



The Do's & Don'ts of Hypoglycemia: An Everyday Guide to Low Blood Sugar Too Often Misunderstood and Misdiagnosed!

By Roberta Ruggiero, Roberta Ruggiero, Roberta Ruggiero

Frederick Fell, United States, 2012. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. The Do's and Don'ts of Hypoglycemia: An Everyday Guide to Low Blood Sugar is an easy-to-understand book that shows readers how to treat and control hypoglycemia symptoms through simple diet and lifestyle changes. Roberta takes the reader from understanding and recognizing hypoglycemia, to the role that diet, exercise, and vitamin therapy play in the healing process. She then shows the effects of hypoglycemia on our children, the correlation between hypoglycemia and alcoholism, and an extensive chapter where the Hypoglycemia Support Foundation's medical advisors answer the most frequently asked questions on this subject.



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Reviews

It is easy in read through easier to fully grasp. it had been writtern very completely and useful. I am pleased to let you know that here is the greatest book we have read during my personal life and could be he very best book for possibly.

-- Miss Marge Jerde

It is really an remarkable publication i actually have possibly study. It usually is not going to cost excessive. Its been written in an exceedingly basic way and is particularly only right after i finished reading this publication through which basically transformed me, affect the way i think.

-- Dr. Breana O'Kon