



Controlling Fluctuations of Diabetes Blood Glucose, Healing and Preventing Nerve Damage with Baby's Milk

Leonida Lidman

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This book is based on the author's personal experience with Type II Diabetes and its effects on her body. After strictly adhering to the recommended regimen of daily blood draws, medication and extreme dietary adjustments over the course of many years, Leonida Lidman still found herself in great physical and emotional pain.

It was only with the discovery of baby's milk and the solution to the sudden fluctuations of blood glucose that she was able to regain much of the physical energy she enjoyed before diabetes afflicted and tortured her body.

Intermingling personal observations of her ailments with medical information copied verbatim from books and leaflets given to her at medical appointments, the author gives a thorough overview of the definitions, side effects and treatment options involved in dealing with diabetes. The author hopes readers will come away with a firm understanding of the disasters that diabetes can wreck on the human body, why these side effects occur, and with solutions to potentially live pain-free lives.

About the Author:

Mrs. Leonida Lidman received an M.A. in Education from the University of The Philippines and an M.S. in Human Resources Management from the New School for Social Research, New School University, Fifth Avenue, New York City, in 1987.

She also graduated in 2009 with an advanced writing course from The Long Ridge Writers' Group School, Long Ridge, West Redding, Connecticut.

Her work experiences include being a college instructor in the Philippines; Training Supervisor for Comprehensive Community Health Programs at the University of The Philippines, Bay, Los Baños, Laguna. She also served as Commissioner of the Newark Senior Citizens Commission and Program Coordinator for the Office on Aging, Newark Housing Authority, in Newark New Jersey from 1987 to 1989. She was a City Council President's awardee for distinguished community service on behalf of the city's elderly. She has also written various articles and is a published author.

She is also a recipient of U.S. Patent #4,680,179, a fruit-flavored coconut water-based liqueur with no added sugar and no preservatives.

She has also done volunteer work with the Executive Planning Committee of The United Way, Essex County, New Jersey and coordinated the recruitment of retired senior volunteers (RSVP Program) for the New Jersey Department of Community Affairs, Essex County, New Jersey and others.

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