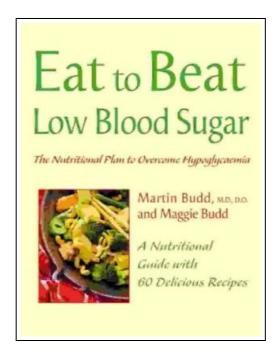
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Reviews

This is basically the very best publication i actually have go through until now. It really is loaded with knowledge and wisdom I realized this publication from my i and dad encouraged this publication to discover.

(Bryana Klocko III)

LOW BLOOD SUGAR: THE NUTRITIONAL PLAN TO OVERCOME HYPOGLYCAEMIA, WITH 60 RECIPES (PAPERBACK)



HarperCollins Publishers, United Kingdom, 2009. Paperback. Condition: New. Language: English. Brand New Book ***** Print on Demand ****** A comprehensive and accessible handbook providing vital information for sufferers of low blood sugar, this is an ideal reference guide and essential first step for those who want to understand and treat their symptoms naturally. Includes 60 delicious recipes to prove that sufferers don t have to miss out! An increasing number of people are being diagnosed with low blood sugar due to today s high-pressure lifestyles and the predominance of over-processed foods in our diet- and the number of sufferers is set to rise. This is an essential up-to-date reference guide to low blood sugar, detailing everything that sufferers need to know about their condition and how to treat it. A complete guide to how to treat low blood sugar, this book reviews all the latest research on subjects such as insulin resistance, syndrome X and the role of the adrenal and thyroid hormones, as well as providing information about all the complementary and orthodox treatments available. The book explains what low blood sugar is and what causes it, and lists the symptoms of the condition making it easy to spot. The easy-to-follow nutritional plan is accompanied by 60 delicious recipes that prove sufferers can still enjoy their food while keeping low blood sugar under control. A comprehensive resources section reviews appropriate supplements, websites and suppliers. Ideal for anyone who wants to prevent low blood sugar, as well as for anyone already suffering from this condition.



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