



Managing diabetes and related health challenges

Arien van der, Dr Merwe

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Managing diabetes and related health challenges Arien van der, Dr Merwe

With more than 3,5 million South Africans having diabetes and more than 150 million worldwide with metabolic syndrome (which includes diabetes), often undiagnosed, this book comes at exactly the right time. Well-known South African medical doctor, author and expert on holistic integrative medicine, Dr Arien van der Merwe, explains precisely what diabetes is, its symptoms and the different types – 1, 2 and 3, what causes diabetes, from physiology to emotions, what pre-diabetes and insulin resistance are, the link between diabetes and metabolic syndrome, the connection between diabetes, heart disease, Alzheimer's and depression and which medications may be prescribed. This clear, sensible and user-friendly book provides practical solutions for managing diabetes by changing your lifestyle – from sleep to relaxation, doing enough of the right kind of exercise, including interval and resistance training, eating correctly and sensibly, applying Intermittent Fasting (IF), managing and reducing stress and addressing underlying emotional components. Dr Van der Merwe also explains the mind-body connection, and gives advice on food supplements and herbal remedies. The book brings a message of hope: Blood sugar levels, symptoms of metabolic syndrome and other diabetes-related health challenges can be managed, sometimes even reversed. It is possible to lead a normal, active and long life!

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