



# **Ending Diabetes the Answer Book: My Findings for Control of Type II (How Reverse Type 2 Diabetes and Coping with Type 2 Diabetes Book 1)**

*Mark Vzant*

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## "Ending Diabetes Answer Book"

### Inside: a link to the Free expanded book "Ending Diabetes: Unlocking Type 2 "

Opening the cover you will find chapters on:

- Recently diagnosed?
- History of Diabetes
- Management of Type II
- Lifestyle changes
- Genetics
- Problems associated with Diabetes
- Blood testing and drugs

... there are ideas on how to eat and the value of exercise so one can live the best life possible is not only helpful but encouraging. "*By D Love*"

... This book is a valuable resource for anyone wanting to have a reference guide to know more about Type 2 Diabetes with strategies for preventing it or managing [Diabetes] if you already have it... "*By Owen O*"

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