



Diabetes: Are You at Risk? (1 in 3 Adults Are)

Lisa Morrone

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One in three Americans over 21 has diabetes or pre-diabetes. Even more dangerous, *many of them don't know they do.*

But there's hope. According to successful writer and health professional Lisa Morrone, making changes to halt the progress of a diabetic condition--even reverse some of the deterioration--is far simpler than dealing with the physical, relational, and financial consequences of untreated disease, such as nerve, liver, and cardiovascular damage. Lisa leads readers through a straightforward process of education and motivation:

- a summary of diabetes dangers, which includes a self-quiz to assess their condition
- a survey of the body's sugar-processing mechanism, emphasizing the mechanism of diabetes
- step-by-step lifestyle changes that can preserve or restore their health

Good health comes when good information is incorporated into life. This action-oriented resource gives readers help to change and hope for a healthy, productive life that will benefit themselves and others.

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