



The Sugar Solution: Balance Your Blood Sugar Naturally to Avoid Disease, Lose Weight, Gain Energy, and Feel Great

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Balance your blood sugar naturally to avoid disease, lose weight, gain energy, and feel great. The key is eating great-tasting foods that help keep your blood sugar on an even keel. These foods are broken down and absorbed more slowly in the body and DON'T get stored as fat. Combine that sensible diet with the book's simple walking program and stress-relieving techniques and you'll feel more fit and healthy than you ever have before.

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