



Diabetes Control in Your Hands: Take on Diabetes through diet-control, yoga & exercise, nature cure, accupressure, ayurveda & allopathy

Dr. A. K. Sethi

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Take on diabetes through Diet and Nutrition-control, Yoga and Meditation & Exercise, Nature Cure, Acupressure, Ayurveda/Homeopathy/Herbal Cure and Allopathy. Since diabetes cannot be cured, the only way to deal with it is to learn how to control it. With this clear objective in view, the book offers a complete guide on the ways and means to go about it.



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