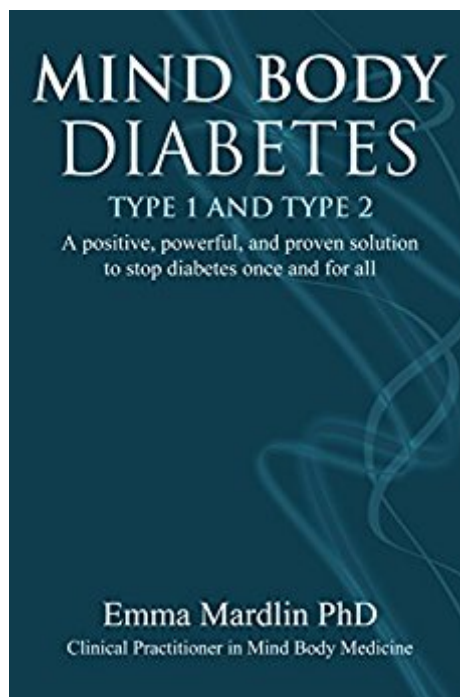


The book was found

Mind Body Diabetes Type 1 And Type 2: A Positive, Powerful, And Proven Solution To Stop Diabetes Once And For All



Synopsis

This practical resource book offers unique information and support to enable you to stop diabetes emotionally and physically. The author provides a profound new outlook promoting powerful and positive change on many levels, alongside clinical knowledge, scientific facts and case studies. The book offers practical advice from significantly improving the condition to how you can reverse it completely, applicable to all types of diabetes. Providing a refreshing and exciting way of thinking, this book offers the tools to change and conquer the common perception and often daunting baggage of diabetes. It demonstrates how you don't just have to manage this condition and the vast array of emotions that go with it but it shows you how to fully release them and live a life without limits, including what to do if things go astray. Unlocking the real secret to stopping diabetes is about much more than the physical. Creating true positive change is about breaking boundaries to explore further and scratch way beyond the surface to achieve new and exciting results. Amazing health and physical results will follow with a key emphasis on developing a completely different and inspiring mind-set, and positive core beliefs, thoughts and emotions. Written in an easy-to-follow step-by-step format, Mind Body Diabetes integrates humour with its down-to-earth personal experiences and research. This book encourages and inspires everyone affected by diabetes, including professionals.

Book Information

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Customer Reviews

Notts Literature - Comprehensive Review by Mr John Smith 9 September 2016. To see the other ten 5* reviews check

https://www.co.uk/Mind-Body-Diabetes-Type-Positive/dp/1844096874/ref=sr_1_1?s=books&ie=UTF8&qid=1483703577&sr=1-1&keywords=mind+body+diabetes"Writing from experience, having lived with T1 diabetes for over twenty years, Emma offers her own personMind Body Diabetes Type 1 and Type 2: A Positive, Powerful, and Proven Solution to Stop Diabetes Once and For All story, which includes achieving 5.8% HbA1C on minimal insulin. This history, combined with her expertise in mind body medicine, helps to make this book a wonderful companion for those wishing to emotionally and physically break free from diabetes. The information is based on science and many facts are offered in addition to the personal anecdotes and inspiring case studies. Whilst it's written in an accessible, friendly manner, much of the advice requires the reader to adopt a new mental approach, sourcing the root of negative emotions and releasing or replacing them. Underpinning this work is that every thought and emotion affects every cell in the body. As the mind and body are constantly communicating in a cause and effect cycle the book focuses on our physical and mental states"... (cont.)" The idea that our constantly replacing cells have intelligence and memory, and that these memories are not just held in the brain but our entire neural network, is an engrossing theory that's backed up. Diabetes, blood sugar levels and hormones are inextricably linked, so it is necessary to carefully balance hormones in as natural a way as possible. There are many strategies suggested by Emma that can help - she likens her managing of diabetes to managing a company - such as meditation and visualisation (there's one cool technique involving peripheral vision) and diet (Emma's The Acceleration Plan is a valuable addition). There's a real effort to put over the damaging impact of negativity. Avoiding negative thought and, when possible, negative people is only part of the battle though, the real goal is in citing the origin of trauma and safely releasing it, replacing it with positive thoughts and benefiting from the subsequent physiological reactions. In understanding a reason for something it seems easier to accept and treat it. A positive approach is taken through all the levels of support on offer." ... (Cont.)

This book is for sure one I'd recommend if 1 you have diabetes and 2 you are interested in how the mind works. I have type 1 diabetes and I am very interested in how our mind works so this book was a great read for me. the way Emma explains the way in which everything we manifest physically comes from something more deep and emotional makes so much sense when you read this book and has given me a whole different view on everything in life to a more positive one. It has made me realise that I can use my mind to control anything that happens to me and that really excites me all thanks to reading this book. Now a lot of people may not believe in mind and body work but case studies within the book prove successful and miraculous stories which we can all learn something from. The quote 'you can do anything you set your mind to' really does sum up this amazing book that I would recommend anyone to read whether you have diabetes or not :) well done to Emma on her amazing book!

Excellent read and packed with really useful resources and techniques, you learn so much you'd never know otherwise. Emotionally and physically the book covers so much that I get something more from it every time I go back to it. Definitely a different perspective and brilliant positive explanations, answers and ways forward with diabetes and health in general. It's also helped so much dealing with all other areas of my life too allowing me to see things very differently, experiencing really exciting results personally.

Brilliant read, really helped and 100% recommend

Ok, could have put a little more emphasis on the emotional side to diabetes

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