

## **The Diabetes Healing Diet**

Mark Greener, Christine Craggs-Hinton



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Every three or four minutes someone in the US receives a diagnosis of diabetes. But, healthy eating - alongside other lifestyle changes and, if necessary, medication - may prevent diabetes from developing and dramatically reduces the risk of diabetic complications such as heart disease, amputations and blindness. This book shows how to avoid the worse ravages of this disease.



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