



50 Things You Need to Know about Diabetes: Expert Tips for Taking Control

Kathleen Stanley C.D.E

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Why make diabetes harder than it has to be? 50 Things You Need to Know About Diabetes explains what you need to know about diabetes care, eating right, and staying healthy. It cuts through the confusion, jargon, and conflicting information with lighthearted, simple advice on eating right, exercising, and staying healthy.

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