



Diabetes, High Blood Pressure without any Fear

D.R. Gala, Dhiren Gala, Dr. Sanjay Gala

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If you suffer from diabetes or high blood pressure, this book will be immensely useful to you. Are you aware of the fact that 1. The incidences of diabetes and high b p. are rapidly rising ? 2. Diabetes and high blood pressure are lifetime diseases ? 3. If not adequately controlled, diabetes and high b.p. seriously harm each and every system and organ of the body, to make the victim's life miserable" 4. In the treatment of diabetes or high blood pressure, the patient has to shoulder a responsibility equal to that of the doctor ? This book will enlighten you about all the facets of these two diseases and thus make you capable of successfully shouldering the responsibility of their treatment. Salient Features Practical hints to prevent diabetes and high blood pressure. A detailed discussion about the causes of these diseases. Clear presentation, for the first time, about the mental attitude and behaviour responsible for high blood pressure. Information about diet that would control diabetes on its own. Step by step information about the various tests to detect diabetes and periodically assess its control. Armed with this information you shall be able to perform these tests yourself and thus save money. Details about the drugs used in diabetes or high blood pressure, the mechanism of their action and their probable side effects. Practical and illustrated information about the method to inject medicinal insulin into your own body. This information will make you independent and self-sufficient. Details about how to care for your skin and feet, if you have diabetes. Ideal weight charts, calorific values of various cooked and uncooked foods, natural sources of various vitamins and minerals and a number of other extremely useful appendices.

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