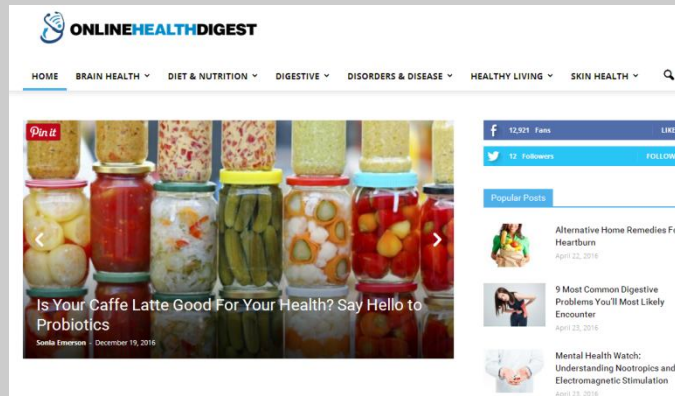


Home Page



Logo



URL

<https://onlinehealthdigest.com/>

Subjects

Medicine – Digests  
Health – Digests

Accessibility

Free

Language

English

Publisher

Online Health Digest

Brief History

Subject to research

Scope and Coverage

This tool provides human health related different information. It covers some major areas that are related to human health. The major areas like Brain health, Diet & Nutrition, Digestive, Disorders & Diseases, Healthy living, Skin health. Under all area information are provide newest trends and best advices to manage difficult situations.

Kind of Information

Each entry (article) available with its title, author name (posted by) and

publishing date. Description and photographs are also attached with each article. After each entry related topics and tags are available. An example is given below.

### **Type 2 Diabetes Diet: How To Keep It Healthy And Balanced**

By [Lianna Sayles](#) - January 9, 2017



Keeping a healthy and balanced diet is the key to successfully manage Type 2 Diabetes. Maintaining an ideal weight and normal blood sugar levels is a must. When you have Type 2 diabetes, your focus is on how to keep your blood sugar level in its normal range.

Persons with type 2 diabetes are often overweight, however eating healthy and staying active can help you meet and maintain your weight loss goal.

Manage your blood sugar by balancing and choosing the right combination of food in order to avoid the cause of diabetes symptoms like frequent thirst, urination, dizziness, headaches, and mood changes.

#### **Healthy, balanced diet for diabetics**

To follow a healthy diet you must be aware of the different types of food that will affect your blood sugar. You need carbohydrates to maintain your energy, but carbohydrates will also raise your blood sugar higher and faster than other kinds of foods.

Protein and fats do not have a direct impact on blood sugar levels, but both should be consumed in regulation. *(Not complete article)*

#### TAGS

diabetic diet  
diabetic diet guide]  
foods for type 2 diabetes  
Healthy diabetic foods  
onlinehealthdigest  
type 2 diabetes diet

#### ***Special Features***

- Popular and recent posts documents are present.
- Contact option available with proper form.
- Links to social networking sites like Facebook, Twitter, Google+ and so on.

**Arrangement Pattern**

The articles are arranged according to date wise by descending order. One can search their information according to their own choice. An example is given below through screen shot.

The screenshot displays a list of four health-related articles. Each article entry includes a title, the author's name, the date, and a short introductory paragraph. The articles are arranged in descending order of date.

- Top 9 Foods Proven To Increase Brainpower**  
Jeremy Otten - December 16, 2016  
Are you getting the right nutrients supporting healthy mind and body? Just like our body needs crucial nutrients to work at its best, our...
- Understanding Migraine**  
Jeremy Otten - June 28, 2016  
It is one thing to have a throbbing headache and a completely different ball game when it culminates into a migraine. It makes the...
- How To Overcome Depression and Anxiety Disorders**  
Neel Vijaya - June 20, 2016  
Any form of psychological disorder makes a person unable to live normally. These syndromes include anxiety, obsessive-compulsive disorder (OCD) and social anxiety among others. It gets...
- 8 Types Of Migraines That Can Pound You From All Over**  
Jeremy Otten - June 18, 2016  
Suffering from migraine attacks is one of the worst experiences one could possibly endure. But did you know that migraines have different classifications and...

**Remarks**

The mission of this product is to change or enhance the way people think about their health by delivering insightful health driven content.

**Comparable Tools**

- [Open Medicine Digest \(https://blogs.biomedcentral.com/on-medicine/tag/open-medicine-digest/\)](https://blogs.biomedcentral.com/on-medicine/tag/open-medicine-digest/)

**Date of Access**

March 23, 2017