

MASTER YOUR DIABETES

**A Comprehensive, Integrative Approach
for Both Type 1 and Type 2 Diabetes**



Dr. Mona Morstein, ND, DHANP

Mona Morstein

Master Your Diabetes: A Comprehensive, Integrative Approach for Both Type 1 and Type 2 Diabetes



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In Master Your Diabetes, naturopathic physician and diabetes professional Dr. In the United States only, one in three People in america is either diabetic (29 million patients) or prediabetic (87 million patients), costing an annual \$242 billion in medical treatments. The evidence is clear: We have been in the midst of an internationally diabetes epidemic. Mona Morstein shows how people with both type 1 and type 2 diabetes can gain and maintain superb control of their blood sugar levels, preventing and also reversing existing complications through education coupled with medical support and encouragement. Topics covered include: Important physical exams and lab work Conventional diets and non-insulin medications Insulin Low-carb diet programs and how they connect with different food groups Lifestyle factors, including exercise, tension administration, and the microbiome Diabetic supplementation Pediatric diabetes An indispensable resource, Expert Your Diabetes will empower visitors to manage their condition and continue living complete, active, enjoyable, and lengthy lives. This is the first comprehensive guidebook for individuals, caregivers, and medical practitioners to show an integrative approach in line with the "eight essentials" of treatment and avoidance: a low-carb diet, workout, good sleep, stress administration, healing the gut, detoxification, supplementation, and medications.



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If you only buy one book on diabetes this is actually the one! This is actually the best book on diabetes I've ever read! Not only does it cover a variety of topics but is a reference manual that is essential for anyone dealing with insulin level of resistance or diabetes. . From health supplements to lab tests and their meaning, diet plan to potential problems, medical to personal, this reserve has it all. Morstein has mixed her vast knowledge and experience with research to provide an excellent source for both clinicians and everyone. This book is crucial have one stop reference guide that you will keep and use as your companion through the maze of diabetes for yourself or those you love. An amazing book that I really believe can help turn the tides in the diabetes epidemic Dr. Morstein may be the forerunner turning the tides on the diabetes epidemic. I would recommend this book to anyone attempting to be informed upon this extremely important subject! Dr. Morstein's Eight Essentials is an excellent roadmap to comprehensive avoidance or care and can definitely help change someone from a victim to victor.5/2 diabetes. Dr. This is actually the most useful, newest, highly researched reserve that I've come across up to now, and I have been reading just about all that was ever printed on this subject. A must-read for anybody who has or is certainly living with someone who has Diabetes Type 2. The book is comprehensive, nevertheless, you can skip the specialized parts and go right to the suggestions if you want. If you need to grasp Type I or Type II this is it. Great reserve! Dr. A genuine beacon of wish amidst an usually rather gloomy fact of widespread poor diabetes management in our present healthcare program. It really is an amazing book that delivers rational criticisms of standard care and excellent information in all aspects of diabetes, for all types of diabetes. Not only is Dr. This publication has been a lifesaver as I work with these type of patients. When you have diabetes or desire to prevent diabetes, buy two copies of Grasp Your Diabetes: one for yourself and one for your physician because most doctors do know how to greatest prevent, manage as well as reverse diabetes (reversal applies to gestational and type-2 diabetes). A must-browse if one is seriously interested in effective diabetes care. An extremely well-organized, up-to-date, and comprehensive book (or tome, more accurately) in effective diabetes treatment for clinicians & From scanning this book , I found an in house therapy machine that is in a position to rebuild my nerves! Reads breezily and an easy task to reference. Morstein is extremely knowledgable and thorough in her description of Type 1/1. She gives useful solutions and also great diet advice, supplement recommendations and laboratory medical diagnosis . Morstein a true expert and champion in her field, she actually is virtually peerless in this specific subject. As a former Certified Diabetes Nurse Expert I recommend getting this reserve for patients and HEALTHCARE Providers As a former Certified Diabetes Nurse Professional I highly recommend getting this publication for patients and Health Care Providers. Morstein is very knowledgeable about them. Medically sound suggestions and an integrative strategy that tackles a variety of topics on a variety of levels... Dr. Morstein is quite knowledgeable on the subject. Bernstein. I was specifically impressed by her learning from Dr. Five Stars Simply a WILL NEED TO HAVE! One of the best reads by a specialist in the medical fields Among the best reads by a specialist in the medical areas. If you want to get a accurate knowledge of your diabetes and how exactly to take control of the process this is essential read in your library Excellent resource Dr. I must say i appreciate the extra time that was taken to compile a comprehensive index at the end of the reserve. I recommend this book as helpful information to integrative care and how to assess and mange diabetes. She gives practical solutions in addition to great diet advice As a naturopathic practitioner, this book is incredibly helpful! Great book!! patients alike. The pain, burning up, tingling and numbness has all gone away Do the study yourself Just what a waste of money. It goes on research that was flawed



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