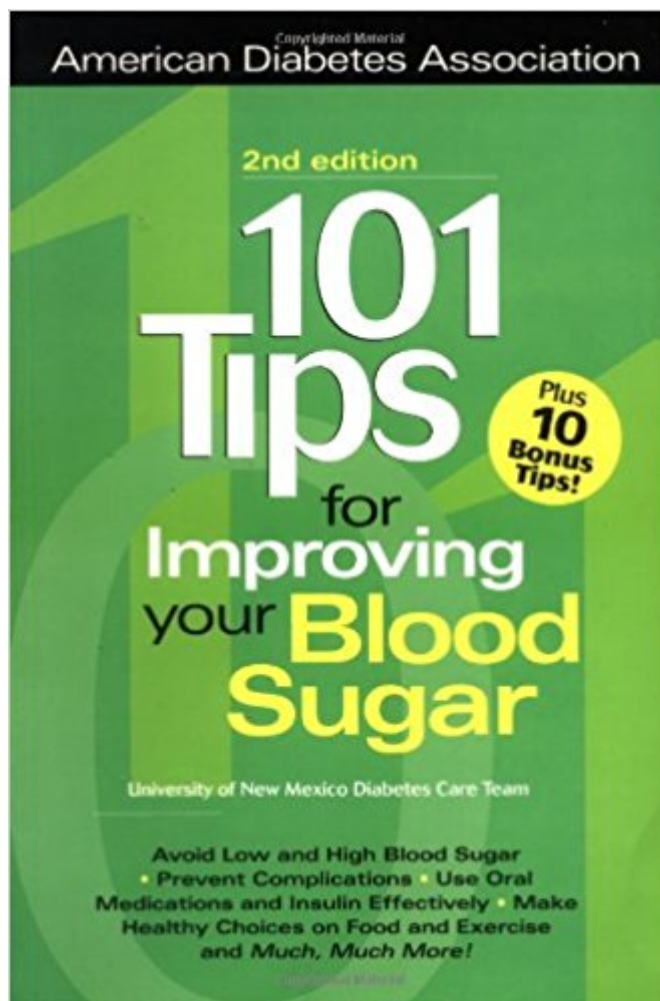


The book was found

# 101 Tips For Improving Your Blood Sugar



## Synopsis

This completely revised second edition offers the inside track on the latest tips, techniques, and strategies for keeping blood sugar at normal levels. The convenient question-and-answer format makes 101 Tips and easy-to-understand, quick reference for both the diabetes novice and those who've had diabetes for several years.

## Book Information

Series: 101 Tips for Diabetes

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## Customer Reviews

McGraw-Hill authors represent the leading experts in their fields and are dedicated to improving the lives, careers, and interests of readers worldwide

The information in this book helped me understand and solve why I felt bad after exercising, instead of good. It had to do with my blood sugar levels before and after exercising. Luckily I don't have diabetes. However the information in this book helped understand how blood sugar levels can impact how I feel at certain times and what things I can do to feel better. Thank you!

CLEAREST, FASTEST, EASIEST TO READ MEDICAL HELP PUBLICATION I'VE EVER SEEN!!EVERY FAMILY WITH A MEMBER WHO HAS OR MIGHT HAVE A BLOOD SUGAR ISSUE, SHOULD HAVE THIS VALUABLE BOOK AVAILABLE!

All okay.

This book taught me so much about blood sugars and now that I know I can be more attentive to it.

This book was very informative for my husband. He enjoyed it.

k

I read this book in 10 minutes and passed it along to a friend. It's completely accurate and highly readable, but WOW, is it simple. You feel like coloring in it. It's one tip per page - literally.

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Diabetes Diet Cookbook: Delicious Low Carb Recipes For Diabetics (Diabetes Miracle Cure, Lower Blood Sugar, Diabetes Desserts) (Diabetes Cookbook, Diabetes ... Type 2 Diabetes, Lower Blood Sugar) DIABETES: The Best Foods for Diabetes - 100 Easy, Delicious and Mouthwatering Superfoods to Reverse Diabetes and Lower Blood Sugar - The Smart Blood Sugar ... cookbook,diabetic food,diabetes mellitus) How to Reduce Blood Sugar: Reducing Blood Sugar Naturally Blood Glucose log book : Diabetic Food Journal - Portable 6 x 9 - Food Journal, Blood Sugar Monitoring, Before&After Breakfast, Lunch, Dinner Vol.3: Blood Glucose Log Book Blood Pressure Solution: 30 Proven Natural Superfoods To Control & Lower Your High Blood Pressure (Blood Pressure Diet, Hypertension, Superfoods To Naturally Lower Blood Pressure Book 1) 14-day Zero Sugar detox diet: Sugar detox diet for beginners to Increase energy, smash cravings and lose weight.: Sugar detox diet for beginners to Increase energy, smash cravings and lose weight. Blood Pressure: Blood Pressure Solution : The Ultimate Guide to Naturally Lowering High Blood Pressure and Reducing Hypertension (Blood Pressure Series Book 1) Blood Pressure: Blood Pressure Solution: 54 Delicious Heart Healthy Recipes That Will Naturally Lower High Blood Pressure and Reduce Hypertension (Blood Pressure Series Book 2)

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