

HELP! My Underwear is Shrinking



Help! My Underwear IS Shrinking!

One woman's story of how to eat right,
lose weight, and win the battle
against diabetes

Jo Ann Hattner, MPH, RD • Ann Coulston, MS, RD
E. Michael Goodkind, BA

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著者:Ann Coulston\JoAnn Hattner\Mike Goodkind

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A fictional journey to better health teaches weight management to people with diabetes~Emily needs to lose weight to control her diabetes. Taking her through each step to success, the authors demonstr

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