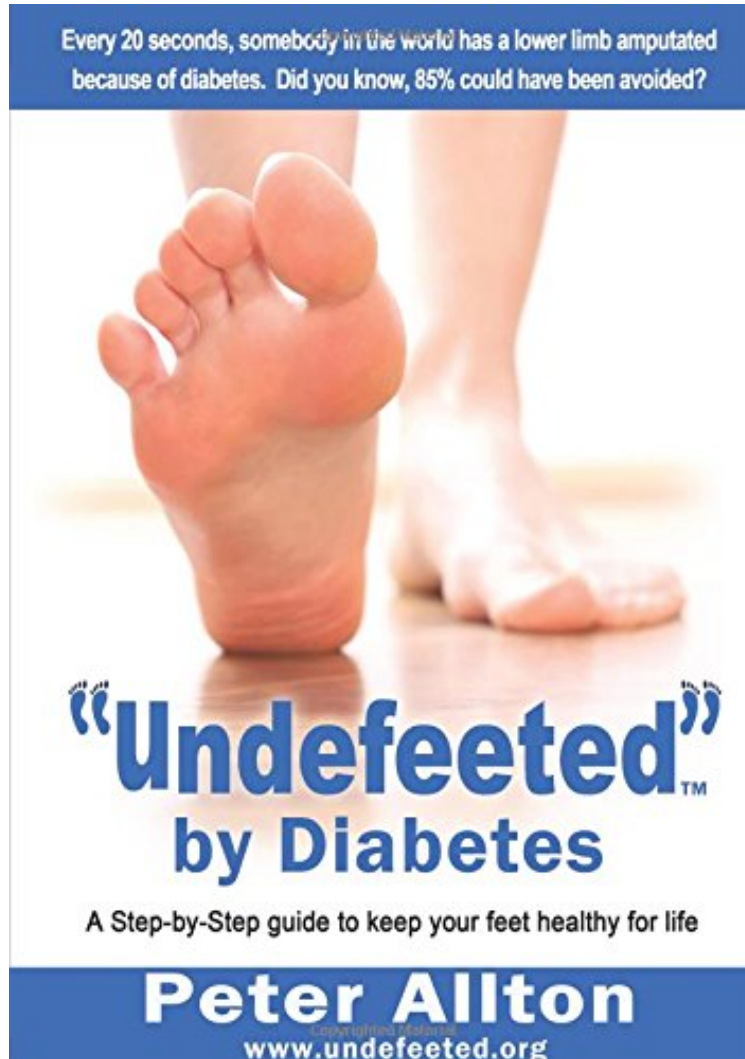


(Library ebook) "Undefeeted" by Diabetes

## "Undefeeted" by Diabetes

*Peter Allton*

*ePub / \*DOC / audiobook / ebooks / Download PDF*



 Download

 Read Online

#7466228 in Books Filament Publishing 2015-03-16Original language:EnglishPDF # 1 9.02 x .59 x 5.981, 1.31 #File Name: 1910125105282 pagesFilament Publishing | File size: 78.Mb

**Peter Allton : "Undefeeted" by Diabetes** before purchasing it in order to gage whether or not it would be worth my time, and all praised "Undefeeted" by Diabetes:

Warning: your feet may be killing you - literally. Too often, a person's walk with diabetes ends with an amputation of a lower limb. I find it shocking and alarming that in 2015, one person every 20 seconds is undergoing a lower limb amputation because of their diabetes. Equally shocking, and yet exciting to me, is the fact that up to 85% of these could have been avoided. That is why I founded 'Undefeeted' to have an impact on that statistic, one foot at a time. To

achieve that, I have to get personal with you on an individual basis and help you apply the principles of Undeefeted by helping you live in what I call the Diabetic sweet spot. Within the pages of this book, you'll find a step by step guide to living in the sweet spot. You will learn why it is important to know how diabetes can affect your feet, what your personal risk is, and how to act to minimise that risk. Don't let diabetes defeet you. Instead, take control and continue living an active life doing the things you enjoy with those you live. **STAY UNDEFEETED!** Peter Allton, as a Podiatrist with 26 years' experience, is perfectly positioned to write this book, having first-hand experience of the devastation that diabetes can cause to the feet. As someone living with type 2 diabetes himself, his passion to make a difference was further fanned into flame when his daughter aged 11 was diagnosed with type 1 diabetes. He is the clinical director of Circle Podiatry (the UK's only multi-award winning private Podiatry brand) and founder of 'Undeefeted', launched in October 2014 when he spoke on the same stage as Al Pacino and Sylvester Stallone.

About the Author Peter Allton is a Podiatrist with 27 years' experience and is perfectly positioned to write this book having first hand experience of the devastation that diabetes can cause to the feet. As someone living with type 2 diabetes himself, his passion to make a difference was further fanned into flame when his daughter aged 11 was diagnosed with type 1 diabetes. He is the clinical director of Circle Podiatry (the UK's only multi-award winning private Podiatry brand) and the founder of Undeefeted, launched in October 2014 when he spoke on the same stage as Al Pacino and Sylvester Stallone.