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Caleb Santiago



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Dunn-Long,2011-04-01 Updated to include the latest developments in medicine and practices for diabetes treatment as well as the most current information on new medication delivery methods this comprehensive guide covers every aspect of living with diabetes This user friendly book takes a look at both the medical and nutritional sides of the disease and teaches diabetics how to balance diet medication and exercise for optimal health from the start The diet and exercise plans that are included feature portion sizes and sample meal plans along with low impact workout routines and have been revised to reflect new food pyramid guidelines and current minimum exercise suggestions While an absolute cure for diabetes has not yet been discovered this health manual makes living with the disease manageable

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