



**Overcoming Runaway Blood Sugar: Practical Help
for... *People Fighting Fatigue and Mood Swings *
Hypoglycemics and Diabetics *Those Trying to
Control Their Weight**

Dennis Pollock

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After author Dennis Pollock experienced a serious diabetic episode, his desire to understand the whys of blood sugar fluctuation, its potential damage to the body, and the ways of prevention led him on a quest for answers. Now Pollock helps others achieve optimum health as they explore:

- what people should know about the blood sugar delivery system
- reasons to change our lifestyles and why faith is a great motivator
- a diet and exercise program that works

Good health comes when good information is followed by action. This book is for everyone who is eager to trade fatigue, weight gain, and illness brought on by blood sugar level changes for a life of optimum health.

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