

BUTTERY BRANIGAN BOOKS

QUARTERLY NEWSLETTER

JANUARY 10, 2021

THE FIRST BOOK IN OUR SERIES, MIXING UP MAGIC, IS HERE!

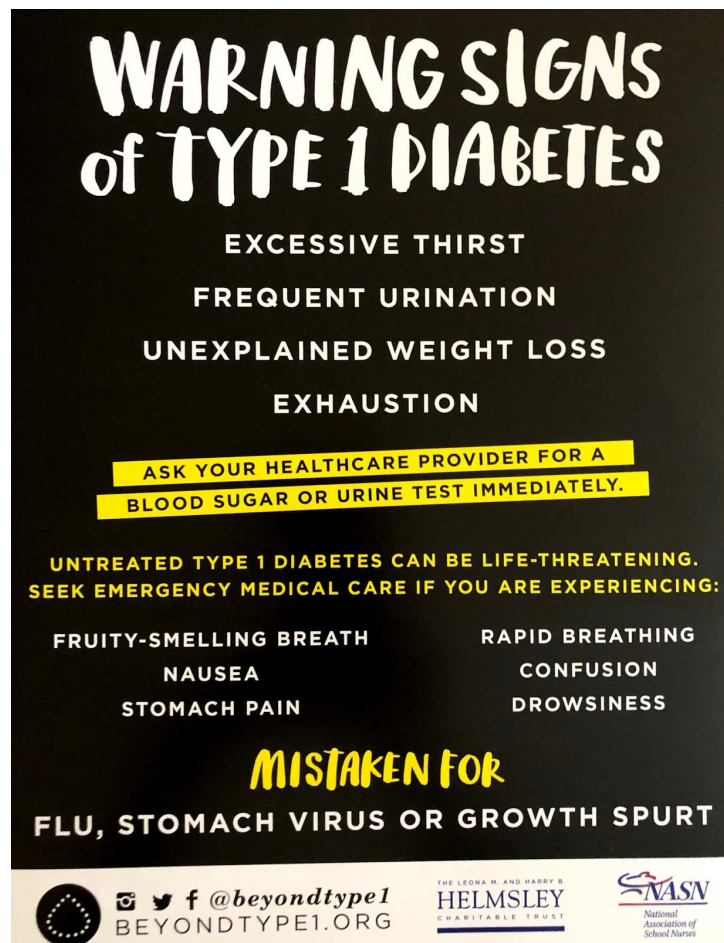


PLEASE FIND US ON [AMAZON](https://www.amazon.com/dp/B08YJZQZQZ) OR VISIT OUR
WEBSITE AT WWW.MIXINGUPMAGIC.COM FOR
MORE INFORMATION OR TO PURCHASE THE
EBOOK OR PRINT BOOK.

[ALSO AVAILABLE IN SPANISH](#)

PLEASE LEAVE A REVIEW ON [AMAZON](https://www.amazon.com/dp/B08YJZQZQZ) OR
[GOODREADS](https://www.goodreads.com/book/show/54411117-Mixing-Up-Magic) TO HELP MORE PEOPLE FIND

MIXING UP MAGIC!



[LINK TO BEYOND TYPE 1](#)


When Lainey was diagnosed with type 1 diabetes, I thought she had a stomach bug. Looking back, I think I may have thought differently if I had known the symptoms of type 1. She fit every single one. I didn't know she was using the bathroom as much as she was (she was ten at the time of diagnosis) and I had been encouraging her to drink more water (I am a believer in getting your daily water requirements) so I wasn't aware of her extreme thirst.

By the time I took her to the doctor, she had all of the symptoms shown above. I was worried and scared. When the emergency room doctor said, “Your daughter has type 1 diabetes,” I didn’t know what that meant or what we were up against. I am thankful to Helen Devos Children’s Hospital for their expertise in dealing with DKA (diabetic ketoacidosis). Lainey’s little body was in a lot of trouble. Her sugars were so high that her blood was turning acidic. DKA is life-threatening if it is not taken care of.

After a night in the ICU, the skilled staff slowly brought Lainey’s sugar levels back within a normal range. That is when our education began. When they sent us home later that evening, I was glad to be out of the hospital but also felt like I was about to take a test I had not studied for. That first night was rough, with lots of tears (from me) and several calls to the diabetic emergency line at the hospital. I made a bed next to mine for Lainey. I felt like I had gone back in time to her newborn days when I would check to make sure she was breathing. After a week I put her back in her room but we checked her sugar at 2 a.m. with a finger poke for six months. I did not get a lot of sleep.

We eventually got the Libre CGM (continuous glucose monitor) and then a Dexcom CGM. The Dexcom was a life changer because now I could look at my phone to see her sugar number and my phone would send an alarm if she was too high or too low. A month or so after that we were able to get the T-slim Tandem pump. This technology is incredible and now I don’t know what we would do without it.

I think the thing that has helped us the most is time. We needed time to get used to this new way of thinking and life. I like to say type 1 is not easy, but it



is manageable. Every time Lainey eats we do some math and think about how the food she eats will affect her sugar. Every time she plays with her friends on the trampoline, swims, dances, is nervous, anxious, happy, sad, has a growth spurt, and so much more, we think about type 1. It is a learning process and we are definitely still learning.

I write all of this so that you are aware of the symptoms of type 1. I wish I would have known what to look for sooner. It would not have prevented her from having type 1, but it may have prevented her from going into DKA, which was a scary situation for all of us.

Lainey is a brave, smart, happy, funny, beautiful girl and I know she can lead an incredible life even with type 1. She is a type 1 warrior and nothing will stop her.



What's better than warm chocolate cookies on a chilly winter day? I have been making these cookies for years and everyone seems to love them. I don't have many cravings but when I do these cookies definitely make the list, and then it's time to whip up a batch! Please get the recipe here:

[Beth's Famous Chocolate Chip Cookies](#)

YOU CAN FIND MAGIC WHEREVER YOU LOOK.
SIT BACK AND RELAX, ALL YOU NEED IS A BOOK.
~DR. SEUSS

[LINK TO OUR WEBSITE: PLEASE VISIT OUR BLOG POST AND FREE PRINTABLES PAGE](#)

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THANK YOU FOR YOUR SUPPORT!

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