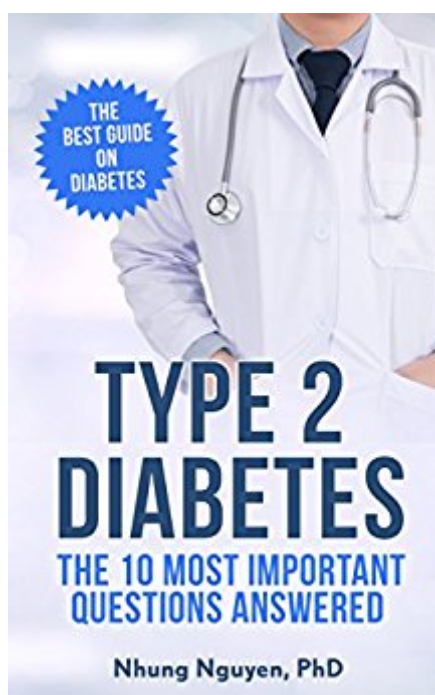


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# Type 2 Diabetes - The Essential Diabetes Book : The 10 Most Important Questions Answered (Type2)



## Synopsis

**TYPE 2 DIABETES : The Essential Guide**  
**The 10 Most Important Questions Answered**  
The International Diabetes Federation reports that more than 350 million people around the world are living with diabetes and that 90% of them suffer from type 2 diabetes. Therefore, diabetes is the biggest epidemic of the 21st century and is on the rise worldwide. Fortunately, diabetes is reversible and sometimes curable without drugs but the people who receives a diagnostic of Type 2 Diabetes don't always know what to do, what to eat, how to react, what exercises to do, what positive lifestyle they can make, etc. Even though the prevalence of type 2 diabetes is increasing, it is largely preventable because many of the risk factors associated with it are related to lifestyle decisions and can be eliminated or reduced with time and effort. This book was written by a doctor specialized in diabetes is to help people to understand better type 2 diabetes and to get answers to the most frequently asked questions by diabetics to their doctors and health professionals.

**Most Frequently Asked Questions:**  
What is Type 2 Diabetes (vs Type 1) ?  
How does type 2 diabetes differ from the other kinds of diabetes ?  
Are you at risk of developing type 2 diabetes ?  
What is prediabetes ?  
How can you reduce the risk of having type 2 diabetes ?  
What are the warning signs that you have type 2 diabetes ?  
What are the lifestyle changes you should do to live without type 2 diabetes ?  
What are the best things to do if you have type 2 diabetes ?  
What is the best diet for people with type 2 diabetes ?  
What are the best exercises to do ?  
How do you select and use diabetes medicines wisely ?  
What is the best treatment for type 2 diabetes ?  
What are the possible complications of type 2 diabetes ?  
How to manage stress and live a healthy, happy and long life with diabetes ?  
....If you have Prediabetes or Type 2 diabetes, or you love someone with diabetes ... This book is for you :)  
Learn how to lower blood sugar and to live a healthy and normal long life.\* You will also find some **BONUS** at the end of the book.

Tags: Diabetes, Type 2 Diabetes, Type-2 diabetes, diabetes type 2, type 2, Type 2 Diabetes Cure, Reverse type 2 Diabetes, Type 2, Diabetes Cookbook, type 2 diabetes cookbook, Diabetes Diet, type 2 diabetes diet, Diabetes without Drugs, type 2 diabetes with no treatment, type 2 diabetes risk factors, type 2 diabetes management, type 2 diabetes symptoms, diabetes symptoms, type 2 diabetes causes, Diabetes Book, Diabetes for Dummies, type 2 diabetes book, questions on type 2 diabetes, Diabetes Care, type 2 diabetes care, Diabetes Treatment, End type 2 Diabetes, Insulin for diabetics, type 2 diabetic, living with type 2 diabetes, Diabetic Superfood, Reversing type 2 Diabetes, Diabetes Diet Cookbook, best diabetes foods, best diabetes diet, best diabetes cookbook, Diabetes Diet Plan, Diabetes Management, Diabetes Diet Book, type 2 Diabetes Diet, Diabetes Diet For Weight Loss, type 2 diabetes exercises, type 2 diabetes cure, type 2 diabetes, paleo diet, dash diet, ketogenic diet, type 2 diabetes drugs,

mediterranean diet, weight loss, weight loss for diabetes, weight loss for women, weight loss tips, type 2 diabetes control, diabetes control, diabetes reversal, diabetes type 1, diabetes type 2, prediabetes, diabetes nutrition, type 2 diabetes nutrition, type 2 diabetes guide, diabetes guide, best diabetes guide, best diabetes book, best type 2 diabetes book, diabetes cure guide, type 2 diabetes ebooks,

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Steps to Reverse Type-2 Diabetes in 11 Days (Diabetes type 2, Diabetes, diabetes ...

DIABETES, diabetic cookbook, type 2 diabetes) Type 2 Diabetes - The Essential Diabetes Book :

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blood type (blood diet, blood type diet o, blood type diet b, blood type cookbook, blood type a

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