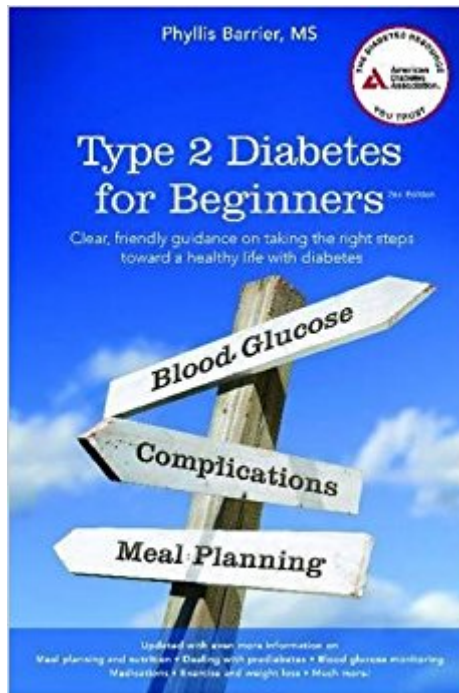




The book was found

Type 2 Diabetes For Beginners



Synopsis

With this book readers learn how to take care of themselves or someone they love when diagnosed with type 2 diabetes. Completely updated, this second edition of Type 2 Diabetes for Beginners provides insight and information on how to live with diabetes. Checking blood sugar, taking medications, planning meals, losing weight, combating stress and depression, and dealing with long-term diabetes problems are just a few of the topics covered in this friendly, easy-to-read guide.

Book Information

Paperback: 180 pages

Publisher: American Diabetes Association; 2nd ed. edition (August 9, 2011)

Language: English

ISBN-10: 1580404421

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Product Dimensions: 5.9 x 0.6 x 8.9 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars 30 customer reviews

Best Sellers Rank: #368,361 in Books (See Top 100 in Books) #29 in Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association #3799 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments

Customer Reviews

Phyllis Barrier, M.S., R.D., C.D.E. (Little Rock, AK) is a diabetes and nutrition consultant for PMB Associates and the former national director of program publications for the American Diabetes Association. --This text refers to an out of print or unavailable edition of this title.

I am unimpressed by this book. I would expect the title to be Type 2 Diabetes for Young Children. Set at a 2nd grade reading level, complete with tips on pronouncing the simplest of words, I had to set this one aside. Worse, the chapter I had hoped to get decent answers on, one that addressed what glucose levels to expect/strive for, was a laughable two pages in length. With one single piece of information to it (80-130). It was at this point that I put the book down in disgust. I could (and will) get better information from a basic Google search.

Since my husband became diabetic about a month ago, I was almost spastic about his diet. I don't really enjoy cooking anymore since I've done it for our family for years and years and years! I

bought five (5) diabetic cook books that didn't really help much because many of the recipes called for items I don't use, or else I would be cooking for a half-day following complicated recipes. But....THIS BOOK.....'TYPE 2 DIABETES FOR BEGINNERS' is the BEST book I have found for new diabetics. It explains things in language I felt comfortable reading; it explained diabetes; what to do when your blood sugar is too high or too low; the few recipes were quick and easy; it set my mind at ease after the first two chapters. Before this book, I was afraid I might kill my husband just trying to feed him. (Really, my cooking isn't all THAT bad!)

The book might be good for someone with a grade school education. It was written as if the potential reader were a child...very sing-song like. And, the constant reference to "Mama" was annoying. It was a waste of money. The information provided was no different than that available on the Diabetes.org site.

I read the reviews on this book before ordering, and will have to agree with one that said it sort-of "talked down" to the reader. I can see why, since there is clearly some imaginary conversation between the author and her 'mother' doing Q & A on various concerns. [there isn't enough of that to annoy, though] :)HOWEVER there is so much basic, good info for someone who wants to learn about Type 2 D!!!! DEFINITELY recommend this book! Though I had done some research on my own, this book gave me a whole picture...from the basic "what is it?" to "how-to"!! Basics, and THEN some!!!!It is totally worth the low price!!!

This book was recommended by the ADA and is very easy to read. I bought this after I was recently diagnosed with dt2 so that I could gain some control as this diagnosis was scary and very overwhelming. This book makes it easy to understand and helps you get back that control.

Thank you Phyllis, very easy reading and excellent chapter breakdown for quick reference. Your personalized narrative keeps me motivated.Bought it right after my first blood test in 10 years.New PreDiabetes old guy.

Exactly what the title says. If you basically know nothing about diabetes then this is a good book for you. If, however, you have even read a few articles on the Internet, then you may want a different book. Very basic and simple.

Excellent for people just diagnosed with type II diabetes. I found it to be simple to understand and easy to apply. I would recommend this to anyone just learning about diabetes.

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Method to Naturally Cure Type 2 Diabetes and Drastically Improve Type 1 Diabetes â “ Starting
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Blood Sugar, and Lower Blood Pressure (Diabetes Diet, Diabetic, ... Type 2 Diabetes, Insulin
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