



Diabetes Self-Defense

Frank Harritt

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Developed *for* people with diabetes *by* people with diabetes, this one-of-a-kind reference manual and logbook is an all-in-one weapon for the person with diabetes, including weekly education and logbooks, checklists, medical records, and a glossary of important diabetes terms. *Diabetes Self-Defense* is an easy-to-follow and easy-to-use weapon in the War Against Diabetes. The book has been reviewed for medical accuracy by Jay Krakovitz, MD, a Boulder, Colorado-based physician who also has diabetes. As a fifth degree black belt in *Diabetes Self-Defense*, Mr. Harritt has used insulin for twenty-two years, yet, as a result of developing and using this simple, six-step program, has had no significant complications. You too can excel in the art of *Diabetes Self-Defense*, whether you've had diabetes for three months or three decades!

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