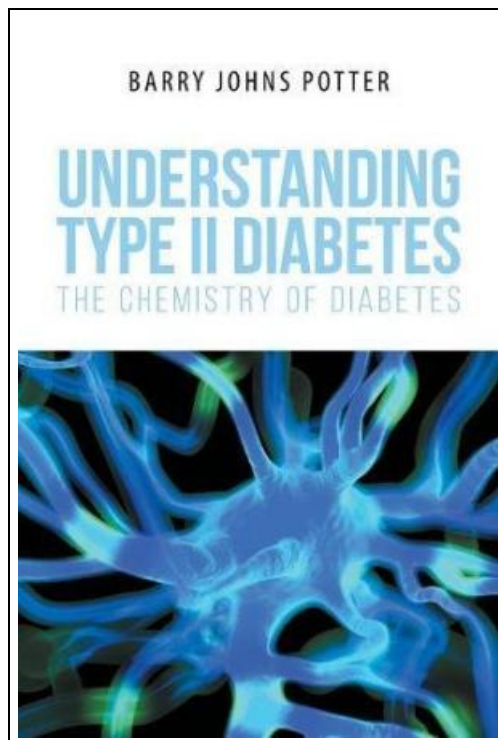


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UNDERSTANDING TYPE II DIABETES: THE CHEMISTRY OF DIABETES (PAPERBACK)

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Page Publishing, Inc., United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Being a full blown diabetic, and not even being aware that I was one, came as quite a shock to me. My job involved heavy physical work, up on roofs in the hot California sun, and I was totally unaware that I had anything wrong with me at all. As I moved into the unfamiliar arena of trying to deal with this disease, I was prescribed various drugs, some of which that disagreed with me right away, and I soon found out that managing this disease was going to be far more complex than just taking a few prescribed pills. I began by coming home from work almost every day and doing research on the internet. This was somewhat easier for me than most, since I was a biology major in college and I had a fairly good basic working knowledge of what I wanted to learn about and where to look for the information. During the ten years I spent learning about what this disease actually does to the human body, I also discovered that there is more than one way to skin a cat. I learned that many supplements and vitamins are absolutely helpful in gaining control over this terrible disease. Also, exercise and proper nutritional intake is absolutely critical in the fight to regain control over your own body. In this book I discuss how Diabetes works against you, and I will discuss the many ways that you can counter, mitigate, and even possibly stop this disease. There is a wealth of information in this book that I am sure you will find of great interest and great value The knowledge that I have gained has allowed...



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