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Diabetes: The New Epidemic

By Michael Smith

Wilkinson Publishing. Paperback. Book Condition: new. BRAND NEW, Diabetes: The New Epidemic, Michael Smith, Type 2 diabetes is swamping the world like a tsunami and has become a leading cause of unnecessary death and disease. In 2015, the world will get its 400 millionth diabetic. In the time it takes to read this sentence, the world will get another three diabetics. And three more in the next 10 seconds. During this sentence, there will be one death from diabetes. And another in the following six seconds. The International Diabetes Federation (IDF) says the number of diabetics is rising by 10 million a year. We are on our way to 592 million diabetics within 20 years. This updated third edition provides the latest data and advice on managing and preventing diabetes and new recipes to help plan your diet, a critical factor in putting the brakes on diabetes. Most information about diabetes is either a disaster scenario or a fix-it guide that sounds too good to be true. This book gives you the good news and the bad news in equal measure - 50 negatives, 50 positives and a page of contacts for more information. It's the 101 things you need...



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