



The Diabetes Guide

By Adam Daykin, Anne Claydon, Diana Markham,

Paperback. Book Condition: New. Not Signed; Leading physicians come together to produce an accessible and reassuring guide to protecting against and managing diabetes. Aimed at both diagnosed and undiagnosed diabetics, as well as people who are glucose intolerant, The Diabetes Guide moves from basic questions such as What is diabetes? and What can I do? to a clear outline of the principles of healthy eating. With a large recipe section including dishes from around the world, the guide contains key lifestyle and dietary advice for anyone living with the condition. book.



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