



Diabetes Self-Defense Weekly Journal and Reference Manual - 2008

Frank M. Harritt

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This book is written for all people with diabetes or pre-diabetes to live the healthiest, happiest, and longest lives possible. For those with diabetes, it is designed to provide the proven yet simple rules and tools for effective diabetes management and control. For those with pre-diabetes, it provides the scientific knowledge - in plain English - that you need to help delay or entirely prevent the onset of full-blown diabetes.

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