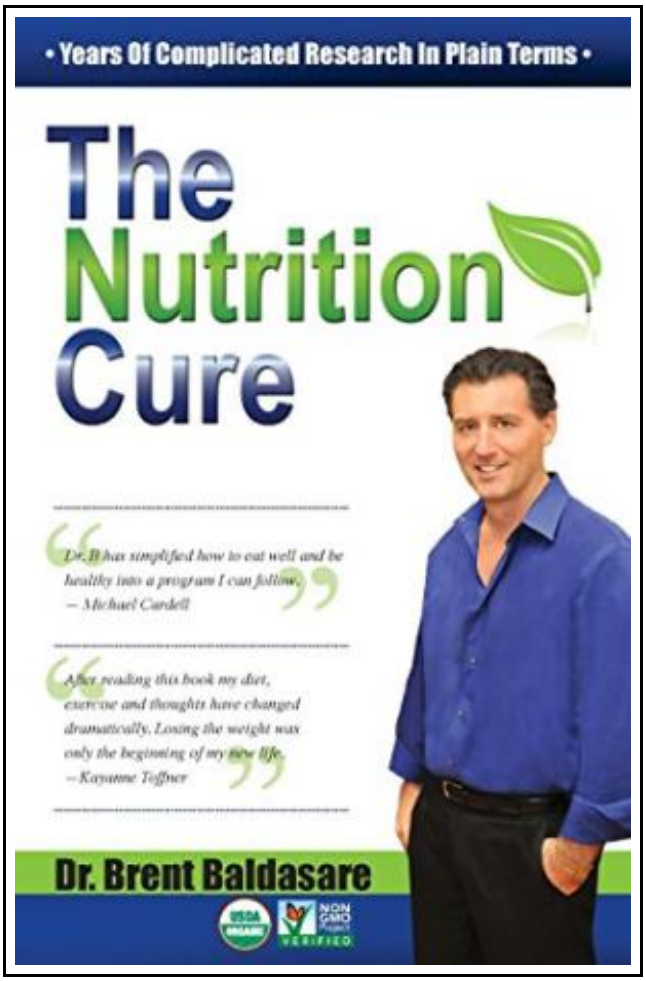
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Createspace, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.How This Book Will Help You Those who think they have no time for healthy eating, will sooner or later have to find time for illness. - Edward Stanley If you re like most people, you re very busy with work, family, and friends. You know how important it is to be healthy in order to be able to live your life well and be there for your loved ones with energy and without pain or other physical limitations. Most people recognize that what and how they eat can affect how they feel, but may be unaware of how important making the effort to eat healthy is to their long-term well-being. Perhaps you ve experienced a sugar rush after eating a donut in the morning, only to feel starving a half hour later when the donut wears off. That s your body reacting to what you eat and sending you a message. If you continue to eat donuts every day, your body will send you more messages, such as weight gain, in addition to those mood and energy swings during the day. If you listen to these messages and change the donuts for something healthier and less sugary, over time you ll also get a response from your body: lower numbers on the scale and fewer energy swings. However, if you don t listen to your body and keep eating those donuts (along with practicing other unhealthy behaviors), you could become one of the millions of people who gradually develop diabetes or another chronic illness. Diabetes, a potentially life-threatening disease, doesn t happen overnight. It develops over a period of years, and is usually attributable to diet and...

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