



What s So Funny about Diabetes?: A Creative Approach to Coping with Your Disease (Paperback)

By Karyn Buxman

What s So Funny About? Publishing, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.What s so funny about diabetes? Maybe nothing. Then again, maybe everything. Especially if you understand the premise that so much of our humor comes from pain and discomfort-our own, or somebody else s. And let s face it; if you re a diabetic, you ve got more than your fair share of pain and discomfort. Currently one in 10 US adults has diabetes, but those numbers could go as high as 1 in 3 by the year 2050. A long-term solution can only come from getting people to change their lifestyles: better diets, exercise and coping mechanisms to deal with this serious illness. The good news: Humor and laughter have been shown scientifically to have positive benefits for diabetic patients. Laughter has been shown to lower blood glucose in diabetics, as well as decrease hormones that can be harmful. Humor is recognized as a healthy coping mechanism. And humor has also been proven to increase the retention of information. For these reasons, and more, author Karyn Buxman has written the first in a series of books for...



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