

About

The Complete Diabetes Lifestyle

You've just been diagnosed with type 2 diabetes. Now what? You're already busy enough with your family life, work life, social life, and community involvement. How on earth are you going to fit in exercise, meal planning, regular doctor visits and measuring blood sugar a few times a day? **The Complete Diabetes Lifestyle** answers just those kinds of questions, and more. Using humor, real-life emotion, and practical advice, Donna Kay empowers readers to create a lasting change for a better life through:

- ★ Setting priorities so you can take care of yourself first, then balance the demands of your busy life.
- ★ Engaging specific mealtime strategies to avoid severe blood sugar spikes.
- ★ Learning what's best for you when it comes to measuring and tracking your blood sugar.
- ★ Working exercise into your daily routine, the easy way.
- ★ Using tips and tools to create a vibrant, healthy, fun life.



The
**COMPLETE
DIABETES
LIFESTYLE**



The Complete Diabetes Lifestyle helps you understand what it's really like to have diabetes. Donna Kay was diagnosed at age 35. After the astonishment wore off, she first approached living with type 2 diabetes as something to conquer, a race to win. In short order, though, she made peace with diabetes by understanding that it's a marathon, not a sprint. She knows that successfully managing diabetes is as much about addressing the needs of the heart and soul as it is eating right, exercising and measuring blood sugar. Learn more at www.completediabeteslifestyle.com



The Complete Diabetes Lifestyle
web: www.completediabeteslifestyle.com
email: info@completediabeteslifestyle.com
Phone: 469-363-6060

About Donna Kay



DONNA KAY combines her educational interest in healthcare and professional background to manage her own type 2 diabetes. Through personal experience, Kay demonstrates the powerful link between education and motivation. She inspires both patients and their family members to live a life filled with energy and enthusiasm.

About Maribeth Stephens



MARIBETH STEPHENS has more than 20 years' experience as a professional writer with special interest in healthcare. Her work has appeared in a wide variety of media—books, radio, television, and trade magazines. She recognizes that people with diabetes need understandable, high-quality information at their fingertips.



Highlights

The Complete Diabetes Lifestyle

“The journey of a diabetes patient can seem daunting at first. But this book is like your new best friend with Ms. Kay helping you through the small steps to manage diabetes every day. It’s a must-have to dispel your fears and find better health.”

– *Andrew Schorr, Host and Founder, Patientpower.info*

Loaded with humor, practical tips, mind-body wisdom, motivational strategies, and real-life emotion, **The Complete Diabetes Lifestyle** demystifies diabetes and is your personal coach as you tinker, tune, and adjust your way into a new lifestyle. **The Complete Diabetes Lifestyle** helps you:

- ★ Know what it really means to have type 2 diabetes as explained by a diabetes lifestyle coach.
- ★ Create your individualized diabetes management plan.
- ★ Empower yourself with lasting change for a better life.
- ★ Decrease stress to help avoid blood sugar spikes and plunges.
- ★ Use proven methods to set—and meet—your daily blood sugar, food, and exercise goals.
- ★ Understand that diabetes is about making little changes and small choices that become big changes and important choices over time.

