

my personal
journey

Diabetes

in

Crosshairs

by Joseph Rubin

Second Edition

Diabetes In Crosshairs A Map Of My Personal Journey

Betsy B Hartley



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How I Survived Diabetes Elena Mechaem,2020-06-17 My personal journey to a healthier lifestyle all began some years ago when I was diagnosed with Type 2 Diabetes in 2009 by my physician At that point I was prescribed Metformin once a day I didn t feel any sense of urgency to change my lifestyle considering my mom had Type 2 Diabetes and I suspected it was primarily age related I just had to deal with it I accepted it as just another daily challenge I was overweight didn t exercise and was consumed with non controlled unhealthy eating habits My belief that my Metformin would take care of my diabetes and justified my lack of motivation to change my lifestyle After all I had no troubling symptoms that alarmed me to worry so I said to myself Why should my life change On December 1 2014 life health and the reality of both LITERALLY hit me right between the eyes My eye sight was altered I was exhausted I was not sleeping I had dry mouth and an overall feeling that something was not right I decided enough was enough I would take complete control and would not let diabetes take my life away from my family and the effect it had on my family s life My husband was overweight my mom had Type 2 Diabetes and was overweight my daughter was overweight by 100 pounds and suffering from Hashimoto s Disease Thyroid disease and her husband was a Type 2 Diabetic and was overweight as well We all had high blood pressure and high cholesterol and were on the road toward medical disaster We had a one year old that needed us and I wanted to be a part of her life THAT IS THE BEGINNING OF MY JOURNEY TO SURVIVEDIN THIS BOOK I WILL TAKE YOU TO SURVIVED JOURNING ANY DIABETES TYPE WHAT I DO DIFFERENTLY AND HOW I DID ITHOW I FINALLY GOT MY LIFE BACKIS THERE ANY HOPE FOR PEOPLE LIKE ME JUST CLICK Buy Now

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