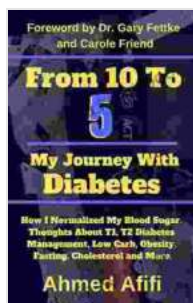


From 10 to My Journey With Diabetes

I was diagnosed with type 1 diabetes at the age of 10. It was a scary and confusing time, but I was lucky to have the support of my family and friends. With their help, I learned to manage my diabetes and live a full and active life.



From 10 To 5 My Journey With Diabetes: How I Normalized My Blood Sugar. Thoughts About T1, T2 Diabetes Management, Low Carb, Obesity, Fasting, Cholesterol and More by Ahmed Afifi

★★★★☆ 4.6 out of 5

Language : English
File size : 3051 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 200 pages
Lending : Enabled



Diabetes is a chronic disease that affects the way the body uses sugar. In type 1 diabetes, the body does not produce insulin, a hormone that helps sugar get from the blood into the cells. Without insulin, sugar builds up in the blood and can cause serious health problems.

There is no cure for diabetes, but it can be managed with insulin therapy, diet, and exercise. Insulin therapy is the most important part of diabetes

management. It helps to lower blood sugar levels and prevent complications.

Diet is also important for people with diabetes. Eating a healthy diet can help to control blood sugar levels and reduce the risk of complications. People with diabetes should eat plenty of fruits, vegetables, and whole grains. They should also limit their intake of sugar and processed foods.

Exercise is another important part of diabetes management. Exercise helps to lower blood sugar levels and improve insulin sensitivity. People with diabetes should get at least 30 minutes of moderate-intensity exercise most days of the week.

Living with diabetes can be challenging, but it is possible to live a full and active life. With proper management, people with diabetes can prevent complications and enjoy a good quality of life.

My Journey With Diabetes

I was diagnosed with type 1 diabetes at the age of 10. It was a scary and confusing time, but I was lucky to have the support of my family and friends. With their help, I learned to manage my diabetes and live a full and active life.

The first few years after my diagnosis were tough. I had to learn how to give myself insulin injections, check my blood sugar levels, and count carbohydrates. I also had to make changes to my diet and exercise routine.

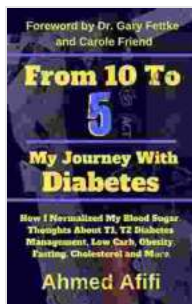
It took time, but I eventually learned how to manage my diabetes. I found a diabetes management team that I trust, and I learned how to make healthy

choices that work for me.

Today, I am a healthy and active 25-year-old. I have a full-time job, I am married, and I have two beautiful children. I am grateful for the support of my family and friends, and I am proud of the progress I have made in managing my diabetes.

Living with diabetes can be challenging, but it is possible to live a full and active life. With proper management, people with diabetes can prevent complications and enjoy a good quality of life.

I hope my story inspires others who are living with diabetes. You are not alone. There are people who care about you and want to help you succeed. With the right support, you can live a full and active life with diabetes.

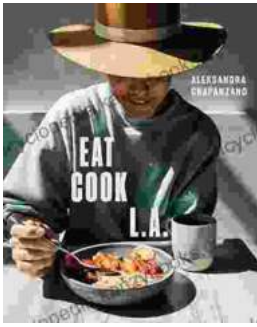


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