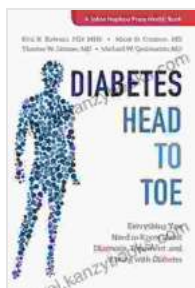


Diabetes Head to Toe: The Essential Guide for Preventing, Managing, and Reversing Diabetes and Related Health Conditions



Diabetes Head to Toe: Everything You Need to Know about Diagnosis, Treatment, and Living with Diabetes (A Johns Hopkins Press Health Book) by Rita R. Kalyani

★★★★☆ 4.6 out of 5

Language : English
File size : 15807 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 454 pages



Diabetes is a serious chronic disease that affects millions of people around the world. It can lead to a variety of health problems, including heart disease, stroke, kidney disease, and blindness. But the good news is that diabetes can be prevented, managed, and even reversed with the right lifestyle changes.

In *Diabetes Head to Toe*, leading diabetes expert Dr. Neal Barnard provides you with the latest research and evidence-based strategies for managing your blood sugar, losing weight, and improving your overall health. This comprehensive guide covers everything you need to know about diabetes, from diagnosis and treatment to prevention and lifestyle management.

With *Diabetes Head to Toe*, you will learn how to:

- Manage your blood sugar levels naturally
- Lose weight and keep it off
- Reduce your risk of heart disease, stroke, kidney disease, and blindness
- Improve your overall health and well-being

If you are living with diabetes or are at risk for developing diabetes, *Diabetes Head to Toe* is the essential guide for you. This comprehensive resource will provide you with the knowledge and tools you need to take control of your health and live a long, healthy life.

Praise for *Diabetes Head to Toe*

"*Diabetes Head to Toe* is the most comprehensive and up-to-date guide to diabetes management available. Dr. Barnard provides clear, concise, and evidence-based advice on how to prevent, manage, and reverse diabetes. This book is a must-read for anyone who is living with diabetes or is at risk for developing this disease."

—Dr. Dean Ornish, author of *Dr. Dean Ornish's Program for Reversing Heart Disease*

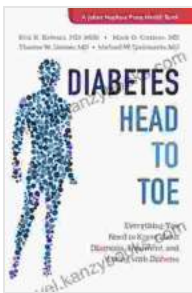
"*Diabetes Head to Toe* is an invaluable resource for people with diabetes and their loved ones. Dr. Barnard provides a wealth of information on how to manage diabetes and prevent complications. This book is a lifeline for anyone who is struggling with diabetes."

—Dr. Caldwell Esselstyn, author of *Prevent and Reverse Heart Disease*

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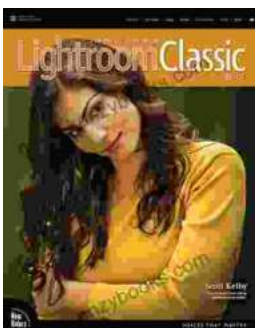
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