

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!

Diabetes Awareness: There's No Substitutue for Good Friends

By David Anderson

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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.

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

<http://hope4diabetes.com/info>

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: Will They Recognize You?

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Imagine how it feels to look younger, feel younger, and act younger! Now, think about how others see you. Are you ready to make a lasting impression on your friends and family? Great!

Taking charge of your diabetes through exercise can give you a younger look and feel not to mention a younger attitude!

As you read this message, remember this: You don't pay the price to improve your health, you reap the benefits of being healthy!

Treatment of diabetes has gone through dramatic changes in the past two decades. Previously, exercise was often overlooked as a "cornerstone" in its treatment as it was difficult to maintain blood sugar levels with the additional variability introduced by physical activity, especially for individuals with type 1 diabetes.

However, with blood glucose meters now being readily available and affordable, exercise can be done safely and without fear of severely upsetting an often delicate glucose balance.

The usual health benefits of exercise apply to individuals with diabetes as well, perhaps even more than normal.

Much of what we attribute to the aging process really results from disuse (for example, muscle atrophy, or loss of flexibility in joints). Diabetes, especially when blood sugars are poorly controlled, accelerates the normal aging process, as well as certain disease processes such as heart disease.

Thus, regular exercise can help slow aging and reduce long term complications associated with poor blood sugar control and diabetes.

These diabetes-related benefits can not be understated! Not only can you enjoy your favorite physical activity, but also you can help your diabetes and health too. In fact, regular exercise is the most important activity you can do to slow the aging process, manage your blood sugars, and reduce your risk of diabetic complications.

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