



# Diabetes? Keep Calm and Take Control

*Dr Val Wilson*

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## **Diabetes? Keep Calm and Take Control** Dr Val Wilson

Dr Val Wilson is a specialist in diabetes health education and she has had difficult to control Type 1 diabetes for 40 years. Living with diabetes isn't easy. 95% of diabetes management is done by the individual who has it and not by hospitals, doctors and nurses. You've taken the first positive step towards understanding and improving your diabetes control by buying this book. Now it's time to take control of your condition rather than it taking control of you!

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Spent a free time to be fun activity to accomplish! A lot of people spent their spare time with their family, or their own friends. Usually they performing activity like watching television, about to beach, or picnic inside the park. They actually doing same task every week. Do you feel it? Would you like to something different to fill your personal free time/ holiday? Might be reading a book can be option to fill your totally free time/ holiday. The first thing that you ask may be what kinds of e-book that you should read. If you want to consider look for book, may be the guide untitled Diabetes? Keep Calm and Take Control can be great book to read. May be it might be best activity to you.

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