

## Diabetes, High Blood Pressure without any Fear

The Chopper: The Real Story, Rude Awakening: Perils, Pitfalls, and Hard Truths of the Spiritual Path, Alfred RUSH - MOVING PICTURES FOR DRUMS BOOK, The Politics of Inner Experience: Dynamics of a Green Spirituality, Chan Mi Gong: Chinese Meditation for Health, Mr. Prohack,

Diabetes and high blood pressure are lifetime diseases? 3. If not adequately controlled, diabetes and high b.p. seriously harm each and every system and organ . Having type 2 diabetes and high blood pressure also increases your chances of developing other diabetes-related diseases, such as kidney disease and retinopathy. The Relationship Between Type 2 Diabetes and High Blood Diabetes plus high blood pressure is a particularly strong combination of risk factors. In addition, some other complications of diabetes are more common if you have high blood .

Diabetes, High Blood Pressure without any Fear [D.R. Gala, Dhiren Gala, Dr. Sanjay Gala] on esgrimaperezghersi.com \*FREE\* shipping on qualifying offers. If you suffer from diabetes or high blood pressure, this book will be immensely useful to esgrimaperezghersi.com: D.R. Gala, Dhiren Gala, Dr. Sanjay Gala. High blood pressure, or hypertension, is a condition that's seen in people with type 2 diabetes. It's unknown why there's such a significant relationship between the two diseases. Diabetes, high blood pressure without any fear by Dr D.R. Gala and Dr. Sanjay Gala and Dr. Dhiren Gala. A comprehensive guide to management of these illnesses, which are becoming more and more common in our stressed-out world. With diabetes and high blood pressure, you want a small snack of 15 grams or one serving of a carbohydrate, plus one serving of a protein. This equates to approximately 2 whole grain crackers and a tablespoon of natural peanut, cashew or almond butter. Many of the things you do for your diabetes will also help with high blood pressure: Control your blood sugar. Stop smoking. Eat healthy. Exercise most days. Keep your weight in a healthy range.

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