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LOW BLOOD SUGAR:

**A Doctor's Guide To
Its Effective Control**

BY J. FRANK HURDLE, M.D.

Learning to control blood sugar levels in your body is the key to full health, vigor, and mental development. You can learn this control easily. It isn't too late to start even if you aren't in the "prime" of life, and even if you may be in poor physical shape at the moment.

Low Blood Sugar A Doctors Guide To Its Effective Control

Richard K. Bernstein



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A Physician's Handbook on Orthomolecular Medicine Roger J. Williams, Dwight K. Kalita, 2016-01-22 A Physician's Handbook on Orthomolecular Medicine is a collection of articles that covers the advancement in the field of orthomolecular medicine. The title presents papers that discuss the methodology and technology involved in the adjustment of the natural chemical constituents of our bodies along with related concerns. The book aims to further promote orthomolecular medicine by discussing its effectiveness and efficiency as a form of medical treatment. The coverage of the text includes orthomolecular medicine's application in treating mental disorders and regulating disease. The book will be of great use to students, researchers, and practitioners of health sciences.

Low Blood Sugar J. Frank Hurdle, 1978 *Love Your Skeletons* Teresa Griffith, 2011-03-08 *Skeleton* Anything from your past that you are ashamed of, you feel embarrassed about, you avoid talking about, or that causes you to feel guilty, fearful, or hurt when you remember it. Discover ways to overcome fear and handle overwhelming emotions. Create a strategy for dealing with nosy people. Find relief and experience great joy as you learn to love your skeletons and put them in the closet for good. Please note: There is also an ebook version of this book available.

Low Blood Sugar J. Frank Hurdle, 1971 *National Library of Medicine Current Catalog* National Library of Medicine (U.S.), 1974 First multi-year cumulation covers six years 1965-70 *Kidney Disease Guide* Cassian Pereira, AI, 2025-03-14 *Kidney Disease Guide* provides a comprehensive overview of kidney health, disease origins, and care options, empowering readers to make informed decisions. This book emphasizes proactive knowledge as crucial for managing kidney health. Did you know kidneys regulate blood pressure, remove waste, and produce hormones? Understanding these functions highlights the kidney's vital role in overall well-being. The book begins by explaining kidney anatomy and physiology before exploring various kidney diseases like chronic kidney disease (CKD) and kidney stones. It then examines treatment options from diet to dialysis. The approach is accessible, avoiding excessive jargon. The book progresses logically, culminating in practical advice on lifestyle adjustments and navigating healthcare, making it valuable for anyone seeking to understand and manage kidney health.

The Definitive Guide to Manage and Reverse Diabetes Shu Chen Hou, Discover the Ultimate Solution to Manage and Reverse Diabetes. Are you or a loved one grappling with the challenges of diabetes? Is the burden of managing this condition taking a toll on your daily life? It's time to take control of your health and reclaim your vitality with *The Definitive Guide to Manage and Reverse Diabetes: The Comprehensive Roadmap to Wellness*. This guide is your indispensable companion on the journey to diabetes management and reversal. From understanding the fundamentals of diabetes to exploring cutting-edge strategies, we provide you with the knowledge you need to thrive. *Nutrition for Optimal Health*: Uncover the transformative power of nutrition with our expert guidance. Learn to make informed dietary choices, manage your carbohydrate intake, and savor a delicious array of diabetes-friendly recipes. Take control of your diet and take control of your health. *Exercise for a Vibrant Life*: Discover the myriad benefits of physical activity for diabetes management. Whether

you're an exercise enthusiast or a newbie we'll guide you through diverse forms of activity helping you boost your energy levels and improve your overall well-being. Medication and Insulin Mastery Gain clarity on your treatment options and how to work collaboratively with healthcare providers to optimize your care. Understand the mechanics of medications and insulin to make informed decisions about your treatment plan. Natural Remedies and Holistic Approaches Explore the world of natural remedies and alternative therapies. Learn how holistic approaches can complement your diabetes management enhancing your overall health and well-being. Stories of Triumph Be inspired by real-life stories of individuals who have successfully reversed their diabetes through lifestyle changes and determination. Their journeys serve as beacons of hope proving that with the right tools you can reclaim control over your health. Emotional Well-Being Recognize the importance of emotional well-being in diabetes management. Discover coping strategies, mental health support, and the resilience needed to thrive in the face of challenges. Community and Support Join a supportive community of healthcare providers, caregivers, and fellow individuals with diabetes. You are not alone on this journey; lean on the experiences, knowledge, and successes of others. Your Definitive Guide This book is your all-in-one resource for managing and potentially reversing diabetes. Empower yourself with the knowledge and tools needed to live a life rich in health, happiness, and fulfillment. Don't let diabetes define you. Seize the opportunity to transform your health and well-being. **The Definitive Guide to Manage and Reverse Diabetes** is your roadmap to a brighter, healthier future. Start your journey today.

Harvard Medical School Family Health Guide Harvard Medical School, 2005. An accessible guide to family health care discusses drug interactions, symptoms, first aid, and how to choose a family doctor, including a new research about hormone therapy and heart surgery.

Complete Guide to Prescription & Nonprescription Drugs 2018-2019 H. Winter Griffith, 2017-11-07. The classic guide to all major prescription and nonprescription drugs featuring revised up-to-date FDA information and an A-Z list of illnesses for easy reference. Includes coverage of dosage and length of time before a drug takes effect, side effects, special precautions, interactions with other food and drugs, standards for use by different age groups, and more.

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A Country Doctor's Common Sense Health Manual J. Frank Hurdle, 1975.

Dr. Bob Arnot's Guide to Turning Back the Clock Bob Arnot, 2009-11-11. In his bestselling *Guide to Turning Back the Clock*, Dr. Bob Arnot showed men everywhere how to look younger, feel younger, be younger. Now in his new book, he reveals the secrets of permanent weight loss for both men and women and gives us a breakthrough eating plan for the twenty-first century. Drawing on up-to-the-minute research in many disciplines, Arnot demonstrates that foods act like drugs on the body: some invariably promote weight gain and make us feel terrible; others almost guarantee weight loss and make us feel terrific. Armed with these findings, Arnot shows step-by-step how anyone can discover new energy, shed unwanted pounds, and never suffer from hunger pangs simply by eating the right foods in the right combinations. Complete with the most potent food charts ever assembled, a complete arsenal of foods to promote weight

control plus fat loss accelerators fat ripping exercises tips on dining in restaurants and much more Dr Bob Arnot's Perfect Weight Control for Men and Women is the ultimate guide for everyone who wants to feel great lose weight and look great

Doctor Hurdle's Program to Retain Youthfulness J. Frank Hurdle,1972 **Complete Guide to Prescription and Nonprescription Drugs 2015** H. Winter Griffith,2014-11-04 The 2015 edition of the most accessible comprehensive and affordable guide to prescription and nonprescription drugs The classic guide to all major prescription and nonprescription drugs featuring revised up to date FDA information and an A Z list of illnesses for easy reference Includes coverage of dosage and length of time before drug takes effect side effects special precautions interactions with other food and drugs standards for use by different age groups and more **Dr. Bernstein's Diabetes Solution** Richard K. Bernstein,2011-11-01 Originally published in 1997 DR BERNSTEIN'S DIABETES SOLUTION is a unique resource that covers both adult and childhood onset diabetes explains step by step how to normalize blood sugar levels and prevent or reverse complications and offers detailed guidelines for establishing a treatment plan Readers will find fifty gourmet recipes in addition to a comprehensive discussion of diet obesity and new drugs to curb carbohydrate craving and overeating Now in its fourth edition the book presents up to the minute information on insulin resistance blood testing devices measuring blood sugar new types of insulin gastroparesis and other issues as well as updated diet guidelines DR BERNSTEIN'S DIABETES SOLUTION is the one book every diabetic must own *American Medical Association Guide to Living with Diabetes* Boyd E. Metzger, M.D.,2009-05-18 More Than 3 Million American Medical Association Books Sold From America's Most Trusted Health Authority the Ultimate Guide to Understanding Preventing and Managing Type 2 Diabetes Millions of Americans have type 2 diabetes and millions more are at risk of developing the disease The good news is that it is both preventable and treatable In the American Medical Association Guide to Living with Diabetes you'll learn everything you need to know to prevent type 2 diabetes take control of it if you already have it and reduce your risk of life threatening complications This book provides clear easy to understand explanations of what type 2 diabetes is what causes it and how to determine if you are at risk You'll find a detailed easy to follow program for preventing diabetes by eating a healthy diet exercising regularly and reaching and maintaining a healthy weight If you are living with diabetes this invaluable guide offers in depth explanations of the recommended lifestyle changes that can help you manage the disease stressing the importance of rigorous testing and control of your blood sugar to avoid complications You will learn about the available medications for treating diabetes and about alternative and complementary therapies The book also includes sections on gestational diabetes and the increasing threat that type 2 diabetes poses to at risk children By following the recommendations and guidelines in the American Medical Association Guide to Living with Diabetes you can reduce or eliminate the symptoms avoid or minimize the risk of serious complications and become more physically fit energetic and alert In fact there's no reason you can't be healthier than you've ever been Wellness Cris Popenoe,1977 **The New Nuts Among the Berries** Ronald M.

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