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DIABETES: EFFECTIVE NATURAL BLOOD SUGAR MANAGEMENT: REDUCE AFTER MEAL SUGAR SPIKES



Active Interest Media. Paperback. Book Condition: new. BRAND NEW, Diabetes: Effective Natural Blood Sugar Management: Reduce After Meal Sugar Spikes, Michael T. Murray, In this booklet, one of the world's leading authorities on natural medicine provides an effective plan for people who have been diagnosed with diabetes or those who are at high risk. Dr. Michael Murray outlines his program, which is designed to accomplish four key goals: reduce after meal elevations of blood sugar; gain optimal nutrient status, improve...

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- Authored by Michael T. Murray
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