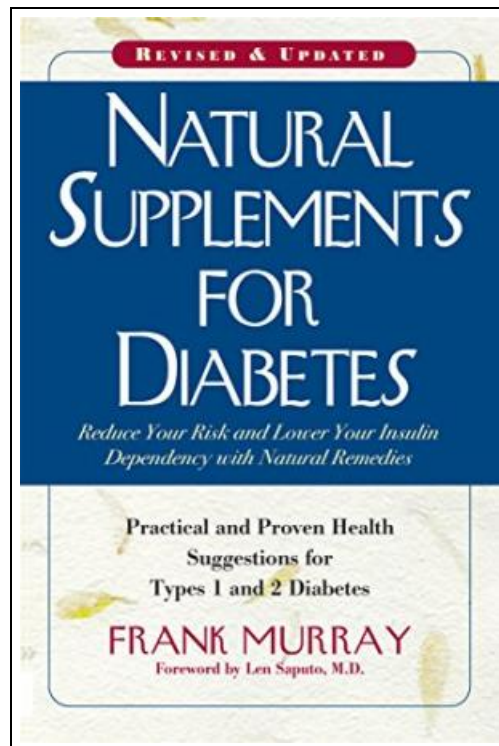


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Basic Health Publications. Paperback. Condition: New. 328 pages. Dimensions: 8.9in. x 5.9in. x 0.9in. There has been an alarming increase in diabetes in recent years—an estimated 20 million Americans have diabetes, making it the fifth deadliest disease in the United States. And this epidemic costs an estimated 132 billion in health-care expenditures. Diabetes is influenced by genetics, but a number of other causes, such as obesity, metabolic syndrome, hyperglycemia, and poor diet, can be altered with natural therapies. While insulin and other conventional treatments can help manage diabetes, the therapies outlined in *Natural Supplements for Diabetes* provide safe and effective options for diabetics. This book examines clinically proven dietary strategies and lifestyle changes, including the importance of the glycemic index and fiber for a healthier diet; vitamins with proven benefit to diabetics; minerals, herbs, and other supplements and nutrients for promoting health; and the benefits of exercise. The book also looks at natural alternatives for alleviating some of the complications of diabetes, such as cardiovascular disease, eye problems, foot problems, kidney disease, thyroid imbalances, and impotence. The science behind the use of specific nutrients is thoroughly documented throughout. *Natural Supplements for Diabetes* can help you create a program to address diabetes and its complications and improve your health and well-being. Take responsibility now to optimally manage—or even prevent—diabetes. . . for yourself and for your loved ones. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.

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