



Easy Diabetes Journal: Sturdy Plywood

Gary ` Smith

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Tight control of blood glucose (sugar) levels is essential for those with Type 1 or Type 2 diabetes in order to stay healthy.

The **Easy Diabetes Journal** will help you track all vital information about your diabetes and spotlight developing trends or problems, including tracking blood pressure and other vital measures.

The **Easy Diabetes Journal** helps you to easily track and record:

- Covers more than 52 weeks of readings (includes bonus weeks), up to four times per day.
- Record oral medications (pills).
- Record insulin injections or pump dosages for two types of insulin: slow-acting and fast-acting.
- Record blood glucose levels four times each day (as prescribed by your doctor): fasting, lunch, dinner and bedtime.
- Record blood pressure along with blood sugar.
- Keep detailed diabetes information in one place, such as insulin names, doses, glucose level and carbs targets, physician and pharmacy information.
- Start whenever you like and fill in your own dates.
- Flexible: track as much or little information as your doctor recommends.
- Make notes about meals and snacks, carb counting, exercise, and events that will affect your readings, such as schedule and dietary changes.
- Designed by a diabetic graphic designer who has been tracking daily for more than 30 years.
- Convenient 6 x 9" size provides enough space to actually write what you need, yet small enough to pack easily.
- 89 pages just for recording readings --no dreary text, just what's needed for everyday compliance.
- Beautiful cover -- doesn't look like a typical diabetes log.

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Bethany Christiansen:

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Martha Silva:

Spent a free time and energy to be fun activity to perform! A lot of people spent their down time with their family, or all their friends. Usually they doing activity like watching television, gonna beach, or picnic within the park. They actually doing same every week. Do you feel it? Will you something different to fill your own personal free time/ holiday? Could possibly be reading a book can be option to fill your free of charge time/ holiday. The first thing that you'll ask may be what kinds of e-book that you should read. If you want to attempt look for book, may be the publication untitled Easy Diabetes Journal: Sturdy Plywood can be fine book to read. May be it is usually best activity to you.

Christina Lazarus:

Reading can called mind hangout, why? Because while you are reading a book particularly book entitled Easy Diabetes Journal: Sturdy Plywood your head will drift away trough every dimension, wandering in each aspect that maybe unidentified for but surely can become your mind friends. Imaging every single word written in a reserve then become one application form conclusion and explanation that maybe you never get just before. The Easy Diabetes Journal: Sturdy Plywood giving you yet another experience more than blown away your brain but also giving you useful info for your better life in this era. So now let us teach you the relaxing pattern here is your body and mind will be pleased when you are finished reading it, like winning an activity. Do you want to try this extraordinary investing spare time activity?

Robert Bryant:

Many people spending their time period by playing outside along with friends, fun activity along with family or just watching TV the whole day. You can have new activity to shell out your whole day by reading through a book. Ugh, ya think reading a book can definitely hard because you have to accept the book everywhere? It okay you can have the e-book, getting everywhere you want in your Cell phone. Like Easy Diabetes Journal: Sturdy Plywood which is obtaining the e-book version. So , try out this book? Let's view.

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