

Hi there!

If you want to share this email with anyone, the button at the bottom will make sure it sends properly, all formatted and looking pretty (and readable which helps!).

**With the festive season upon us, we hope you have a brilliant, happy, safe and fun time in the sun (or snow!).** Jump onto the [Forum](#) and tell us all about your adventures. And if all the fuss drives you mental, come and have a moan and laugh with us too!

## Off to a festival?

It's festival season as summer hits Oz now, and if you want to get yourself some real life tips on how to have a ball, and keep your D in check, at a day-long marathon of music and dancing and all things brilliant like that, jump onto our website.

Join in - or just read through - our lively chat about Homebake and the Big Day Out.



[Click here....](#)

## Dr Michelle returns with very weird hypos

In the second edition of our new column, Dr Michelle, a GP who just happens to have diabetes too, ponders another diabetes question that wasn't in any of her text books.

I need to go. I need to go. But no. It's a hypo. The strangest hypo symptom to appear for some time ... explained!

[Read on ...](#)

## Not sure about online chat?

Even if you are a bit wary of chatting online, or don't quite get how it works, Reality Check's Discussion Forum is a very simple way to start meeting other young adults with D. It's a brilliant way to get answers to niggling questions the docs can't help with.

**We have just published new tips for using our very popular Forum - learn how to get what you need from it.** Visit the new page for some advice, and then jump on in.

[Read forum tips & advice here...](#)

## Holiday Reading Ideas

OK, so you might want nothing less than to be thinking about diabetes while you're sitting in the sun, but just in case .... there are some very talented peoples around who have written their stories of life with the big D which make an excellent read.

**Reality Check has reviewed some of our favourites.**

Read the review, and where the books are quite rare, click on the links to buy from Amazon. Maybe helpful Chrissie presents for family and friends to help them 'get it'?

[Read on here...](#)

## Search. Get Answers. Quick!

We have added a new function to our website - Search! Radical, we know. We have 9 years of treasures hidden in the depths of the Reality Check website, and now you can mine it to your heart's content.

Next time you have a niggling questions about something beginning with D, jump onto the site and hit search.

[Click here to Search...](#)

## Christmas is all about Food

We have some yummy recipes for christmas **pudding**, brandy custard and **egg nog** .... and they're even on the healthy side - well, as much as is possible this time of year!

[Start cooking here...](#)

## and it's also about Alcohol!

So it's a good time for a quick refresher. The number 1 rule with dire-betes is to understand how your body works. **If you're not entirely clear on the whacky things alcohol can do to a diabetic body, please, we beg you, learn the easy way!** There's a few simple concepts to get your head around, and then you'll be set to party at full steam!

Start at our quick fact sheet. Then ask questions. Either your doc or educator. Or if that's not possible, visit our website to ask us questions.

[Learn about drinking here...](#)

## In the first Yada Yada for 2006...

**We'll bring you: A New Approach to the New Year ...** Resolutions be gone! We have a new, proven (much easier!) way of harnessing all that new year energy. Read all about it in Jan.

... in the meantime, don't hesitate to hit reply if you have any questions or comments for any of the team at Reality Check.

***We wish you and your loved ones a very merry Christmas, or a happy Hannukah, or a lovely holiday and break. Whatever takes your fancy, we hope it's fun and fabulous! Til 2006 ... Cheers from the crew at Reality Check!***

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