



# Alternative and Complementary Diabetes Care: How to Combine Natural and Traditional Therapies

*Diana W. Guthrie*

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## **Alternative and Complementary Diabetes Care: How to Combine Natural and Traditional Therapies**

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A guide to help you control diabetes with innovative combinations of alternative and traditional healing regimens. If you or a loved one are one of the millions of people diagnosed with Type 1 or 2 diabetes, you may have wondered how your medication interacts with a particular herb or vitamin . . . or what happens to your blood glucose levels when you perspire profusely in a Jacuzzi ...or if too little fat in your diet is as bad for your health as too much fat. The latest medical research provides illuminating answers to these and many other pertinent questions about the best way to treat diabetes. But with more options available than ever before, how can you know which ones will work best for you? Now Diana Guthrie paves the way to responsible decision-making by integrating conventional medicine and holistic healing to promote health and alleviate many of the symptoms associated with diabetes. As Guthrie explains, improving your physical, emotional, intellectual, and spiritual responses to stress can significantly enhance your immune system. By coupling your tried-and-true treatment with the basic components of an alternative approach—positive thinking, assertiveness, relaxation, exercise, nutrition, and touch—you can improve your health and control your blood glucose levels. In *Alternative and Complementary Diabetes Care*, you will find many inspiring strategies for a comprehensive self-care program, including: Stress management techniques, Exercise programs, Nutrition therapy, Self-care methods such as therapeutic massage and touch. By mapping out the elements of a full, balanced health program, *Alternative and Complementary Diabetes Care* promotes a responsible, holistic approach to diabetes without suggesting that traditional management practices be replaced. With this informative guide, learn how to help your health professional to help you.

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