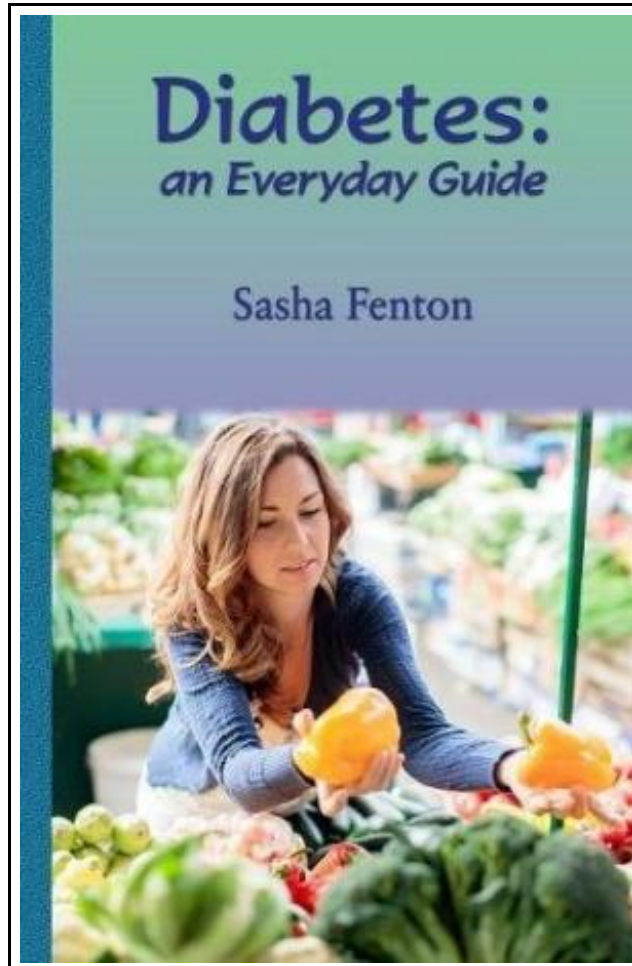


Diabetes: An Everyday Guide (Paperback)



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Reviews

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(Rene Olson)

DIABETES: AN EVERYDAY GUIDE (PAPERBACK)



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Zambezi Publishing, 2017. Paperback. Condition: New. 2nd ed.. Language: English . This book usually ship within 10-15 business days and we will endeavor to dispatch orders quicker than this where possible. Brand New Book. An Incredibly Misunderstood Affliction. Even by many diabetics themselves. There s much more to consider than just avoiding sugar; discovering that you have a chronic and incurable ailment is traumatic enough, but then you find so many different opinions about how to deal with the problem, that you may be excused for becoming depressed. However, you can handle your life far better than you could have imagined. You don t have to be another statistic. You don t have to trust to luck. On the other hand, don t assume that you have only a mild touch of diabetes - this is an ailment that grows on you, never leaves you, and needs to be dealt with - sensibly and competently, no matter how mild your case may be at present. Sasha has written mainly about Type 2 diabetes, but there is valuable information here about Type I as well. There are over 3 million diabetics in the UK and at least 25 million in the USA. The numbers are rising, and it is vital to take control of your lifestyle. This revised edition updates many recent developments that are so valuable in gaining mastery over this perplexing ailment.



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