

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!

Get a "Grrrip!" Diabetes and Your Hands

By David Anderson

Get a "Grrrip!" Diabetes and Your Hands by David Anderson

You try to open the jar, but your grip has lost it's strength. No matter how lightly you try to grip, your hands hurt and do not allow you to use them anymore. How will this affect your life or the life of a loved one who suffers with diabetes?

Diabetes can affect the muscles and joints of your hands.

When you hear about the complications of diabetes, you usually hear about your heart, eyes, kidneys, nerves, and feet. But diabetes can affect the muscles and joints of your hands, too.

Diabetes related hand conditions are usually not life-threatening, but they can have a great impact on the quality of your life.

Poor blood sugar control is thought to play a major role in diabetes-related musculoskeletal disorders of the hands. The theory is that high blood sugars change the amount and character of the protein and collagen in your tissues, leading to damage of small blood vessels.

Three musculoskeletal conditions associated with diabetes can affect your hands: stiff-hand syndrome, Dupuytren's contracture, and carpal tunnel syndrome.

When it comes to your hands, good blood sugar control and exercise can go a long way. Keeping your hands limber will not only lessen your risk of future hand problems; it will also greatly contribute to your independence and enjoyment of life.

Get a "Grrrip!" Diabetes and Your Hands

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!.

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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.

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