

K C Yee

Retired at Retired, and traveling

Everett, Seattle Tacoma, WA, US

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Biography

K C Yee, Trying to Stay Healthy, People with diabetes should use the above tips and monitor their glucose levels as directed; try to keep the daily blood glucose levels as close to normal as possible. People with unusual work schedules (night shifts, college students, military) should try to adhere to a breakfast, lunch, and dinner routine with minimal snacking. People who prepare food should avoid using grease or frying foods in grease. People trying to lose weight (body fat) should avoid all fatty and sugary foods and eat mainly vegetables, fruits, and nuts and markedly reduce his/her intake of meat and dairy products. Seek medical advice early if you cannot control your weight, food intake, and seek natural remedies (see herbist and acupuncturist) or if you have diabetes and cannot control your blood glucose levels,

Industry Expertise

Research

Areas of Expertise

In the Area of Protein Purification, Powerpoint, Microsoft Word

Education

Washington State University

Biology/Biological Sciences, General

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