



**S.O.S! I'm Diabetic!: So What Do I Do Now?
Ultimate Guide For Diabetics (diabetic living,
diabetes solution, diabetic cookbook, diabetes diet,
diabetes for dummies)**

Irene Edwanson

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S.O.S! I'm Diabetic!

So What Do I Do Now?

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Coping with diabetes is a difficult process, but it doesn't have to be as difficult as it is for some. There are numerous different aspects that go along with diabetes including blood tests, what foods are appropriate to eat, what foods should be avoided, and stress management. People diagnosed with this disease are often times overwhelmed and fall into depression because they no longer know how they are going to manage their lives.

In this book, all of those key points will be addressed. The first chapter will explain what diabetes is and what tests will be run by a doctor. The second chapter discusses the differences between type 1 and type 2 diabetes. The third chapter explains gestational and prediabetes, an important chapter for pregnant women and people who have a family history of diabetes. The fourth chapter is foods that should be avoided, while the fifth chapter is foods that are safe. The final chapter discusses simple ways to avoid falling into depression and how to find help when it's needed.

This book is a comprehensive guide on how to manage the prescription medications, stress, any herbal supplements you may choose to take, and diet. In the end, there is information on how to begin a routine and all the aspects or habits you need to include within your routine.

Herbal supplements for diabetes can be an alternative to some harsher medications, both of which are listed within this book along with potential interactions and side-effects. It is important to have the information at your fingertips in case of an emergency, and this book will provide some of that information.

The outline of the book is as follows:

- Understanding Diabetes
- Type One and Type Two Diabetes
- Gestational Diabetes and Prediabetes
- Foods to Avoid
 - o Fats
 - o Alcohol
 - o Beverages
- Foods to Eat
 - o Fats
 - o Non-Starchy Vegetables
 - o Grains and Starchy Vegetables
 - o Protein
 - o Beverages
 - o Fruits
- Coping with Diabetes
 - o Medical Management
 - o Diet Management
 - o Herbal Management
 - o Stress Management
 - o Routine Management

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Roger Alford:

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David Packard:

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Elizabeth Rogers:

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