. Paperback. Book Condition: New. Paperback. 176 pages. Dimensions: 9.0in. x 6.0in. x 0.4in.I was approaching my 37th birthday, and slowly killing myself. I weighed almost 400lbs and was a Bad Diabetic, as my elderly mother declares, as if there were any other kind. When I was diagnosed in 1988, Diabetes education was all but absent from medicine and Diabetes was not the national epidemic it is today. I did little to address the disease and eventually was taking more than the maximum doses of oral anti-diabetic medication and insulin injections, and my blood sugar levels were still abysmal. I was suffering from the effects of uncontrolled Diabetes. After a revelation in 2003, I changed my lifestyle. Through common sense weight loss and the pursuit of fitness, I not only beat the disease, I changed my life in unexpected ways. After walking off more than 125 pounds, I was able to discontinue all the medications. My blood sugar levels became perfectly normal, better than normal. The success I achieved is typical of the majority of overweight Type 2 Diabetics who make similar changes in their lives. Education has become a passion for me, and I want to inspire every overweight Type 2 Diabetic to change their lives. I want them to understand there is hope, there is a way to manage their weight and Diabetes, there is a way to avoid the long term suffering of retinopathy, blindness, neuropathy, amputation, heart disease, stroke, kidney failure, and slow death due to systemic organ failure. Carls honest account of his weight loss along with practical ideas for planning healthy meals and snacks. He shows that...

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