



Your Nutrition Solution to Type 2 Diabetes

Kimberly A. Tessmer

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The correct diet plan can be the key to lowering or even eliminating the need for prescription medications and living a life without the worry of medical complications due to type 2 diabetes. This book will give you the background and the tools to accompany the easy-to-follow meal plans to get you started on the road to life without the complications of diabetes.

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