

# Best Daily Diabetic Log

(Overeaters Anonymous Record Keeping 20\_\_)



1. Daily Notes and Appointments
2. Glucose/Blood Pressure Test
3. Food Consumed/Helpful Tips
4. Eat Organic On A Budget
5. Compulsive Overeaters
6. Diabetic MYTHS
7. Master your Diet

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## Best Daily Diabetic Log: Overeaters Anonymous Record Keeping

By Therlee Gipson

Createspace, United States, 2011. Paperback. Book Condition: New. 278 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Introduction Obesity is going to destroy the United States. This all could be prevented if we would turn the clock back to eating only free range meat and more fruit and vegetables with a minimum of artificial stimulants and antibiotics to hasten their growth. We must alter our lifestyles or be doomed to our own self centered greed and unhealthy consumption. Obesity epidemic in the United States. As this epidemic grows ever more acute, we react with horror when we discover whom it has reached next and how badly it is affecting them. The latest casualty in obesity's long march to the slack shores of complete debility are teenagers. And you'll be surprised to learn that the fairer sex suffer worse effects. A study found that obesity heightens blood pressure more in teen girls than teen boys, putting teen girls at higher risk for heart disease and stroke, reports an October 16, 2011 article at The State Column. Some 1,700 teens participated in the study. They had their blood pressure and body mass index (BMI)...



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### Reviews

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