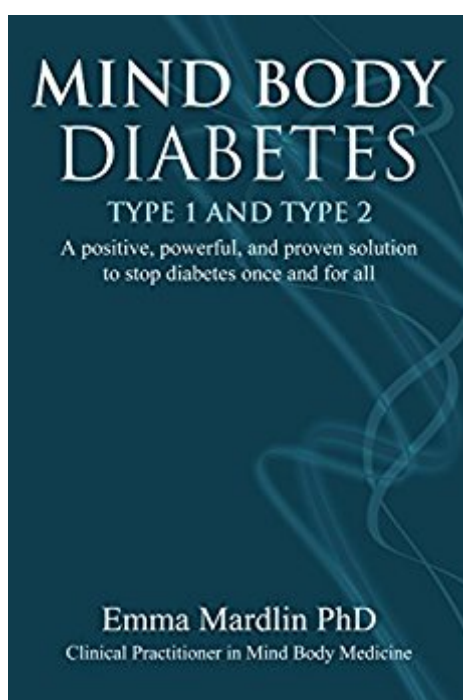


The book was found

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 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

File Size: 2978 KB

Print Length: 277 pages

Publisher: Findhorn Press (March 25, 2016)

Publication Date: March 25, 2016

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B01DGNRKVE

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #796,589 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #113

in Kindle Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > Type 2

#266 in [Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Alternative Medicine > Holistic](#) #510 in [Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes](#)

Customer Reviews

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

https://www.amazon.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 personal 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

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

Type 2 Diabetes: The Type 2 Diabetes Guide With Powerful Type 2 Diabetes Tips (Free Checklist Included) [Type 2 Diabetes, Type 2 Diabetes Cure, Type 2 Diabetes Diet, Diabetes Diet, Diabetes Magazine] 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) Mind Body Diabetes Type 1 and Type 2: A Positive, Powerful, and Proven Solution to Stop Diabetes Once and For All Positive Thinking: 50 Positive Habits to Transform your Life: Positive Thinking, Positive Thinking Techniques, Positive Energy, Positive Thinking, Positive ... Positive Thinking Techniques Book 1) Reverse Diabetes: Stop Diabetes Without Drugs (Type 1 and 2 Diabetes, Symptoms, Diabetes Cure, Diabetes Solution, Diabetes Cookbook, Diabetes Diet, Diabetes Nutrition) Diabetes Diet:: Lower Your Blood Sugar

Naturally (Diabetes Diet, Diabetes for Dummies, Diabetes Cookbooks Free, Diabetes Type 2, Diabetes Destroyer, Diabetes Solution, Diabetes Cure) 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) BLOOD TYPE DIET : Eat recipes according to blood type(blood diet,blood type diet o,blood type diet b,blood type cookbook,blood type a diet,blood type a cookbook,blood type ab,blood type book) Diabetes: Fight It with the Blood Type Diet: The Individualized Plan for Preventing and Treating Diabetes (Type I, Type II) and Pre-Diabetes (Dr. ... Eat Right 4 Your Type Health Library) The Power of Positive Energy: Powerful Thinking, Powerful Life: 9 Powerful Ways for Self-Improvement,Increasing Self-Esteem,& Gaining Positive Energy,Motivation,Forgiveness,Happiness ... Happiness, Change Your Life Book 1) Diabetes: The Most Effective Diabetic Superfoods To Reverse And Prevent Diabetes (Diabetes Diet, Diabetes Cure, Insulin, Type 2 Diabetes, Reverse Diabetes) Diabetes Diet Cookbook: Delicious Low Carb Recipes For Diabetics (Diabetes Miracle Cure, Lower Blood Sugar, Diabetes Desserts) (Diabetes Cookbook, Diabetes ... Type 2 Diabetes, Lower Blood Sugar) DIABETES Killer Formula: The Miraculous Guide Will Fully Reverse Your Diabetes and In A Natural Way. (Diabetes Diet, Diabetes Recipes, Diabetes Cure, Reversing ... 2 Diabetes, Diabetes Destroyer,) Diabetes: Diabetes Black Book: Reverse Diabetes Forever With 25 Superfoods (Reverse Diabetes, Diabetes Diet, Diabetes Cure, Insulin, Diabetes recipes) Diabetes: 60+ Powerful Diabetic Superfoods to Reverse Diabetes, Regulate Insulin, Control Blood Sugar, and Lower Blood Pressure (Diabetes Diet, Diabetic, ... Type 2 Diabetes, Insulin Resistance Book 1) Diabetes: Reverse type 2 diabetes, lower your blood sugar, and live a healthier life in 12 simple steps (Diabetes, Type 2 Diabetes, Blood Sugar, Sugar, Insulin, Fat, Diet, Unhealthy Diet, Book 5) Cure diabetes : Diabetic No More: Normalize Blood Sugar, Reverse Diabetes, and Say Goodbye to Drugs and Testing Forever (Symptoms Of Diabetes, Type 2 Diabetes, Reversing Diabetes, Diabetic Health) Diabetes: Reverse Diabetes Naturally & Safely: The Simple & Effective Changes You Can Make In Order To Reduce Blood Sugar Levels & Cure Diabetes ... End Diabetes, Type 1 Diabetes, Insulin) Diabetes: 2017 The Secrets About Diabetes that You Never Knew (Diabetes Diet,Reverse Type 2, Diabetes Insulin Resistance, Diabetes Cure, Lower Blood Sugar to Normal) Reverse Diabetes: The Natural Way - How To Be Diabetes-Free In 21 Days: 7-Step Success System (Symptoms Of Diabetes, Type 2 Diabetes, Reversing Diabetes, Diabetic Health)

[Contact Us](#)

DMCA

[Privacy](#)

[FAQ & Help](#)