



Idiot's Guides: Overcoming Type 2 Diabetes

Carrie S. Swift

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Approximately 29 million Americans have Type 2 Diabetes, and the numbers keep rising. *Idiot's Guides: Overcoming Type 2 Diabetes* provides comprehensive information on everything someone with this condition needs to know. A detailed, yet positive, discussion about diabetes, content includes symptoms, monitoring, medications, and support. Helpful advice on exercise and meal planning is also included.



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