

Diabetes Website for Self-Care Launched

By Randeg Enterprises

Dated: Jan 05, 2008

The mission is to help improve the quality of diabetes care, increase the understanding of the disease, and motivate people to request for help, change life style and engage in self-care.

Dr. and Mrs. Roger Guzman have launched their website <http://www.free-symptoms-of-diabetes-alert.com>. The idea came on the heel of a diabetes diagnosis in the family that spurred them into doing an exhaustive research on this condition.

They want to share their findings with those who will need them especially so even just a modest change in one's lifestyle can help stop diabetes on its track. Both the diabetic and those at risk will benefit from this website. Those with diabetes will be able to stabilize their blood sugar levels while those who have prediabetes can reduce their risk of developing the condition.

There are step-by-step instructions that are proven to help make lifestyle changes that are sustainable to beat diabetes even without drugs. Healthy behaviors to stop diabetes are identified with the blood glucose target reached without having to give up the favorite and delicious foods.

The latest medical news to win the battle with diabetes will be reported in an easy-to-understand language. It will be an every day report that will help put the diabetics on the alert for the best type of response so optimal health will be achieved.

The <http://www.free-symptoms-of-diabetes-alert.com> will address both new and old treatments with the experts showing how to beat diabetes with sound clinically proven strategies. In addition problem solving techniques to face the challenges will be outlined and keys on how to overcome them will be presented.

Category	Health, Medical, Lifestyle
Tags	Diabetes, prediabetes, medical news, treatment, blood glucose, beat diabetes, lifestyle changes, diabetics
Email	Click to email author
Website	http://www.free-symptoms-of-diabetes-alert.com
City/Town	Clearwater
State/Province	Florida
Country	United States