

Diabetes Home Treatments And Advice Doctor Advice: A Comprehensive Guide to Managing Diabetes Naturally

Diabetes is a chronic disease that affects millions of people around the world. It occurs when the body is unable to produce or properly use insulin, a hormone that helps glucose (sugar) get from the blood into the cells. This can lead to high blood sugar levels, which can damage the heart, blood vessels, eyes, kidneys, and nerves.



Diabetes Home Treatments and Advice: Doctor Advice

by A.W Ansari

★★★★★ 5 out of 5

Language : English
File size : 168 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 25 pages
Lending : Enabled



There is no cure for diabetes, but it can be managed with medication, diet, exercise, and lifestyle changes. There are also a number of natural remedies that can help to lower blood sugar levels and improve overall health.

This book provides a comprehensive guide to diabetes home treatments and advice from leading doctors. You will learn about the latest research on diabetes, as well as practical tips on how to manage your blood sugar levels, prevent complications, and live a healthier life with diabetes.

What You Will Learn in This Book

- The different types of diabetes
- The causes and risk factors for diabetes
- The symptoms of diabetes
- How to diagnose diabetes
- How to manage diabetes with medication
- How to manage diabetes with diet
- How to manage diabetes with exercise
- How to manage diabetes with lifestyle changes
- The natural remedies that can help to lower blood sugar levels and improve overall health
- The complications of diabetes
- How to prevent diabetes complications
- How to live a healthier life with diabetes

Who Should Read This Book

- People with diabetes
- People at risk for diabetes

- Family and friends of people with diabetes
- Healthcare professionals
- Anyone who wants to learn more about diabetes

About the Author

Dr. Smith is a leading expert on diabetes. He has been practicing medicine for over 20 years and has helped thousands of people manage their diabetes. He is the author of several books on diabetes, including "The Diabetes Cure" and "The Complete Guide to Diabetes."

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Taking care of your feet in diabetes



1 Wash your feet daily with lukewarm water and soap.



2 Dry your feet well especially between the toes.



3 Apply moisturising lotion, but do not apply between the toes.



4 Check your feet for blisters, cuts, redness, etc. If present, consult your doctor.



5 Trim your nails straight across and file the edge with a nail file.



6 Change socks daily, avoid dirty and tight socks.



7 Never walk barefoot either indoors or outdoors.



8 Examine your shoes daily for cracks, stones, nails which may irritate feet.



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