



Prevention's Outsmart Diabetes 1-2-3

Editors of Prevention

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For the more than 21 million Americans who currently suffer from diabetes, there simply is no other reference that can match the breadth and depth of expertise found here. To prepare this book, the editors of *Prevention* interviewed dozens of endocrinologists, nutritionists, exercise physiologists, and other health professionals who specialize in diabetes care. Tapping into the wisdom and advice of this “dream team” of diabetes professionals, they have put together an integrated plan of attack to fight the disease on every front. Unlike the vast majority of books on diabetes that zero in on a single component, *Outsmart Diabetes 1-2-3* recognizes that diabetes is a multidimensional disease and therefore any effective management plan must take all contributing factors into account. The latest research shows that with a combination of targeted treatment strategies and sensible lifestyle changes, it is possible to slow—if not stop—diabetes-related decline.

Outsmart Diabetes 1-2-3 distills the latest, cutting-edge information on every aspect of diabetes management into a comprehensive three-step program, with each step targeting a key component of optimal diabetes control:

- **Step 1—Treat and prevent diabetes complications**
- **Step 2—Change the lifestyle factors that can compromise blood sugar balance**
- **Step 3—Build a self-care regimen to safeguard against the disease’s long-term effects**

With *Outsmart Diabetes 1-2-3*, readers have the knowledge and tools they need to get ahead of diabetes—and stay there for good.

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Barbara Butler:

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Cathrine Hart:

Spent a free time to be fun activity to perform! A lot of people spent their down time with their family, or their very own friends. Usually they undertaking activity like watching television, about to beach, or picnic inside the park. They actually doing ditto every week. Do you feel it? Do you need to something different to fill your own personal free time/ holiday? Might be reading a book could be option to fill your cost-free time/ holiday. The first thing that you will ask may be what kinds of publication that you should read. If you want to try out look for book, may be the book untitled Prevention's Outsmart Diabetes 1-2-3 can be very good book to read. May be it can be best activity to you.

Craig Palmer:

The particular book Prevention's Outsmart Diabetes 1-2-3 has a lot details on it. So when you check out this book you can get a lot of gain. The book was published by the very famous author. This articles author makes some research ahead of write this book. That book very easy to read you can obtain the point easily after reading this book.

Jesse Eriksen:

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