

# DIABETES

## SELF-MANAGEMENT®

NOVEMBER/DECEMBER 2010

\$4.00

### TYPE 2 DIABETES IN THE FAMILY

- NEW TOOLS  
2010
- INTUITIVE  
EATING

Diabetes self-management  
SERIALS



0032  
bib:13399108173

SelfManagement.com

อภิรักษ์นันทนาการ  
บริษัท เมอร์ดิวรี ดาต้า จำกัด  
59/70 หมู่ 6 ซ.ชินเขต ก.จามวงศ์วาน  
แขวงทุ่งสองห้อง หลักสี่ กทม 10210



# DIABETES SELF-MANAGEMENT

A CONSUMER PUBLICATION OF THE DIABETES NETWORK™

**NOVEMBER/DECEMBER 2010**



## FRUGAL COOKING

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Holiday Foods on a Budget

*by Kathleen Stanley, RD, LD, MSED,  
BC-ADM, CDE*

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*by Ingrid Strauch*



## NEW TOOLS 2010

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*by Alwa Cooper*



## INTUITIVE EATING

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Enjoy Your Food, Respect Your Body

*by Linda Bacon, PhD, and Judith Matz, LCSW*



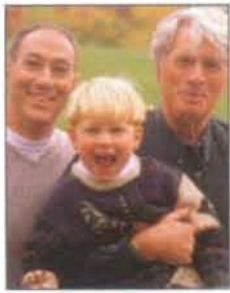
## COPING WITH PAINFUL NEUROPATHY

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*by Wendy J. Meyeroff*



## DEPARTMENTS



### DIABETES BASICS

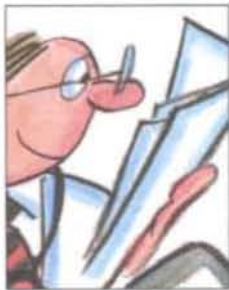
Type 2 Diabetes: A Family Affair  
by *Laura Hieronymus, MEd, RN, BC-ADM, CDE, and Tommy Bertram, RPh*

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