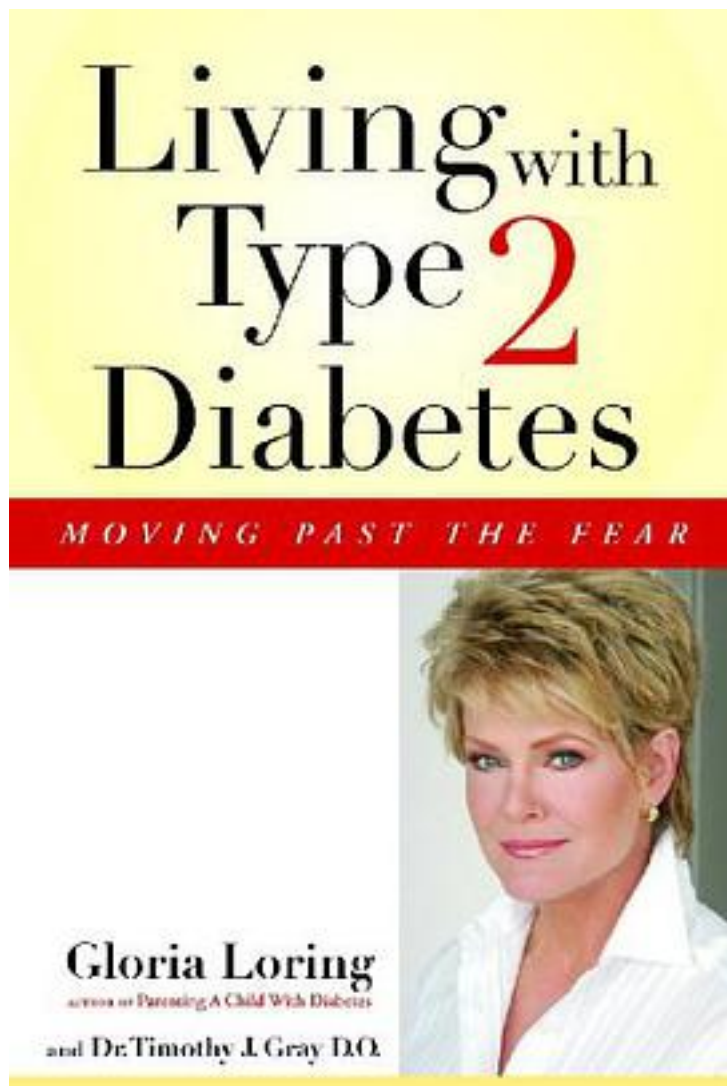


Living With Type 2 Diabetes



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With dietary and lifestyle choices fueling a rise in type 2 diabetes, coping with this treatable disease has become a priority for millions. Unfortunately, although type 2 diabetes can be treated, the specifics of how to effectively combine insulin, diet and exercise are often difficult to master. Gloria Loring - a regular contributor to the "Diabetes Wellness Letter" as well as a famous singer, songwriter and star of the TV drama "Days of Our Lives", and mother of a diabetic child - co-authors with Dr. Timothy Gray to clearly explain how to identify and live with type 2 diabetes. The authors draw on up-to-date research and first-hand experiences to create a book that is both easy to follow and empathetic toward those with the disease and their loved ones. Included are self-assessment tools, useful to the estimated 5.2 million Americans who are unaware they have the disease, as well as step-by-step instructions on managing diabetes.

作者介绍:

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