



## Stopping Diabetes in Its Tracks: The Definitive Take-Charge Guide

By Richard Laliberte

DAVID CHARLES, United Kingdom, 2011. Paperback. Book Condition: New. Updated ed.. 251 x 175 mm. Language: English . Brand New Book. Here are all of the latest diabetes facts, practical tips and strategies-from finding out if you are at risk for developing diabetes to a comprehensive guide to the latest drug and insulin options. Broken down into two sections, readers will first learn about lifestyle changes with Start Right Now and then gain hope through discussion of breakthrough medical studies in Looking Ahead. Includes information on how: Losing just 5 of your body weight along with exercise can cut your risk of developing diabetes by up to half. Following a high-fiber diet for just 6 weeks can make a remarkable difference-included are over 40 delicious low-fat, low-sugar recipes. Actively expressing your emotions can lower your blood sugar. Patient empowerment can contribute to a higher success rate in fighting diabetes You ll also find a clear, unbiased look at the latest tests, drugs, insulin therapy, surgery, alternative therapy, exercise, and diets that can bring your blood sugar into a normal range.



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