

A BREAKTHROUGH PROGRAM *for* Lifelong Health

CONTROL DIABETES

in 6 Easy Steps

- THE MOST EFFECTIVE DIET
- NUTRITIONAL SUPPLEMENTS
& HERBS
- TESTING TIPS
- SAFE EXERCISE
- MEDICATION GUIDE
- STRESS REDUCTION

MAGGIE GREENWOOD-ROBINSON, Ph.D.

Control Diabetes In Six Easy Steps

Patrick Vollmar



Control Diabetes In Six Easy Steps:

Control Diabetes in Six Easy Steps Maggie Greenwood-Robinson, PhD, 2007-04-01 Take Charge It s Easy Diabetes has reached near epidemic proportions in America If you or someone you love has been diagnosed with it you need to keep blood sugar in normal ranges and avoid serious complications But how can you help control diabetes and not let it control you This handy guide offers step by step pointers to not only handle diabetes and keep it from getting worse but also to reverse the harmful effects of the disease It covers What you need to know about the disease Six simple diet principles that can control blood sugar Nutrients with remarkable healing power Herbs that bring blood sugar down A smart program for daily testing The right exercises to do Essential tips for taking medication The sugar stress connection Developed with the help of a team of experts Control Diabetes in Six Easy Steps can stop your frustration and fears and let you take charge of your health Learn The Truth About Diabetes Are there forbidden foods in diabetes therapy See what few foods are off limits and be surprised What sugar substitute is not only non caloric all natural and 250 times sweeter than sugar If you haven t heard of stevia it s time to get the facts How hard is it to change your diet Find six nothing to it nutrition principles that make meals a cinch Can anything repair nerve damage neuropathy Check out alpha lipoic acid and the top ten nutrients for keeping you complication free Exercise can bring you spectacular health benefits if you prepare Find out how to protect your feet and keep your glucose from going crazy What is the effect of stress on diabetes Negative emotions can send blood sugar skyrocketing unless you know what to do And More Knowledge Is Your Best Weapon To Stop Diabetes Good Carbs Vs. Bad Carbs Maggie Greenwood-Robinson, 2003-12-30 Not all carbs are bad Many diets today advise you to restrict carbohydrates severely But the truth is that while certain carbs those that contain processed sugars contribute to obesity diabetes and heart disease other carbs are crucial to your physical and mental health In this book you ll learn The best sources of good carbohydrates Why your body functions better on glucose from carbs rather than proteins How to rate the carbs you eat How a high fiber diet combats disease and keeps you trim The unhealthiest sugar you can eat The effects carbs have on your mind reducing anxiety improving recall and more The 25 Super Carbs from apples to yogurt How to lose weight without cutting carbs Plus Good Carb recipes to get you started from chili fries to risotto primavera *Forthcoming Books* Rose Arny, 2003

Good Food Vs. Bad Food Maggie Greenwood Robinson, 2006-12 Twice the healthy advice in this two in one volume Carbohydrates and fats are the banes of nutrition Diet trend after diet trend advises us to cut them from our meals but fails to inform us that certain carbs and fats are crucial to physical and mental health and help to prevent cancer heart disease and unwanted weight gain Good Food vs Bad Food reveals the differences between healthy and unhealthy carbs and fats as well as the foods to eat and to avoid Includes The best sources of good carbohydrates The different kinds of fat and how they affect the body Why the body functions better on glucose from carbs rather than proteins The pros and cons of fat substitutes How a high fiber diet combats disease and obesity The healing power of Omega 3 fatty acids The effects good carbs have on

the mind The 25 Super Carbs *Relieving Pelvic Pain During and After Pregnancy* Cecile Röst,2005-12-31 Pregnancy weakens the ligaments that keep the pelvic bones together If those weakened ligaments become overloaded or injured it results in pelvic instability pain around the joints that can be brief or last for years after the birth In 1996 Cecile Röst who suffered from this condition herself devised a treatment program that is simple home based and proven to work Her book with over 100 illustrations and detailed testimonials is divided into two parts The first part shows simple exercises for symmetry and stabilization and the proper way to lie sit and get out of a car in order to prevent pelvic instability during pregnancy Patients can practice these exercises and positions with or without a care provider s help Part two aimed at care providers shows the results of a survey carried out among 200 women suffering from pelvic complaints Here the author also presents a theoretical treatise of pelvic pain the protocol of the first consult and the contents of the therapy including a sports program American Book Publishing Record ,2002 **The Bikini Diet** Maggie Greenwood-Robinson,2003 Based on the latest nutritional findings this all natural high speed slim down program includes daily menus and information on fat burning natural supplements weight loss stabilizers and metabolism enhancers to target the abdomen hips and thighs Original **Journal of the American Dietetic Association** ,1999 **Easy Steps to Aromatherapy** Rosalind Widdowson,1995 **Type II Diabetes** American Diabetes Association,1992 Designed to help patients with type II diabetes start a slow sensible approach to weight control make exercise an enjoyable part of life check that medications are taken safely and wisely have the best chance of avoiding diabetes complications of the heart nerves eyes and kidneys cope with frustrations and fears etc PhysioEx 6. 0 for A and P Peter Zao,Timothy N. Stabler,2006 Physioex 6 0 Laboratory Simulations In Physiology With Worksheets For A And P Cd rom Version *Current Literature* ,1928 *American Physical Education Review* ,1926 *United States of America V. Crews* ,1997 **Royal Arcanum Bulletin** Royal Arcanum. Supreme Council,1926 *Chronic Disease Management* ,1997 Chronic Disease Management Clinical Pathways and Guidelines is a companion volume to another Aspen manual Chronic Disease Patient Education Manual This manual provides clinicians with clinical pathways and guidelines that span the continuum of care for the five chronic disease states In addition it addresses the essentials of administering a disease management program with information on developing and implementing clinical guidelines pathways measuring and managing outcomes and monitoring and improving patient satisfaction Chronic Disease Management with its pathways and guidelines covering the entire health care continuum is an ideal resource for providers and payers struggling to render seamless cost effective and outcome oriented care

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