

NewHope

FOR PEOPLE WITH

Diabetes

Your Friendly, Authoritative Guide to the Latest in
Traditional and Complementary Solutions, Including:

- ✓ Breakthrough Research and What It Means to You
- ✓ How Diet and Exercise Can Help You Manage Type 1 and Type 2 Diabetes
- ✓ Advances in Glucose Monitoring Options
- ✓ How Herbs, Minerals, and Other Dietary Supplements Affect Your Diabetes
- ✓ Effective Methods of Parenting Children with Diabetes



Porter Shimer

Resumo de New Hope for People with Diabetes: Your Friendly, Authoritative Guide to the Latest in Traditional and Complementary Solutions

Discover Exciting New Treatments for Diabetes If you are one of the 16 million Americans diagnosed with diabetes, now you can take control and begin enjoying life again—today! This book answers your questions, dispels the myths, and clearly lays out the truth about diabetes and what you can do to manage the condition.

In short, it helps you get your life back. Inside is compassionate, practical, and immediate guidance for anyone affected by the disease, including:

- The causes, symptoms, and patterns of diabetes
- Critical dietary management information to improve your quality of life
- The latest drug treatments and possible side effects
- Effective ways to harmonize the mind-body connection
- And much more!

"Two critically important components of treatment for people with diabetes are self-testing and education. Informed patients have a better likelihood of truly taking control of their situations. In this book, Porter Shimer takes you through the story of diabetes—the disease that is still the leading cause of new cases of blindness, kidney failure, and nontraumatic limb loss in the United States and a major cause of heart disease.

You will find the history, physiology, treatments, and all the essential material you need to be master of your own fate." —From the Foreword by Gerald Bernstein, M.D., F.A.C.P.

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