



Prevention The Sugar Solution: Weight Gain? Memory Lapses? Mood Swings? Fatigue? Your Symptoms Are Real--And Your Solution is Here

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An easy-to-follow, drug-free program that can bring blood sugar into balance in just one month.

As many as 16 million Americans are living with high-normal blood sugar. They aren't diabetic, but they are experiencing symptoms--including weight gain, fatigue, depression, and poor concentration--that are undermining their quality of life. Left unchecked, these symptoms could lead to more serious medical conditions such as heart disease, cancer, and diabetes.

Drawing on the very latest medical science, *The Sugar Solution* helps readers determine whether they're at risk for blood sugar problems and shows them how to rein in their blood sugar levels without drugs or injections. The exclusive 30-day lifestyle makeover guides them every step of the way, with complete daily menus, exercise strategies, and stress-reduction techniques. Pounds will melt away, energy will soar, and mental sharpness will return as blood sugar stabilizes.



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