



How Long Do You Want to Live?: Seven Simple Steps to Lose Weight, Prevent Diabetes, and Supercharge Your Health (Paperback)

By Teresa Trower Lmhc

Createspace, United States, 2011. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book ***** Print on Demand *****.Diabetes is now an epidemic. How Long Do You Want To Live offers a seven step program to lose weight, prevent diabetes, and supercharge your health. As baby boomers move into middle age, it is more important than ever to take a pro-active stance toward towards health. Good health doesn t just happen. It is fostered through good habits and informed decisions. This book emphasizes the importance of getting the proper bloodwork in order to assess your risk of diabetes. Further, it helps you determine which stage you may be in as well as offer tips to completely reverse your risk. The role of emotions, or stress eating, is also addressed as well as how to conquer cravings. Emotions and cravings have the ability to sabotage the strongest wills. You will learn how to deal with both of these conditions. If you have diabetes, this book will empower you to control and balance your blood sugar. If you have pre-diabetes, it will teach you how to prevent a progression to full blown Type 2. If you simply desire...



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