



Blood Sugar Diet: Secrets of the Blood Sugar Solution

Richard Hines

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The number of people that have diabetes has been increasing at an exponential rate in the last few years. It is quickly approaching critical numbers as more and more individuals neglect their health. To understand what diabetes is and to know what the best methods are to treat it "Blood Sugar Diet: Secrets of the Blood Sugar Solution" is a great guide to read. The book defines diabetes and then outlines what all the symptoms are that are associated with the disease. The author then offers advice on various methods that are used to keep blood sugar under control.

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