

# **Your Diabetic Type 2 Guide**

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# Chapter One

**Introduction** I had to invest my time and efforts as a diabetic person to develop this guide to enlighten, broaden and empower people from all walks of life about this alarming diabetes, which many diabetic, pre-diabetic and normal people are not aware of it all. Diabetes is a serious disease where our pancreas can't create insulin for diabetic people, it does not create enough of it, and or our insulin does not function normally.

Then Diabetes type 2 develops and making blood stream full of glucose depriving cells from it. As result of that, our body will remove extra glucose through urine as a last and the only resort. For people like you and me diabetes may lead to more complications including; complete blindness, heart stroke or attack, kidney malfunctioning and lower legs amputations if it is not well controlled. But with the right healthy balanced diet and ongoing exercise, diabetes can fade away and the risk will definitely be minimised.

With the most appropriate nutrition we can scale down the impact of diabetes as it is the key to the right health rather than relying purely on a cocktail of medicines given by doctors and drug manufacturers who solely care about making profits at the expense of us as diabetic people. What makes diabetes happens and exists in our lives are mainly due to many processed and unnatural foods we consume and eat.

Making substantial efforts to invent changes in our diet and lifestyles by making the right choice of food, avoiding harmful food and staying active throughout the day will make a difference in our persisting diabetic condition and turn it around.

This guide is here for you and for people whether diabetic or not to read, learn and expand your and their knowledge to prevent and

stop this disease from taking its toll on your and their lives, before it's too late as you can see some people around you suffering in silence or they do not know it they have diabetes. Simply, they are clueless about diabetes, what are its symptoms, what kind of complications, how to stop it, prevent it, deal with it and so forth.

Diet therapy is vital in diabetes cue, control and prevention for this drastic situation from not becoming worse for diabetic people including me. Otherwise, complications will occur and intensify over time and age and health deteriorates day by day, month by month and year by year.

There is a striking link between nutrition and health which undoubtedly understanding them will empower you to reduce your weight, minimise progressive disease, probably prevent or even cure it. That's why diet changes can make wonders for your health and make you a healthy person.