Passing Through



Recovery from Diabetes and Food Addiction by Carl Eugene Moore

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## Passing Through Recovery from Diabetes and Food Addiction

By Carl Eugene Moore

D C F X Publishing. Paperback. Book Condition: New. Paperback. 176 pages. Dimensions: 9.0in. x 6.0in. x 0.4in.l was approaching my 37th birthday, and slowly killing myself. I weighed almost 400lbs and was a Bad Diabetic, as my elderly mother declares, as if there were any other kind. When I was diagnosed in 1988, Diabetes education was all but absent from medicine and Diabetes was not the national epidemic it is today. I did little to address the disease and eventually was taking more than the maximum doses of oral anti-diabetic medication and insulin injections, and my blood sugar levels were still abysmal. I was suffering from the effects of uncontrolled Diabetes. After a revelation in 2003, I changed my lifestyle. Through common sense weight loss and the pursuit of fitness, I not only beat the disease, I changed my life in unexpected ways. After walking off more than 125 pounds, I was able to discontinue all the medications. My blood sugar levels became perfectly normal, better than normal. The success I achieved is typical of the majority of overweight Type 2 Diabetics who make similar changes in their lives. Education has become a passion for me, and I want ...



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