



Conquering Diabetes Naturally

By H.K. Bakhrú

Orient Paperbacks, New Delhi, India. Softcover. Book Condition: New. There are simple, natural alternatives to allopathic medicines that can effectively reduce the risks of diabetes and help you lead a healthier and a more productive life. This book, by one of India's best known experts on natural healing, guides you on a course of healthful living. The approach and the treatments reflect the tenor of our time high regard for good nutrition, healthy living habits, sensible use of modern diagnostic tools, and appreciation of the importance of individual differences. This compact up-to-date book is designed to put you in total control of your health. Within these pages you will find fundamental explanations for most everyday problems of living with diabetes. You will find practical advice to successfully manage your diabetes and reduce risk of serious complications. If, at first, some suggestions seem like restrictions, you will soon find that your body responds positively. The most important factor in controlling diabetes is you. Printed Pages: 176.



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