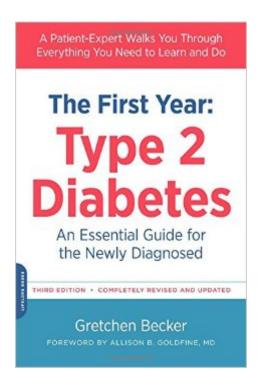
## The book was found

# The First Year: Type 2 Diabetes: An Essential Guide For The Newly Diagnosed (The Complete First Year)





# Synopsis

The go-to step-by-step guide that walks you through the first days, weeks, and months of your diagnosis–fully revised and updatedGretchen Becker was diagnosed with type 2 diabetes in 1996; over the past twenty years, she has educated herself on every aspect of the condition by reading medical texts and journals, talking with doctors, and corresponding with others who have type 2, sharing everything she's learned in a comprehensive, easy-to-use guide. Now in its third edition, The First Year: Type 2 Diabetes takes you through everything you need to learn and do in your first year with diabetes, offering the most up-to-date information on new medications and supplements. In clear and accessible language, Becker covers a wide range of practical, medical, and lifestyle issues, including:Coming to terms with your diagnosisChoosing the diet that's best for youThe role of exercise in diabetes managementDaily blood glucose testing routinesInsurance issuesGetting supportAnd much more

### **Book Information**

Series: The Complete First Year

Paperback: 400 pages

Publisher: Da Capo Lifelong Books; 3 Rev Upd edition (October 27, 2015)

Language: English

ISBN-10: 073821860X

ISBN-13: 978-0738218601

Product Dimensions: 5.9 x 1.1 x 9 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars Â See all reviews (306 customer reviews)

Best Sellers Rank: #35,017 in Books (See Top 100 in Books) #52 in Books > Health, Fitness &

Dieting > Reference #473 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments

#10099 in Books > Reference

# **Customer Reviews**

I have been diagnosed with "pre-diabetes" and being "insulin-resistent" (IR) for the last 3 years. HOW I WISH MY PHYSICIANS (2 OF THEM!) HAD EXPLAINED \*THOROUGHLY\* WHAT THIS MEANT. I might have been more motivated to take more control over my diet and exercise thus MAYBE preventing the development of Type 2 diabetes. And, "take control" is exactly what Gretchen Becker helps the reader do. The underlying sub-text of the book is YOU are the head of a team (of doctors and other health professionals) -- What you do very much controls the extent of

complications from this disease 10 or more years down the road. With the information gleaned from the book, I self-referred myself to an endocrinologist (going to the ADA website to find an approved physician). Having/Taking control YOURSELF gives HOPE and provides a focus for the energy you have when diagnosed -- you really DO have options and decisions to act upon. All is NOT losst -- in fact, there is much to be gained!I am absolutely astounded at the ignorance of many Primary Care Physicians on the necessity of educating their patients FULLY as to their "pre-diabetic" condition. Too often, it's "your sugar's a bit high," prescribe a diet and recommend exercise. In no way do they take their own prescription seriously enough to let the patient know the path that will be followed should their recommendations fall on deaf ears.My father had been given this advice -- was put on Glucophage & a diet. His sugar went down to "normal" levels (I think -- since he doesn't know what "normal" is -- it might just have been low enough to be removed from the medication.) The point is, he thinks he doesn't have diabetes anymore. From this book, I know different. A "touch" of diabetes is like having a "touch" of pregnancy!

### Download to continue reading...

TYPE 2 DIABETES DESTROYER: The Secret to REVERSE Type 2 Diabetes, 3 Proven Steps to Reverse Type-2 Diabetes in 11 Days (Diabetes type 2, Diabetes, diabetes ... DIABETES, diabetic cookbook,type 2 diabetes) Diabetes: Reverse Diabetes: How to reverse diabetes and manage type 2 diabetes, type 1 diabetes and gestational diabetes (Diabetes, Type 2 diabetes, Type ... sugar, diabetic recipes, what is diabetes) Blood Type Diet: An Essential Guide For Eating Based On Your Blood Type (blood type, blood type diet, blood type a, blood type o, blood type ab, blood type b, blood type diet success,) Diabetes: Diabetes Diet: 3 Steps to Cure Diabetes The Ultimate Guide with the Top Foods to Restoring Blood Sugar (diabetes, type 2 diabetes, diabetes symptoms, type ... diet, glucose, type 2 diabetes symptoms) The Type 2 Diabetes Cure - How to Reverse Diabetes Naturally and Enjoy Healthy Living for Life (Reverse Diabetes, Diabetes, Type 2 Diabetes, Diabetes Diet, ... Solution, Type 2 Diabetes Cookbook, Book 1) Diabetes Diet: The Ultimate Diabetic Diet Plan, How To Lose Weight, Prevent And Cure Type 2 Diabetes (Diabetes, Diabetes Diet, Diabetes Diet Plan, Diabetes ... Diabetes, Type 2 Diabetes Diet Book Book 1) Diabetes: How To Reverse Diabetes (Diabetes Diet, Diabetes Cure, Insulin, Type 1 Diabetes, Type 2 Diabetes, Diabetes free, Reversing Diabetes) The First Year: Type 2 Diabetes: An Essential Guide for the Newly Diagnosed (The Complete First Year) Diabetes Diet:: Lower Your Blood Sugar Naturally (Diabetes Diet, Diabetes for Dummies, Diabetes Cookbooks Free, Diabetes Type 2, Diabetes Destroyer, Diabetes Solution, Diabetes Cure) The First Year: Type 2 Diabetes: An Essential Guide for the Newly Diagnosed Diabetes: Reverse Diabetes With Proven Step By Step Methods And Superior

Strategies (Diabetes Diet, Diabetes Cure, Insulin, Type 1 Diabetes, Type 2 Diabetes) Diabetes Diet - Ultimate Step-by-Step Guide to Reversing Diabetes With Your Diet: Diabetes, Diabetes Diet, Diabetes Cure, Reverse Diabetes, Type 2 Diabetes, Vegan, Vegetarian Diabetes: Fight It with the Blood Type Diet: The Individualized Plan for Preventing and Treating Diabetes (Type I, Type II) and Pre-Diabetes (Dr. ... Eat Right 4 Your Type Health Library) Diabetes: Diabetes Prevention And Symptoms Reversing, Guide To Diabetes Diet, Nutrition Tips, The "Cure" For Diabetes Type 2 (Diabetes Diet Cookbook And ... Dummies, Reverse Diabetes Without Drugs 1) The First Year: Hepatitis C: An Essential Guide for the Newly Diagnosed (First Year, The) Diabetes Diet Cookbook: Delicious Low Carb Recipes For Diabetics (Diabetes Miracle Cure, Lower Blood Sugar, Diabetes Desserts) (Diabetes Cookbook, Diabetes ... Type 2 Diabetes, Lower Blood Sugar) Diabetes: Reverse Diabetes In 4 Weeks With Proven Step By Step Methods And Superior Strategies (+ Bonus Cheatsheet) (Diabetes Diet, Diabetes Type 2, Diabetes Cookbook, Insulin, Diabetes Solution) Diabetes: The Most Effective Diabetic Superfoods To Reverse And Prevent Diabetes (Diabetes Diet, Diabetes Cure, Insulin, Type 2 Diabetes, Reverse Diabetes) Diabetes: The Most Effective Ways and Step by Step Guide to Reverse Diabetes: (Diabetes, Diabetes Diet, Lower Blood Sugar, Diabetes free, Diabetes Cure, Reversing Diabetes) Diabetes: Diabetes Black Book: Reverse Diabetes Forever With 25 Superfoods (Reverse Diabetes, Diabetes Diet, Diabetes Cure, Insulin, Diabetes recipes)

<u>Dmca</u>