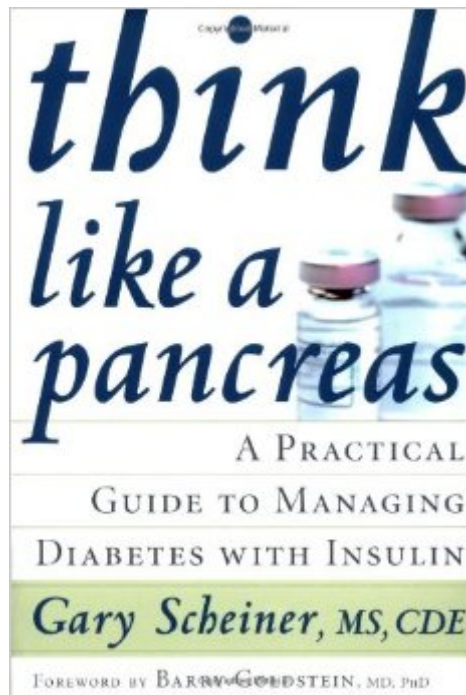


The book was found

# Think Like A Pancreas: A Practical Guide To Managing Diabetes With Insulin



## Synopsis

There are dozens of books about managing diabetes, but none focuses specifically on using insulin. Now, in *Think Like a Pancreas*, certified diabetes educator and type 1 insulin user Gary Scheiner gives readers everything they need to know to "think like a pancreas," i.e., to successfully master the art of matching insulin to the body's ever-changing needs. A comprehensive, supremely practical guide free of medical mumbo jumbo, *Think Like a Pancreas* discusses day-to-day blood glucose control and monitoring; measuring and matching insulin to carbohydrate intake; the pluses and minuses of different insulin-delivery methods; hypoglycemia; exercise; the impact of emotions, stress, and illness; and the dozens of other issues that everyone taking insulin needs to master. A book that is long overdue, this first-ever, indispensable, all-in-one resource will enlighten and inspire the four million people whose lives and well-being depend on daily insulin intake.

## Book Information

Series: Marlowe Diabetes Library

Paperback: 256 pages

Publisher: Da Capo Press; 1 edition (June 7, 2004)

Language: English

ISBN-10: 1569244367

ISBN-13: 978-1569244364

Product Dimensions: 9.1 x 6 x 0.7 inches

Shipping Weight: 12.6 ounces

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (52 customer reviews)

Best Sellers Rank: #408,474 in Books (See Top 100 in Books) #44 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association](#) #4613 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments](#)

## Customer Reviews

I am the editor of Diabetic Mommy Online Magazine. I have lots of diabetes books in my personal library and there are a select few that I am always recommending to members on my site. This one is now at the top of my list of essential diabetes books for insulin users, both syringe and pump users. I found this book at my local library. I thought it had a catchy title and took it home. Cute title aside, this book took me by total surprise. It is now on my wish-list because it will make a tremendous difference in my self-management plus I want to mark this baby up with notes. If you have diabetes, you might be like me...you read in books and hear organizations stressing

self-management however your own healthcare team won't give you enough information to make corrections on your own so you are still dependent on them for every single little adjustment. Busy schedules for all parties mean that a simple correction can be a hassle and a long wait. This book is not intended to be a replacement for your healthcare team, don't get me wrong, but it provides you with enough information so that you will not be totally helpless and you will have more knowledge to work WITH your team rather than just be the recipient of instructions. This book covers many topics: Why diabetics need to be in control of their glucose levels, history of diabetes, insulin basics, tips, various methods of insulin dosing, having diabetes in the "real" world, hypo/hyperglycemia, resources, forms, and easy formulas for personalizing your insulin doses and timing, etc. It is the most detailed and clear book on the subject I have seen yet. Something else this book has going for it is great clear writing and the unavoidable good-humor of the author. He really made me chuckle.

[Download to continue reading...](#)

Think Like a Pancreas: A Practical Guide to Managing Diabetes with Insulin--Completely Revised and Updated Think Like a Pancreas: A Practical Guide to Managing Diabetes with Insulin Diabetes: How To Reverse Diabetes (Diabetes Diet, Diabetes Cure, Insulin, Type 1 Diabetes, Type 2 Diabetes, Diabetes free, Reversing Diabetes) Diabetes: Diabetes Black Book: Reverse Diabetes Forever With 25 Superfoods (Reverse Diabetes, Diabetes Diet, Diabetes Cure, Insulin, Diabetes recipes) Diabetes: Reverse Diabetes: How to reverse diabetes and manage type 2 diabetes, type 1 diabetes and gestational diabetes (Diabetes, Type 2 diabetes, Type ... sugar, diabetic recipes, what is diabetes) ACT LIKE A LADY, THINK LIKE A MAN:By Steve Harvey:Act Like a Lady, Think Like a Man: What Men Really Think About Love, Relationships, Intimacy, and Commitment [Hardcover] 1st Edition Diabetes: Reverse Diabetes In 4 Weeks With Proven Step By Step Methods And Superior Strategies (+ Bonus Cheatsheet) (Diabetes Diet, Diabetes Type 2, Diabetes Cookbook, Insulin, Diabetes Solution) Diabetes: Reverse Diabetes With Proven Step By Step Methods And Superior Strategies (Diabetes Diet, Diabetes Cure, Insulin, Type 1 Diabetes, Type 2 Diabetes) Diabetes: The Most Effective Diabetic Superfoods To Reverse And Prevent Diabetes (Diabetes Diet, Diabetes Cure, Insulin, Type 2 Diabetes, Reverse Diabetes) Diabetes Diet:: Lower Your Blood Sugar Naturally (Diabetes Diet, Diabetes for Dummies, Diabetes Cookbooks Free, Diabetes Type 2, Diabetes Destroyer, Diabetes Solution, Diabetes Cure) TYPE 2 DIABETES DESTROYER: The Secret to REVERSE Type 2 Diabetes, 3 Proven Steps to Reverse Type-2 Diabetes in 11 Days (Diabetes type 2, Diabetes, diabetes ... DIABETES,diabetic cookbook,type 2 diabetes) Diabetes Diet: The Ultimate Diabetic Diet Plan, How To Lose Weight, Prevent And Cure Type 2 Diabetes (Diabetes, Diabetes Diet, Diabetes Diet Plan,Diabetes ... Diabetes,Type 2 Diabetes Diet Book Book

1) Diabetes Diet: Diabetes Diet is 904 pages of 1200-1800 calorie diabetic diet meal plans! (diabetic diet meal plan, diabetes meal planner, diabetes diet ... insulin, diabetic cookbook, diabetes cure)  
Diabetes: Diabetes, Causes, Symptoms & Effects and How To Manage It For A Healthy, Successful Life: Diabetes, Diabetes Diet, Diabetes Type 2, Insulin Diabetes: Diabetes Diet: 3 Steps to Cure Diabetes The Ultimate Guide with the Top Foods to Restoring Blood Sugar (diabetes,type 2 diabetes,diabetes symptoms,type ... diet,glucose,type 2 diabetes symptoms) Diabetes Diet - Ultimate Step-by-Step Guide to Reversing Diabetes With Your Diet: Diabetes, Diabetes Diet, Diabetes Cure, Reverse Diabetes, Type 2 Diabetes, Vegan, Vegetarian Diabetes: The Most Effective Ways and Step by Step Guide to Reverse Diabetes: (Diabetes, Diabetes Diet, Lower Blood Sugar, Diabetes free, Diabetes Cure, Reversing Diabetes) The Type 2 Diabetes Cure - How to Reverse Diabetes Naturally and Enjoy Healthy Living for Life (Reverse Diabetes, Diabetes, Type 2 Diabetes, Diabetes Diet, ... Solution, Type 2 Diabetes Cookbook, Book 1) Insulin Resistance Diet: Top 50 Insulin Resistance Meals-Loss Fat By Increasing Insulin Sensitivity Blood Sugar Solution and Cure Diabetes - How to reverse diabetes, lose weight quickly and Lower Blood Sugar. Type 2 Diabetes diet, Insulin Resistance diet and Diabetes Cure for Healthy Living

[Dmca](#)