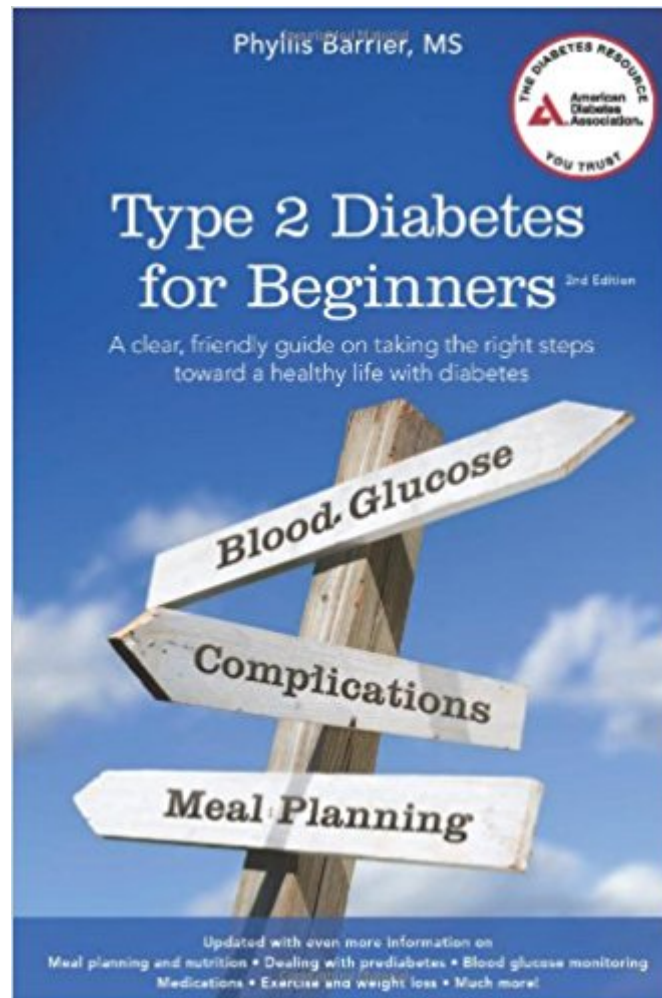


The book was found

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: 4.3 out of 5 stars [See all reviews](#) (29 customer reviews)

Best Sellers Rank: #264,997 in Books (See Top 100 in Books) #31 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association](#) #3117 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments](#)

Customer Reviews

Phyllis Barrier has over 25 years experience as a nutritionist and diabetes educator: her background lends to *Type 2 Diabetes For Beginners*: an especially important guide considering that most Type 2 diabetics receive the news later in life, long after habits are established. From meal planning and pre-diabetes diagnosis and indicators to blood sugar monitoring and weight loss, chapters provide very simple explanations and guidelines for standards of care. The simple approach allows the newly diagnosed to readily understand the myriad of concerns affecting the diabetic: *Type 2 Diabetes For Beginners* should thus be the first self-help handbook given to the new diabetic upon diagnosis.

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!)

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!!!

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 learned so much from this book and by buying this book you will take a step forward toward taking charge of your Diabetes...you want to run it not the other way around! Best wishes to all whom need this vital information.

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.

Although the book was "written down" a bit, it gave basic information that was extremely helpful and understandable. With the anxiety that comes with a "maybe you are diabetic" conversation, it provided guidelines and attitude that took some of the panic away. Would certainly recommend.

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.

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TYPE 2 DIABETES DESTROYER: The Secret to REVERSE Type 2 Diabetes, 3 Proven Steps to Reverse Type-2 Diabetes in 11 Days (Diabetes type 2, Diabetes, diabetes ... DIABETES,diabetic cookbook,type 2 diabetes) Diabetes: Reverse Diabetes: How to reverse diabetes and manage type 2 diabetes, type 1 diabetes and gestational diabetes (Diabetes, Type 2 diabetes, Type ... sugar, diabetic recipes, what is diabetes) Diabetes: Diabetes Diet: 3 Steps to Cure Diabetes The Ultimate Guide with the Top Foods to Restoring Blood Sugar (diabetes,type 2 diabetes,diabetes symptoms,type ... diet,glucose,type 2 diabetes symptoms) The Type 2 Diabetes Cure - How to Reverse Diabetes Naturally and Enjoy Healthy Living for Life (Reverse Diabetes, Diabetes, Type 2 Diabetes, Diabetes Diet, ... Solution, Type 2 Diabetes Cookbook, Book 1) Blood Type Diet: An Essential Guide For Eating Based On Your Blood Type (blood type, blood type diet, blood type a, blood type o, blood type ab, blood type b, blood type diet success,) Diabetes Diet: The Ultimate Diabetic Diet Plan, How To Lose Weight, Prevent And Cure Type 2 Diabetes (Diabetes, Diabetes Diet, Diabetes Diet Plan,Diabetes ... Diabetes,Type 2 Diabetes Diet Book Book 1) Diabetes: How To Reverse Diabetes (Diabetes Diet, Diabetes Cure, Insulin, Type 1 Diabetes, Type 2 Diabetes, Diabetes free, Reversing Diabetes) Diabetes Diet:: Lower Your Blood Sugar Naturally (Diabetes Diet, Diabetes for Dummies, Diabetes Cookbooks Free, Diabetes Type 2, Diabetes Destroyer, Diabetes Solution, Diabetes Cure) Diabetes: Reverse Diabetes With Proven Step By Step Methods And Superior Strategies (Diabetes Diet, Diabetes Cure, Insulin, Type 1 Diabetes, Type 2 Diabetes) Diabetes Diet - Ultimate Step-by-Step Guide to Reversing Diabetes With Your Diet: Diabetes, Diabetes Diet, Diabetes Cure, Reverse Diabetes, Type 2 Diabetes, Vegan, Vegetarian Diabetes: Fight It with the Blood Type Diet: The Individualized Plan for Preventing and Treating Diabetes (Type I, Type II) and Pre-Diabetes (Dr. ... Eat Right 4 Your Type Health Library) Diabetes Diet Cookbook: Delicious Low Carb Recipes For Diabetics (Diabetes Miracle Cure, Lower Blood Sugar, Diabetes Desserts) (Diabetes Cookbook, Diabetes ... Type 2 Diabetes, Lower Blood Sugar) Diabetes: Reverse Diabetes In 4 Weeks With Proven Step By Step Methods And Superior Strategies (+ Bonus Cheatsheet) (Diabetes Diet, Diabetes Type 2, Diabetes Cookbook, Insulin, Diabetes Solution) Diabetes: Diabetes Prevention And Symptoms Reversing, Guide To Diabetes Diet, Nutrition Tips, The "Cure" For Diabetes Type 2 (Diabetes Diet Cookbook And ... Dummies, Reverse Diabetes Without Drugs 1) Diabetes: The Most Effective Diabetic Superfoods To Reverse And Prevent Diabetes (Diabetes Diet, Diabetes Cure, Insulin, Type 2 Diabetes, Reverse Diabetes) Diabetes: Diabetes Black Book: Reverse Diabetes Forever With 25 Superfoods (Reverse Diabetes,

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