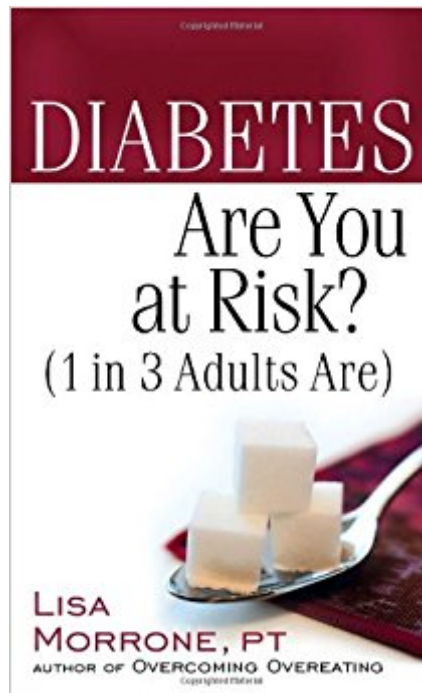




The book was found

Diabetes: Are You At Risk? (1 In 3 Adults Are)



Synopsis

One in three Americans over 21 has diabetes or pre-diabetes. Even more dangerous, many of them don't know they do. But there's hope. According to successful writer and health professional Lisa Morrone, making changes to halt the progress of a diabetic condition--even reverse some of the deterioration--is far simpler than dealing with the physical, relational, and financial consequences of untreated disease, such as nerve, liver, and cardiovascular damage. Lisa leads readers through a straightforward process of education and motivation: a summary of diabetes dangers, which includes a self-quiz to assess their condition; a survey of the body's sugar-processing mechanism, emphasizing the mechanism of diabetes; step-by-step lifestyle changes that can preserve or restore their health. Good health comes when good information is incorporated into life. This action-oriented resource gives readers help to change and hope for a healthy, productive life that will benefit themselves and others.

Book Information

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Customer Reviews

Lisa Morrone, PT, has helped thousands of patients and readers get free from physical and emotional pain. A speaker, physical therapist, and adjunct professor for doctoral programs in physical therapy, she has authored *Sleep Well Again*, *Overcoming Back and Neck Pain*, and *Diabetes*. She graduated her university PT training magna cum laude and now practices in New York state, where she lives with her husband and two children.

The book speaks of warnings we've all received from our doctors at one time or another. And it

serves as reminder to those of us who are hard-headed, and sometimes abuse our bodies.

It's an easy read; you don't need a medical degree to understand it. Lisa aims to motivate and encourage you to do what you can to make healthy changes for a better and longer life.

This easy read took me an afternoon to be educated on the truths and warnings of Diabetes. Cannot believe what an eye opener this was. Everyone should have this and pass it on to a friend. Great book!

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