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Freda Whalen, Gilbert Manso

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Freda Whalen, Gilbert Manso : Hypoglycemia and Diabetes Wellness Guide before purchasing it in order to gauge whether or not it would be worth my time, and all praised Hypoglycemia and Diabetes Wellness Guide:

7 of 9 people found the following review helpful. Very Helpful!By A CustomerI have been searching for years for help in trying to diet. Normal diets do not work since I have hypoglycemia. This book shares concrete recipes and is an excellent guide.2 of 2 people found the following review helpful. Absolutely the Best Book On Hypoglycemia-Simple and BrilliantBy wellness legumeI am going to put the review that I wrote for the book "The Hypoglycemia/Diabetes Cope Book" by Freda Whalen and Gilbert Mancuso here as well, because it's actually the same exact book, reprinted with a different title:I found this book at a time when my body was completely out of whack, after experiencing strange symptoms my entire life. This book did nothing less than change my life. Avoiding sugar and eating to maintain blood sugar can completely improve the quality of one's life, from their body and mind, to their sense of self and their relationships.This book is, as I said, simple and brilliant, and makes it very easy for any newly diagnosed hypoglycemic to understand how, when, and what to eat to get their physical and mental symptoms under control. The author has been through the ups and downs of a low blood sugar disorder herself, and has dedicated her life and career to helping others with this often-misunderstood disorder. I even tracked her down and e-mailed her, and spoke with her over the phone-she is a kind, understanding, wise woman.I cannot say enough about this book, or about the very likely possibility that there is an epidemic of hypoglycemia running rampant in this country today. Sugar is an unnecessary and obscenely over-consumed substance in the American diet, and a lot of people just don't understand how detrimental it can be to one's health-especially to people with sensitive systems. One can only wonder how many

children diagnosed with ADD and ADHD would benefit from a nutritional approach, by staying away from refined carbohydrates, and by eating quality proteins and complex carbohydrates. I wonder how many people with mood disorders, depression and anxiety are really struggling with undiagnosed blood sugar swings. The link between diet, sugar and behavior is not new or radical-there is plenty of literature on it. In the documentary "Super Size Me", Morgan Spurlock reported on a school for juveniles with behavioral problems who improved dramatically when put on a healthy diet with no refined carbohydrates. Dr. Yvonne Sanders, an elementary school principal from Georgia, has written a book titled "Healthy Kids, Smart Kids". She does not allow sugar or refined carbohydrates in her school, and has seen improvement in attendance rates, behavior, and science and math scores, as well as a decrease in visits to the school nurse. If you have kids, or really want to know what it means to eat well, do yourself a favor and buy this book. If you feel like something is off with your body-if you experience depression, anxiety, and constant physical and mental symptoms, but your doctor tells you that you are fine, that nothing is wrong, and that it is 'all in your head', or that you have a 'chemical imbalance' and need to take pills that you are kind of scared to take, I strongly recommend that you order a used copy of this book and take a look at it-it will quite likely be the best decision you have ever made when it comes to taking responsibility for your health. Nutrition is such an important factor when it comes to good health, and it is really scary how much sugar and junk disguised as food are being consumed. I have a personal investment in this subject matter. I have likely had this disorder my entire life, but I did not even hear of it until a couple of years ago. This disorder can be easily maintained through good nutrition and exercise, and it can easily turn one's life upside down if ignored. Sugar, like many things, can seem pretty benign, but for certain people, can be utterly devastating to their health. This book is amazing, and think it should be required reading for doctors, nurses, parents, educators, counselors, and all professionals who deal with wellness and health. But, most of all, I would like for this book to land in the hands of people who want to take control of their lives and their health. I also believe that this very real nutritional disorder should be addressed with the seriousness it deserves, so that the entire population has the opportunity to be as healthy as they are willing to commit themselves to be.

5 of 5 people found the following review helpful. Very Helpful for Diabetes and Hypoglycemia! By A Customer I bought this book about a year ago because I have hypoglycemia. It was incredibly helpful to me, from recipes to attitude adjustment. I found myself, daily, re-reading sections just to stay on track. My husband was diagnosed with diabetes a month ago. Even with all the information we have received in regards to the diabetic diet, we still find ourselves turning back to this book time and time again for guidance. Dr. Manso's section on diabetes is concise and excellent. It is far more thorough and yet to the point than any information we have so far gotten at any doctor's office and we are thankful.

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