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Diet Therapy of Diabetes Mellitus (Chinese Edition)

Anonymouse

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Anonymouse : Diet Therapy of Diabetes Mellitus (Chinese Edition) before purchasing it in order to gage whether or not it would be worth my time, and all praised Diet Therapy of Diabetes Mellitus (Chinese Edition):

What food should diabetic patients eat everyday? Let the most authoritative expert tell you the answer. This book compiled by the Regimen Pavillion Editorial Board introduces knowledge of diabetes prevention and food exchanging system in classification, helping diabetic patients arrange diets reasonably, choose the best food and the best cooking

ways, cope with the need of special dietary conditions easily. At the same time, it also provides scientific dietary plans and dietary therapies to recuperate aimed at the common diabetic complications, making diabetic patients be able to effectively control blood sugar, regulate blood lipids and promote health. Besides through diets to control the disease, daily health care is also very important for diabetic patients, including moderate sports, living aftercare, mental adjustments, etc. It also introduces the Chinese medicine treatment of diabetes, explains diabetes using Chinese medicine theories, draws the wisdom of Chinese medicine health care, and makes an effective combination of Chinese and western medicine to achieve the aim of healing diseases and protecting health.