



## Speaking of Diabetes and Diet: A Valuable Survival Guide for the Newly Diagnosed Diabetic

By Deepa Mehta, S. A. Vali

New Dawn Press. Paperback. Book Condition: new. BRAND NEW, Speaking of Diabetes and Diet: A Valuable Survival Guide for the Newly Diagnosed Diabetic, Deepa Mehta, S. A. Vali, If not checked, diabetes can harm every system and organ of the body, making life a misery. So here's the book that can be your life saver. Popularly known as the "sweet disease", having diabetes is no sweet feeling. In fact, what you experience is raging thirst, itching, fatigue, increased urination, weight loss, blurred vision or unhealing wounds. This practical guide deals with the medical aspects of diabetes, including strategies for coping with emotions and making lifestyle changes. It answers the most commonly asked questions about the disease and offers sound advice that is easy to follow and can make managing it much less intimidating.



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