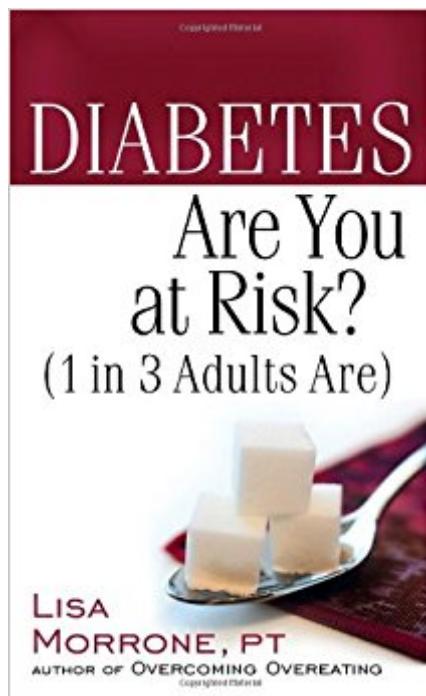


The book was found

# 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 conditiona survey of the body's sugar-processing mechanism, emphasizing the mechanism of diabetesstep-by-step lifestyle changes that can preserve or restore their healthGood 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**

Paperback: 160 pages

Publisher: Harvest House Publishers; 1 edition (July 1, 2010)

Language: English

ISBN-10: 0736928200

ISBN-13: 978-0736928205

Product Dimensions: 7 x 4.2 x 0.2 inches

Shipping Weight: 2.4 ounces

Average Customer Review: 5.0 out of 5 stars 3 customer reviews

Best Sellers Rank: #681,141 in Books (See Top 100 in Books) #56 in Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association #6628 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments

## **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!

[Download to continue reading...](#)

Diabetes Diet:: Lower Your Blood Sugar Naturally (Diabetes Diet, Diabetes for Dummies, Diabetes Cookbooks Free, Diabetes Type 2, Diabetes Destroyer, Diabetes Solution, Diabetes Cure) 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) Type 2 Diabetes:The Type 2 Diabetes Guide With Powerful Type 2 Diabetes Tips (Free Checklist Included)[Type 2 Diabetes, Type 2 Diabetes Cure,Type 2 Diabetes Diet, Diabetes Diet, Diabetes Magazine] Reverse Diabetes: Stop Diabetes Without Drugs (Type 1 and 2 Diabetes, Symptoms, Diabetes Cure, Diabetes Solution, Diabetes Cookbook, Diabetes Diet, Diabetes Nutrition) DIABETES Killer Formula: The Miraculous Guide Will Fully Reverse Your Diabetes and In A Natural Way. (Diabetes Diet, Diabetes Recipes, Diabetes Cure, Reversing ... 2 Diabetes, Diabetes Destroyer,) Diabetes: Diabetes Black Book: Reverse Diabetes Forever With 25 Superfoods (Reverse Diabetes, Diabetes Diet, Diabetes Cure, Insulin, Diabetes recipes) 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: The Most Effective Diabetic Superfoods To Reverse And Prevent Diabetes (Diabetes Diet, Diabetes Cure, Insulin, Type 2 Diabetes, Reverse Diabetes) 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: Step by Step Diabetes Diet to Reverse Diabetes, Lower Your Blood Sugar and Live Well (Diabetes, Diabetes Diet, Diabetic Cookbook, Reverse Diabetes) Diabetes: Reverse Diabetes Naturally & Safely: The Simple & Effective Changes You Can Make In Order To Reduce Blood Sugar Levels & Cure Diabetes ... End Diabetes, Type 1 Diabetes, Insulin) Diabetes: 2017 The Secrets About Diabetes that You Never Knew (Diabetes Diet,Reverse Type 2, Diabetes Insulin Resistance, Diabetes Cure, Lower Blood Sugar to Normal) American Diabetes Association Complete Guide to

Diabetes: The Ultimate Home Reference from the Diabetes Experts (American Diabetes Association Complete Guide to Diabetes) Reverse Diabetes: The Natural Way - How To Be Diabetes-Free In 21 Days: 7-Step Success System (Symptoms Of Diabetes, Type 2 Diabetes, Reversing Diabetes, Diabetic Health) Cure diabetes : Diabetic No More: Normalize Blood Sugar, Reverse Diabetes, and Say Goodbye to Drugs and Testing Forever (Symptoms Of Diabetes, Type 2 Diabetes, Reversing Diabetes, Diabetic Health) DIABETES: 15 Super Foods To Quickly And Safely Lower Blood Sugar: How To Reverse and Prevent Diabetes Naturally (Natural Diabetes Cure - Diabetes Natural Remedies - Natural Diabetes Remedies) Diabetes: One Week Diabetes Meal Plan To Help You Improve Your Blood Glucose, Blood Pressure, And Cholesterol Numbers And Help Keep Your Weight On ... Reverse Diabetes, Diabetes Meal Plan) Diabetes de la A a la Z (Diabetes A to Z): Lo que necesita saber sobre la diabetes &#151; en terminos simples (What You Need to Know about Diabetes &#151; Simply Put) (Spanish Edition) Diabetes: 60+ Powerful Diabetic Superfoods to Reverse Diabetes, Regulate Insulin, Control Blood Sugar, and Lower Blood Pressure (Diabetes Diet, Diabetic, ... Type 2 Diabetes, Insulin Resistance Book 1) Diabetes: Reverse type 2 diabetes, lower your blood sugar, and live a healthier life in 12 simple steps (Diabetes, Type 2 Diabetes, Blood Sugar, Sugar, Insulin, Fat, Diet, Unhealthy Diet, Book 5)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)