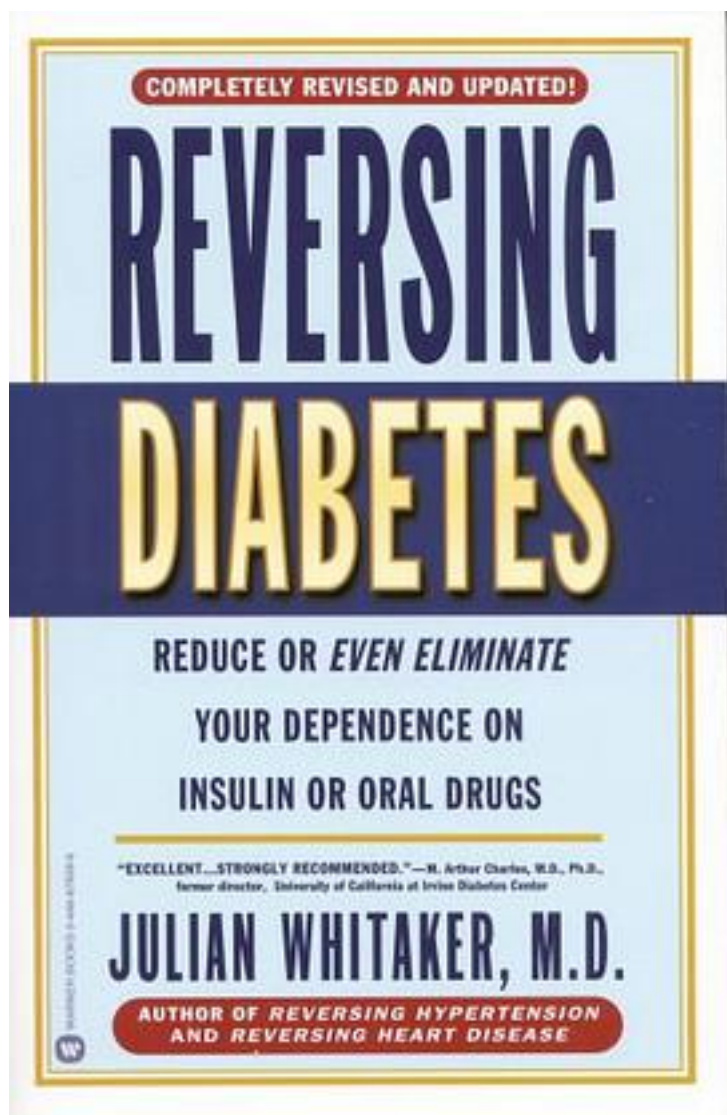


# Reversing Diabetes



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In a completely revised and updated edition of REVERSING DIABETES, Dr Julian Whitaker offers a comprehensive life-style programme that has helped more than 10,000 diabetic patients. The good news is that many diabetics can control their condition - naturally and effectively - with diet and exercise. Along with helping to reduce or even eliminate dependancy on medication, it can help diabetics lose excess weight and lower cholesterol levels, blood pressure and risk of heart attack.

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