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Essential Guide to Treat Diabetes and to Lower Cholesterol

By Howard T. Joe M. S. Ph. D.

Tate Publishing. Paperback. Book Condition: New. Paperback. 44 pages. Dimensions: 6.8in. x 4.8in. x 0.2in. In this incredibly helpful and concise book, Howard T. Joe describes a common natural food method to treat (pre)diabetes with and without medication and to lower cholesterol without medication. Using this method, he personally reduced his pre-diabetics fasting blood glucose to a good, healthy range of 90s and 100s without medication and his total fasting cholesterol from 210s to 159 and 160s. If you're looking for a natural, easy way to get healthy, Essential Guide to Treat Diabetes and to Lower Cholesterol is for you. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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