

# Read Book The 8 Week Blood Sugar Diet How To Beat Diabetes Fast And Stay Off Medicationbody For Life 12 Weeks To Mental And Physical Strength Pdf For Free

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the plan helps you control your blood sugar also called blood glucose manage your weight and control heart disease risk factors these factors include high blood pressure and high blood fats when you eat extra calories and carbohydrates your blood sugar levels rise identify blood sugar levels that are high or low track your progress in reaching your overall treatment goals learn how diet and exercise affect blood sugar levels understand how other factors such as illness or stress affect blood sugar levels español spanish print counting carbs and the plate method are two common tools that can help you plan meals a meal plan is your guide for when what and how much to eat to get the nutrition you need while keeping your blood sugar levels in your target range depending on your treatment plan you may check and record your blood sugar level several times a week or several times a day careful monitoring is the only way to make sure that your blood sugar level stays within your target range before a meal 80 to 130 mg dl two hours after the start of a meal less than 180 mg dl your blood sugar targets may be different depending on your age any additional health problems you have and other factors be sure to talk to your health care team about which targets are best for you what causes low blood sugar when the body doesn't have enough insulin type 1 diabetes or doesn't use it efficiently type 2 diabetes it can lead to short term symptoms and complications like diabetic ketoacidosis dka and hyperosmolar hyperglycemic state hhs

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