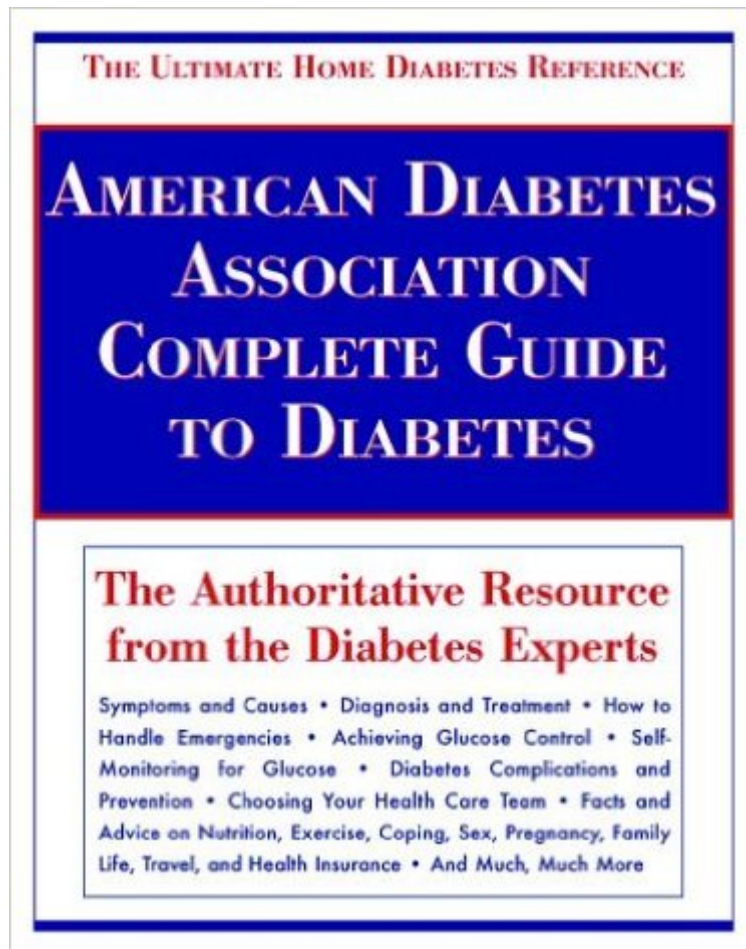


The book was found

# American Diabetes Association Complete Guide To Diabetes: The Ultimate Home Diabetes Reference



## Synopsis

This hefty diabetes bible will take readers with diabetes by the hand and safely lead them toward a more healthy lifestyle.

## Book Information

Hardcover: 446 pages

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Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (71 customer reviews)

Best Sellers Rank: #480,368 in Books (See Top 100 in Books) #50 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association](#) #5307 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments](#) #118624 in [Books > Reference](#)

## Customer Reviews

I have had diabetes for quite a few years, but recently was promoted to insulin status. I have been searching for a single source of information that was both simple and yet included more technical details of what was going on. The book does a very credible job of both for many aspects of diabetes. As an example, it provides a description how insulin works at the body and cell level, the effects of exercise, diet, timing, lifestyle, and many of the other factors that affect blood glucose levels. The descriptions start at a high level (e.g. exercise uses glucose in the blood, so levels tend to drop) to a more theoretical discussion of insulin interacting at the cellular level within your body and how your liver and other organs react. The same type of treatment is also provided for other subjects, ranging from what to do when you are sick; sex and libido issues; diet; types of insulin; managing diabetes around sports, exercise, work, travel, stress, family, entertaining; interaction of factors; complications of high and low sugars; and a bunch more. In short, there are no doubt books which cover individual aspects of any part of diabetes with more detail and rigor, but if you want one book that does a very credible job on most of the topics, this is a good choice. PROS: Very readable. Well organized- individual topics are fairly well indexed and broken down by topic, and for each topic, the discussion breaks down how this might affect different portions of the population (e.g. Type1, Type2, Gestational). Seems to be written by people who both have actual experience as

diabetics and real medical knowledge. Does not have the latest fads.

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