

Diabetes Awareness: The Downside....a New Wardrobe?

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

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By David Anderson

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Here is some commonsense thinking:

I can't understand why anyone who has diabetes wouldn't exercise and watch what they eat.

The down side is that you may have to get an entire new wardrobe since exercise and healthy eating causes weight and size reduction.

When it happens, people tell you how great you look and that motivates you even more.

Other side effects: you'll also sleep better and feel more rested than before you started walking and eating better.

I prefer walking outside, especially when the weather is nice. I even designed a walking path about 2.5 miles long around my neighborhood; part flat and part hilly.

You'll find that a walking program helps more than your body.

"For me, walking time is good thinking time. Nobody is there to interrupt my thoughts. And even when I walk on the treadmill in front of the TV, I find it helps me get ready for the day."

Exercise and healthy eating.... A powerful duo for diabetics!

Ask your doctor about diabetes and have your blood sugar checked several times a year.

For more information about diabetes, including a Diabetes Quiz and a Free booklet, visit our website at:

<http://hope4diabetes.com/info>

Diabetes Awareness: The Downside....a New Wardrobe?

This 20 page FREE booklet will provide you with in–depth information on comprehensive diabetes care. The 7 principles, or steps, will help you to understand, manage and diagnose your potential diabetes risk.

It could help you live a longer and more active life. The booklet is Yours absolutely FREE – No Risk! Share it NOW with the people you love and want to Keep alive!

David Anderson is a freelance health/wellness writer for <http://hope4diabetes.com>. Email contact information is available on the website. For telephone contact: (316) 541–2208

Diabetes Awareness: There's No Substitutue for Good Friends

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Was there a time when you relished the idea of giving dinner parties?

What a great opportunity to bond with old friends, try out a few new recipes, and find a reason to clean up the house!

Has diabetes robbed you of the enjoyable events involving your friends and family?

Diabetes has an ugly characteristic of wrecking the lives of it's victims by forcing them into seclusion.

If you have been neglecting the enjoyable events of your life, please take action to control your diabetes. With a "proactive" mind–set, you can control and beat diabetes!

You, your friends, and especially your family will love you for taking control. Get back to the fun things in life,,, Take control of your diabetes.

Ask your doctor about diabetes and have your blood sugar checked several times a year.

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