



Diabetes: Effective Natural Blood Sugar Management: Reduce After Meal Sugar Spikes (Better Nutrition Healthy Living Guide)

Michael Murray ND

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In this booklet, one of the world's leading authorities on natural medicine provides an effective plan for people who have been diagnosed with diabetes or those who are at high risk. Dr. Michael Murray outlines his program, which is designed to accomplish four key goals: Reduce after meal elevations of blood sugar; gain optimal nutrient status, improve insulin function and sensitivity; and prevent nutritional and oxidative stress. By accomplishing these goals, people can improve their health while helping to prevent the serious complications associated with diabetes.

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