



Living with Diabetes: The Diabetes UK Guide for those Treated with Diet and Tablets

John L. Day

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In Diabetes UK's Guide for those treated with diet and tablets you will find all the answers you need to understand and take control of your diabetes.

Knowing about diabetes is key to coping with it. Dr John Day, an outstanding authority in diabetes and an experienced doctor, clearly explains all the latest recommendations for healthy eating, exercise and medical treatment, helping people with diabetes to maximise their lifestyle while minimising their difficulties. Practical and realistic solutions to common problems are given.

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