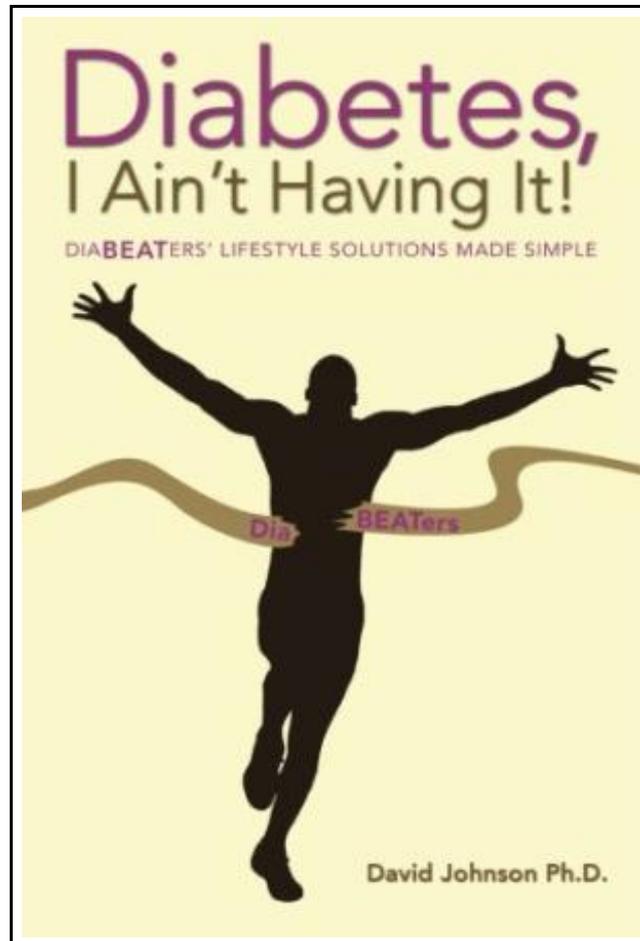


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Balboa Press, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. Diabetes, I Ain t Having It! presents a unique lifestyle regime for those affected by type 2 diabetes. Its suggestions offer substantial health gains for those who want to live their optimal health right now and become Diabaters. A Diabeater is someone who has diabetes living with them, who refuses to let it control their life, and who is proactive about maintaining their best possible physical and emotional health. Diabetes, I Ain t Having It! highlights effective diabetic healthcare options, encourages greater health independence, and sets out a full range of useful and simple-to-do tips and exercises. The easy-to-read interactive chapters allow for immediate progress. Each chapter is about doing: The Diabaters Mindset provides the mental preparation for kick-starting the Diabaters healthier approach to diabetes and life. Recognizing the Symptoms suggests natural solutions for the A-Z of diabetic symptoms presented. A SoupCon of Sabotage focuses on lifestyle activities that help prevent the temptation of diabetic self-sabotage. The Diabaters Activity Charts allow for easy monitoring of daily progress and help achieve self-directed goals. The Diabaters Anchor/Trigger Combos offer ways to create feel-good activities to ensure healthy choices are taken where unhealthy options prevail. Finally, the Diabaters Ten Factor keeps Diabaters moving forward in health while the A-Z of Diabaters Dailies gives concise solutions to keeping the effects of diabetes at bay. Join us in a healthier life and start diabating today.



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