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Diabetes Mellitus: Una Guia Practica (10th Revised edition)

By Sue K. Milchovich, Barbara Dunn-Long

Bull Publishing Company. Paperback. Book Condition: new. BRAND NEW, Diabetes Mellitus: Una Guia Practica (10th Revised edition), Sue K. Milchovich, Barbara Dunn-Long, This text is in Spanish. Updated to include the latest developments in medicine and practices for diabetes treatment, as well as the most current information on new medication delivery methods, this comprehensive guide covers every aspect of life with diabetes. This user-friendly book takes a look at both the medical and nutritional sides of the disease and teaches diabetics how to balance diet, medication, and exercise for optimal health. The diet and exercise plans feature portion sizes and sample meal plans along with low-impact workout routines and have been revised to reflect new food pyramid guidelines and current minimum exercise suggestions. While an absolute cure for diabetes has not yet been discovered, this health manual makes living with the disease manageable.



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