



Life After Gestational Diabetes: 14 Ways To Reverse Your Risk Of Type 2 Diabetes (Baby Steps For Gestational Diabetes) (Volume 5)

Mrs. Mathea Ford

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Now that you are a mom, you have a lot to take care of. Don't stop taking care of yourself after you deliver the baby - you need to take some steps to reverse your risk of developing type 2 diabetes in the next few years. As a person who had gestational diabetes, you have a higher risk of progressing to type 2 diabetes, and this information will help you improve your health and keep your blood sugars under control. Take the steps now to make sure you are healthy as your baby grows. Mathea Ford is a registered dietitian who has been counseling patients for over 15 years. Not to mention, she was a gestational diabetic during her pregnancy. Lots of women have read her books and learned about how to manage their gestational diabetes, and now you can learn how to stay healthy using well researched information. Check out our website at www.gestationaldiabetesdietmealplan.com for more information!

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