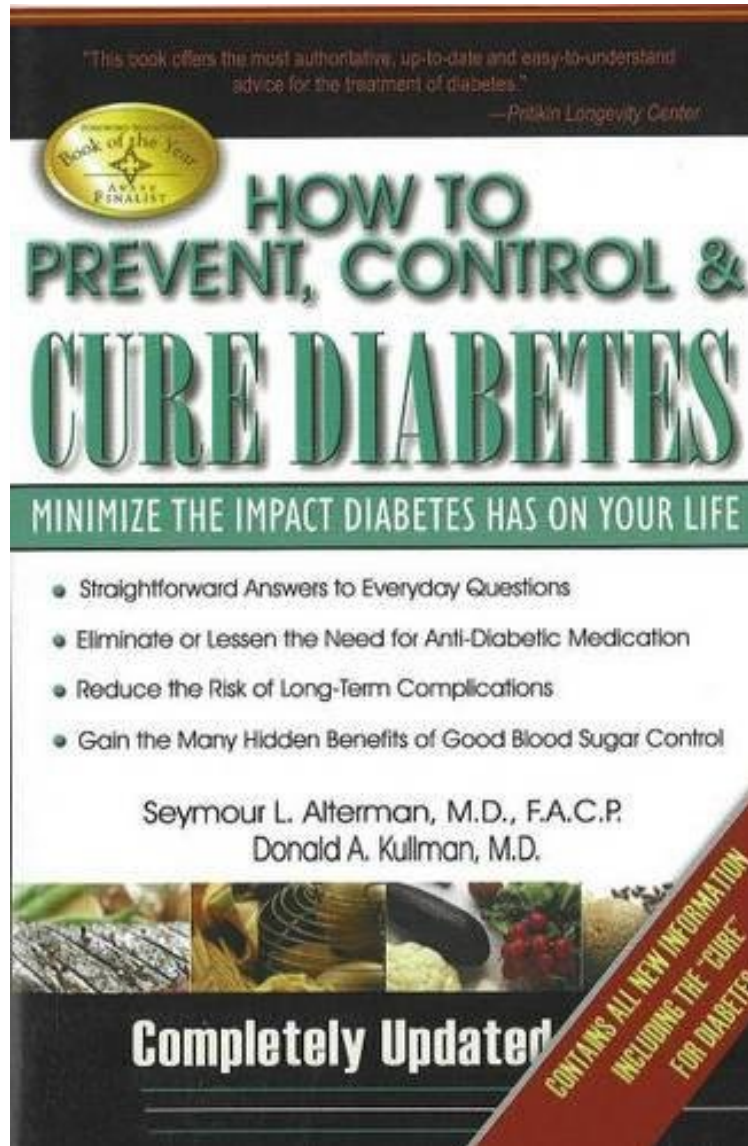


How to Prevent, Control Cure Diabetes

Seymour L. Alterman M.D. F.a.C.P.
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This book offers the most authoritative, up-to-date and easy-to-understand advice for the treatment of diabetes. Dr. Seymour Alterman, a respected endocrinologist, provides guidance for today's diabetics. -Pritkin Longevity Center

From the Publisher In an easy-to-read manner, Dr. Alterman has presented the very latest cutting-edge advancements in management of a disease, diabetes, that affects 17 million families and their loved ones in the United States. The discussions of Type 1 and Type II diabetes, the latest drug treatments, benefits of exercise and many other subjects are presented. From the Author The past ten years has shown research investigators that proper management of blood sugar levels, diabetic educators and patient education have enabled diabetic patients to face the future with more optimism than ever before. My book covers, in everyday terms, how diabetic patients can live a long and healthy life. From the Inside Flap Enjoy the benefits of good nutrition and exercise. Eliminate or reduce oral medications or insulin. Lower Cholesterol levels and reduce the risk of cardiovascular complications. Reduce the risk of eye, kidney, and nerve damage due to diabetes. Diabetes and pregnancy.