



# Idiot's Guides: Overcoming Type 2 Diabetes

*Carrie S. Swift*

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## **Idiot's Guides: Overcoming Type 2 Diabetes Carrie S. Swift**

*Idiot's Guides: Overcoming Diabetes* is written primarily for people with Type 2 Diabetes, but will also include coverage of Type 1. Comprehensive coverage includes:

- A prescriptive, positive discussion about diabetes, symptoms, monitoring, medications, treatment, support, and exercise.
- A focus on how to positive approach dealing with a diagnosis of Type 2 Diabetes-- moving away from the stigma and into living a quality life by overcoming the disease.
- The facts and fiction of the disease.
- Information on how fiber, water, saturated fats, alcohol, supplements, and food affect sugar levels.
- Tips for building a toolkit and support network.
- Helpful advice on meal planning, various diets, and goals for diabetes control and weight management.

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