



## Diabetes Diet Plan: The Secret Tips to Diabetes and Heart Healthy Meals (Paperback)

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By Pamela Stevens

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. Large Print. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. The Diabetic Diet Plan: Secret Tips to Diabetes and Heart Healthy Meals helps the reader to learn exactly what diabetes is and how it can negatively affect the body. The instances of diabetes have been increasing at an exponential rate in the last few years and as such it is important that the information on the disease and it causes and effects be available. Now because of the seriousness of this health challenge, I want us to start up by taking our cue from Wikipedia, the online free encyclopedia. It defines Diabetes mellitus also known simply as diabetes, as a group of metabolic diseases in which there are high blood sugar levels over a prolonged period. This high blood sugar produces the symptoms of frequent urination, increased thirst, and increased hunger. However, the problem comes when we leave these symptoms unattended to, in other words, untreated and then the diabetes develops into other issues that lead to many complications. Well, one of the acute complications case is known as diabetic ketoacidosis and...



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