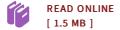




Natural Health: Overcoming Diabetes: A Doctor s Guide to Self-care (Paperback)

By Dr. Sarah Brewer

Watkins Media, United Kingdom, 2012. Paperback. Condition: New. Language: English . Brand New Book. This unique book - one in a series of natural health guides from doctor and internationally bestselling author Sarah Brewer - provides a highly authoritative yet easy-tofollow program of complementary medicine and self-care treatments for this increasingly prevalent condition. If you are one of the millions with Diabetes, and are looking for expert advice on the steps you can take to alleviate your symptoms and enhance health and wellbeing, this is the book for you. Part One helps you to understand your condition, offering an insightful overview of diagnosis, monitoring and treatment, and explaining the differences between type 1 and type 2 diabetes. Part Two guides you through the many complementary and nutritional approaches to treatment, such as reflexology, acupuncture and magnetic therapy, plus the benefits of including good fats and superfoods in your diet. It also reveals how controlling your carb intake, cutting down on salt, and maintaining a healthy weight can transform how your body responds to your condition. Finally, in Part Three of this groundbreaking book, Dr Sarah Brewer offers a pioneering approach of tailor-made programs, based on the premise that we re...



Reviews

The most effective ebook i possibly read. it was actually writtern quite completely and useful. I am just very happy to tell you that here is the best publication we have read through during my individual daily life and could be he greatest publication for possibly. -- Kennith Nicolas

This is actually the finest ebook we have go through until now. It is writter in straightforward words and phrases instead of difficult to understand. Its been designed in an remarkably straightforward way and is particularly just following i finished reading through this book by which basically changed me, change the way in my opinion. -- Gillian Wisoky

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