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Editors of Prevention, Ann Fittante

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The Sugar Solution Editors of Prevention,Ann Fittante,2006-09-19 An easy to follow drug free program that can bring blood sugar into balance in just one month As many as 16 million Americans are living with high normal blood sugar They aren t diabetic but they are experiencing symptoms including weight gain fatigue depression and poor concentration that are undermining their quality of life Left unchecked these symptoms could lead to more serious medical conditions such as heart disease cancer and diabetes Drawing on the very latest medical science The Sugar Solution helps readers determine whether they re at risk for blood sugar problems and shows them how to rein in their blood sugar levels without drugs or injections The exclusive 30 day lifestyle makeover guides them every step of the way with complete daily menus exercise strategies and stress reduction techniques Pounds will melt away energy will soar and mental sharpness will return as blood sugar stabilizes Prevention ,2007-04 Prevention magazine provides smart ways to live well with info and tips from experts on weight loss fitness health nutrition recipes anti aging diets Prevention Magazine's the Sugar Solution Rosemary Ellis,2006-01-01 *Walking the World Wide Web* Shannon R. Turlington,1996 The best comprehensive guide for

mining the Web's multimedia treasures this book features more than 500 listings and an extensive index of servers expanded and arranged by subject The author reviews and describes hundreds of the most interesting colorful and informative Web sites Offering savvy experienced advice she shows readers how to save money and time while online *Fit & Well* Thomas Davin Fahey,Paul M. Insel,Walton T. Roth,2007 **Health**,2002-03 Finweek,2006 *Creative Forecasting*,2007

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