



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-to-follow 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 well-being, 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...



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