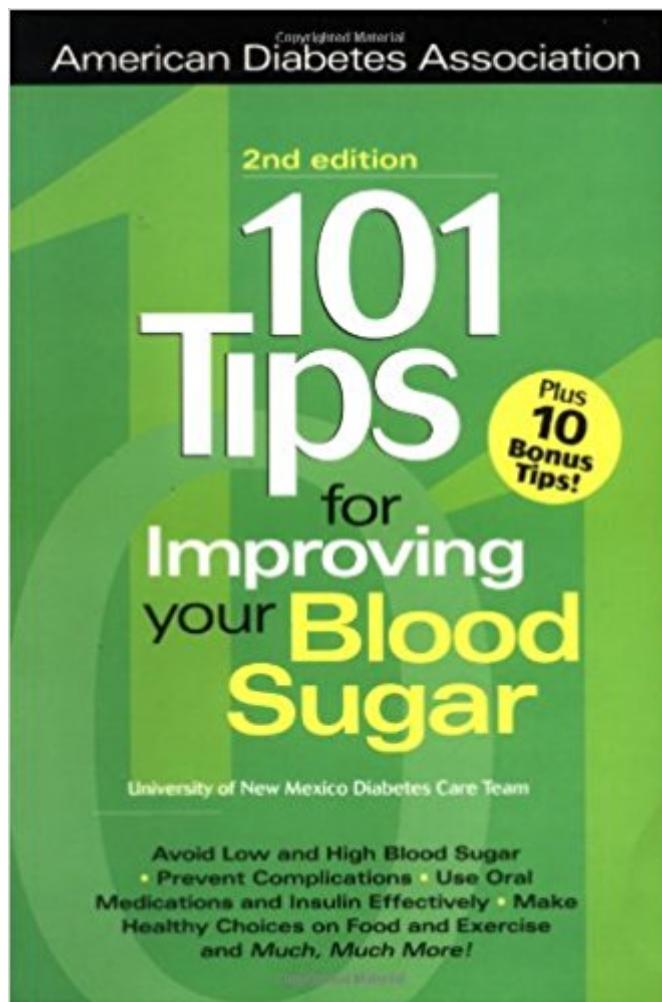


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# 101 Tips For Improving Your Blood Sugar



## **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 an 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.

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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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