



The Quick Start Guide To Pre-Diabetes

Gretchen Scalpi

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Have You Or Someone You Love Been Diagnosed With Pre-Diabetes?

If You Answered Yes Then You Need This Book!

The most recent data from the National Diabetes Fact Sheet (2011) indicates there are an estimated 25.8 million children and adults in the United States who have some form of diabetes and 79 million American have pre-diabetes. The estimated numbers are growing annually; in large part because diabetes or pre-diabetes is linked to America's other serious health problem: obesity.

Roughly two out of every three American adults are within a weight range that can be classified as overweight or obese. Data from the Centers for Disease Control and Prevention indicate that 35.7 percent of adults in the United States were obese in 2009. Given the current trend it is expected that the number of people who will develop diabetes or pre-diabetes is going to continue to grow.

My goal with this e-book is to give you some straightforward information to help answer some of your questions so you don't have to spend hours researching on your own. Here are three key points I hope you take-away from reading this e-book:

*You do not have to change everything about the way you eat or live: eating and lifestyle changes are best made in small steps.. one at a time.

*You have many more options of foods you can eat, even though you may have heard otherwise.

*Learning more about your diabetes or pre-diabetes, one step at a time will enable you to start taking charge of your own health and bring about a positive outcome.

If you need a quick guide to easy lifestyle changes to turn your pre-diabetes around then this book is for you!

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