



## 52 Ways to Beat Diabetes: Simple, Easy Tips to Stay Happy and Healthy (Paperback)

By BOTTOMLINEINC

Sourcebooks, Inc, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book. Diabetes is epidemic in the United States, but diagnosis doesn't mean a healthy and vibrant life is unattainable! In 52 Ways to Beat Diabetes, the editors of Bottom Line Inc. give you an entire year of tips, ideas, and actions on how you can beat diabetes now, from some of the top health experts in the world! - Manage your blood sugar - Fight back with natural treatments - Discover simple, easy exercises Whether you're hoping to live better with diabetes or facing the first shock of a diagnosis, Bottom Line is here to help you start your journey towards tackling diabetes.



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