



# **How to Manage Diabetes and Cure?: Dr. Alan's Step By Step Guide for Diabetes Management Including General Tips, Diet Plan, Exercise Routine and Much More!**

*Vlad Gemstone*

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Diabetes is a rapidly unfolding pandemic. Diabetes is a chronic disease which is caused by group of metabolic disorders in which there is high blood glucose level (hyperglycemia) over prolonged period of time.. Diabetes is referred by physicians as diabetes mellitus. Mellitus means sweet, in the older days the Roman and Greek used to diagnosis diabetes by tasting the patient's urine, the urine tasted sweet due to excess of glucose. Diabetes is a common disease and is becoming more common. When people hear the word diabetes they jump to the conclusion that it's this lifelong disease that is going to adversely affect their quality of life. Diabetes like any diseases is a nuisance and there is nothing good or lucky about being ill. But in life there are numerous benefits of adopting a positive attitude, so view diabetes as a push you needed to take a step towards healthy living. Unfortunately, diabetes can't be cured, but you can do a lot to keep it under control. This is where this book comes in! This book is all you need to know about diabetes and how to manage it. We start off by giving a little detail about diabetes and its types. We then move on to the key points in diabetes management including self-monitoring, diet plan, exercise plan and much more!

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