



## Essential Guide to Treat Diabetes and to Lower Cholesterol - Second Edition

By PH.D. Howard T M S Joe

Tate Publishing Company, United States, 2015. Paperback. Book Condition: New. 178 x 127 mm. Language: English . Brand New Book. In this incredibly helpful and concise book, Howard T. Joe describes a common natural food method to treat (pre)diabetes with and without medication and to lower cholesterol without medication. Using this method, he personally reduced his pre-diabetics fasting blood glucose to a good, healthy range of 90s and 100s without medication and his total fasting cholesterol from 210s to 159 and 160s. If you re looking for a natural, easy way to get healthy, Essential Guide to Treat Diabetes and to Lower Cholesterol is for you.



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