



What Your Doctor May Not Tell You About Diabetes

By Steven V. Joyal

Little, Brown & Company. Paperback. Book Condition: new. BRAND NEW, What Your Doctor May Not Tell You About Diabetes, Steven V. Joyal, Mention diabetes and what are the first things that leap to mind? Sugar levels, glucose monitoring, and insulin? According to leading diabetes specialist Dr Stevan Joyal, to combat the diabetes epidemic we must start smaller, by focusing on the microscopic yet most critical factors that control your genes and your cells. Dr Joyal tells readers how to prevent and treat type 2 diabetes and reverse prediabetes, by positively influencing the genes and cells in the body that cause the condition - all without the use of special gadgets or crazy fad diets. In this groundbreaking, integrative treatment plan, you will find:-the testing procedures that EVERYONE should have to discover their diabetes and prediabetes risk level; tools to prevent and significantly control minor to serious diabetic complications; important guidelines on diet; an individualized, scientifically-proven natural supplement regime; a manageable and effective exercise programme; lifestyle changes, including stress reduction tips, that can really make a difference; recommendations on pharmaceuticals when necessary.



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Reviews

Complete guide for publication enthusiasts. I have read and i am sure that i will going to study again once again in the future. Your way of life period will be transform once you total looking over this publication.

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This composed publication is great. It is one of the most remarkable publication i have got read through. I am just quickly could get a delight of looking at a composed book.

-- **Caden Buckridge**