



## Control Diabetes in Six Easy Steps

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# Control Diabetes in Six Easy Steps

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CONTROL DIABETES IN 6 EASY STEPS - The most effective diet - Nutritional Supplements & Herbs - Testing Tips - Safe Exercises - Medication Guide - Stress Reduction How do you keep diabetes from controlling you? Ask the experts. Maggie Greenwood-Robinson, PhD., holds a doctorate in nutritional counseling and is a certified nutritional consultant. She worked with a team of diabetes experts and came up with six diabetics to take back control of their lives. She'll help you discover: - The six different types of diabetes - The six steps for treating it - Nutrients with remarkable healing power - Herbs that bring blood sugar down - Proper exercise - The sugar-stress connection - How to diagnose the disease - How to choose the proper medical help - How to prevent complication And that's not all. Take charge of your health and the wellness of those around you today!

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