



Your Diabetes Science Experiment: Live your life with diabetes, instead of letting diabetes live your life.

Ginger Vieira

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This is a book for people with Type 1, Type 1.5 and Type 2 diabetes on insulin who want to gain a deeper understanding of how the basic science of the human body impacts your blood sugar levels and your insulin needs. Written by Ginger Vieira, also the author of "Emotional Eating with Diabetes," a Type 1 diabetic and record-setting competitive powerlifter. "Your Diabetes Science Experiment" will explain the science behind the most common reasons for your "mystery high blood sugars" and "unexpected low blood sugars." From there, each "Science Experiment" helps you focus on one specific part of your diabetes management at time, so you can make adjustments in your insulin dosing and your nutrition to prevent those unwanted fluctuations in your blood sugar from happening as often! Visit www.Living-in-Progress.com for more details about the book and the author, Ginger Vieira.

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Doris Snell:

Playing with family in a very park, coming to see the ocean world or hanging out with pals is thing that usually you will have done when you have spare time, then why you don't try factor that really opposite from

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