

# News Release

**FOR IMMEDIATE RELEASE**

November 7, 2007

Contact:

Arushi Sinha, Publisher

469-363-6060

info@completediabeteslifestyle.com

## **Demystifying Diabetes: The Complete Diabetes Lifestyle**

New guide helps the newly diagnosed create a vibrant lifestyle

**Redmond, WA** — The holidays usually mean tossing dietary discipline out the window. But for those just diagnosed with type 2 diabetes, navigating the holidays is treacherous. In **The Complete Diabetes Lifestyle**, diabetes lifestyle coach Donna Kay spells out how to thrive despite having type 2 diabetes, not just during the holidays but every day ([www.completediabeteslifestyle.com](http://www.completediabeteslifestyle.com)).

Diagnosed with type 2 diabetes at age 35, Kay was overwhelmed. She read books and talked with healthcare professionals, but something was missing. “The upbeat guide that spoke to my heart as much as to my head didn’t exist.” **The Complete Diabetes Lifestyle** demonstrates that addressing the needs of the heart and soul are just as important as managing the physical aspects of diabetes. Speaking with the authority that can only come through first-hand experience, Kay uses humor and easy-to-understand language to help the newly diagnosed step into a healthier life.

“With type 2 diabetes, some of the toughest challenges have to do with changing your mind first, and then changing your behavior,” says Kay. “Living a successful life with type 2 diabetes is about making little changes and small choices that become big changes and important choices over time.”

Kay notes that creating an individualized diabetes management plan is vital in successful diabetes management. It requires three basic steps. First is acknowledgement. Coming to terms with the fact that you have a chronic illness is a must. Second is education. Learn the basics about the illness and create a top-notch healthcare team to help guide you. Third is application. Apply what you’ve learned in a way that works for you.

### **Holiday Tips**

Kay offers some tips to help keep blood sugar levels in healthy ranges, not just during the holidays, but also throughout the year:

1. Exercise first thing in the morning. You get it done for the day, and it won’t be hanging over your head for the next 16 hours as something you need to do.
2. Keep a small cooler in your car packed with ice and healthy snacks. As you’re running between work, shopping and ferrying the kids, grab these instead of going through drive-through.
3. If you slip up, forgive yourself. Focusing on guilt and negative feelings takes away from your ability to concentrate on your goals.

MORE>>



The Complete Diabetes Lifestyle  
 web: [www.completediabeteslifestyle.com](http://www.completediabeteslifestyle.com)  
 email: [info@completediabeteslifestyle.com](mailto:info@completediabeteslifestyle.com)  
 Phone: 469-363-6060

# News Release

CONTINUED

**The Complete Diabetes Lifestyle** (ISBN 978-0-978810818) is available November 2007 from Big Think Media, Inc.

## About the Authors

**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.

**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.



The  
**COMPLETE  
DIABETES  
LIFESTYLE**

