

OVERWHELMED AND CONFUSED???

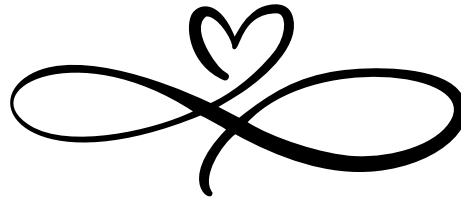
Taking control of diabetes or prediabetes *doesn't have to be overwhelming!!!* With mydiabeteasecoach guidance, you will gain valuable insights and feel empowered to make informed decisions about your health.

Remember, you're not alone on this journey.

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THE TIME IS
NOW!

BEGIN TODAY!!!! Email us for a free consultation call if you are ready to take control of your health, no matter where you are on this journey.....info@mydiabeteasecoach.com.



COMMON
QUESTIONS
ABOUT
PREDIABETES
AND DIABETES

Do you think Diabetes is caused by eating too much sugar?

The real cause of diabetes is complicated and may be related to genetic factors, metabolic changes, and the big one....lifestyle choices. The good news is that lifestyle changes are in your control!

Can people with diabetes eat sweets?

Moderation and balanced meals play a role in a diabetes friendly diet. There are now MORE choices available that can make avoiding processed sugary foods much easier.

Do only overweight people get diabetes?

Being overweight or obese is a risk factor for diabetes. Other risk factors include genetics, gut microbiome, and metabolic changes.

Do You Understand Diabetes and Prediabetes?

What is Diabetes?

Type 1, Type 2, and Gestational Diabetes are the main types of Diabetes.

Type 1 is thought to be an autoimmune condition. The immune system attacks the beta cells in your pancreas which produce the hormone insulin. People with Type 1 lose the ability to make any insulin. The damage is permanent and seems to be both genetic and environmental. This is not lifestyle related.

Type 2 begins as insulin resistance - Insulin is the “key” that lets blood sugar (that is mainly a result of what you eat) enter the cells to use for energy. When your body cannot use the insulin efficiently, and the cells are “resistant”, it can first cause your pancreas to produce more insulin to try and keep up with the

KNOWLEDGE IS KEY

blood sugar. Over time, it cannot keep up with the demand. The pancreas then over worked, begins to produce less insulin and that is when your blood sugar cannot be used as it is needed for energy in your cells and the high blood sugar circulates in your blood vessels creating problems in other parts of your body. Insulin resistance and decreased insulin production are both working against your bodies normal functioning.

What is Prediabetes?

This is the beginning of insulin resistance and it can be a warning sign when blood sugar (glucose) levels are above normal. Changing your diet, activity level and stress level can help avoid further progression.

What are the common Symptoms of Prediabetes and Diabetes? How do we diagnose this?

Common symptoms to look for:

frequent thirst and increased urination,

fatigue, blurred vision, feeling unwell,

numbness and tingling in feet and hands.

Diabetes and Prediabetes are diagnosed with simple blood test analyses.

Practical Tips for Managing Diabetes

Healthy Eating

We explore simple and delicious meal plans tailored with diabetes friendly options and choices that make sense for you.

Exercise

We help you discover which types of exercise/activity are most beneficial for you personally, and how to get started....at any level.

Monitoring and Medications

We have practical tips for keeping track of blood sugar levels and understanding medications if needed, and how they work in your body.

NEXT STEPS-
BOOK A CALL:
**INFO@MY
DIABET-
EASE
COACH
.COM**

Your Mindset Makes it Possible

Overcoming Denial, Fear and Anxiety

Facing the Diagnosis

We help you find your best coping strategies for dealing with a new or not so new diagnosis. Reframing your thoughts to thriving with prediabetes or diabetes.

Real-Life Stories

Inspirational stories from people who have successfully managed their diabetes, will let you know that a positive personal future path is waiting for you.

Support Systems

The importance of a strong support network cannot be overstated. We help support you and invite you learn how to build a network for success that is right for you.

Your Resources

What specific challenges or questions do you have about diabetes or prediabetes management? This information could help tailor your journey with MyDiabetEaseCoach even further to meet your needs.



email: info@MyDiabetEaseCoach.com



your name:



email: