

Download Diabetes For Canadians For Dummies

This is a directory of diabetes-related Web pages on this site and other Web pages written by me at the Web sites of the American Diabetes Association and elsewhere. For Dummies is an extensive series of instructional/reference books which are intended to present non-intimidating guides for readers new to the various topics covered. Mina Shahriary – Features Editor. Mina is a natural health enthusiast, avid yoga practitioner and health freedom advocate. She has a passion for discovering and sharing strategies for achieving optimal health and longevity, and has spent the last eight years working in the natural health industry. I lost the constant gutache when I quit eating starchy/bready foods. When I was diagnosed with type 2 diabetes 15 years ago, I was lucky enough to find Dr. Richard K. Bernstein's Diabetic Doctor's Diet Books which explain how insulin creates fat from starchy as well as sugary foods.