



Essential Guide to Treat Diabetes and to Lower Cholesterol - Second Edition (English & Chinese) (English and Chinese Edition)

M.S., Ph.D., Howard T. Joe

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In this incredibly helpful and concise book, Howard T. Joe describes a common natural food method to treat (pre)diabetes with and without medication and to lower cholesterol without medication. Using this method, he personally reduced his pre-diabetics fasting blood glucose to a good, healthy range of 90s and 100s without medication and his total fasting cholesterol from 210s to 159 and 160s. If you're looking for a natural, easy way to get healthy, Essential Guide to Treat Diabetes and to Lower Cholesterol is for you.

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