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Stress & Sleep. DIET: Diet comes first,  
No doubt diet is important If someone  
asks me to tell in one line what is the best



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suggests that type 2 diabetes is mainly put into remission by weight loss. Remission is more likely if you lose weight as soon as possible after your diabetes diagnosis. However, we do know of people who have put their diabetes into remission 25 years after diagnosis.

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PREGNANT Charlotte Dawson broke down in tears after struggling to inject herself after being diagnosed with diabetes. The TV personality, 28, was recently diagnosed with pregnancy related

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