



Type 2 Diabetes Your Questions Answered

Rosemary Walker, Jill Rodgers

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Having Type 2 Diabetes doesn't have to mean putting your life on hold. Find out how to control the condition and live life to the fullest with this easy-to-follow guide. There are simple lifestyle changes to ensure good health like: What foods to eat and how to become more active. The step-by-step instructions are easy to follow with the full-color photography that shows you how to monitor your blood glucose level. This important book answers the questions on diet, exercise, and medication that everyone needs to know about Type 2 Diabetes.

- Layout in highly accessible Q&A format
- Includes a comprehensive section on diet and exercise
- Approved by the American Diabetes Association

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