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## How My Wife Saved Her Life: By Lowering Her Diabetic A1C Level 8 Points in 8 Months (Paperback)

By Paige E. Johnson Phd

Trafford Publishing, Canada, 2011. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. At the age of fifty-one, Sharon Johnson knew something was wrong. She began to gain weight, had a tremendous thirst, and became gravely ill. The doctor checked her blood sugar and found that it was abnormally high: on a scale of 0-14, her A1C level was a 13.8. Her doctor diagnosed her as a Type 2 diabetic, and Sharon realized she had to make some major changes in her life. With the help of her husband, Sharon began researching diabetes and came up with a six-step approach to managing this potentially deadly disease. These steps include - setting priorities; - hydrating your body; - finding the right medications; - exercising; - managing your diet; - getting adequate sleep. By following these lifestyle changes over the next eight months, Sharon not only lowered her A1C level from 13.8 to 5.8 and maintained it, but also reduced her daily medications levels by more than 50 percent. In addition, she lost weight, lowered her cholesterol, and had more energy. Full of helpful information and solid advice, How My Wife Saved Her Life is one woman s...


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