



## Hypoglycemia For Dummies (2nd Revised edition)

By James Chow, Cheryl Chow

John Wiley and Sons Ltd. Paperback. Book Condition: new. BRAND NEW, Hypoglycemia For Dummies (2nd Revised edition), James Chow, Cheryl Chow, Hypoglycemia simply means "low blood-sugar," but without concrete symptoms it's very hard to diagnose. It is nevertheless a condition that should be watched over carefully. People react differently to low blood sugar as well as to the treatment they receive. Hypoglycemia for Dummies explores this fickle condition and shows you how to manage your blood sugar to feel better. This no-nonsense, plain-English guide lays out the facts you need to maintain a healthy body. It offers expert advice on identifying symptoms, changing lifestyles, and also extensive coverage on diet, exercise, alternative treatments, and the link between low blood sugar and diabetes. This expanded 2nd edition provides: \* A thorough explanation of hypoglycemia and how it affects your body \* Exercise routines that lead to a healthier lifestyle \* Diet suggestions on what to eat and how often \* A basis for choosing a doctor that's right for you \* Vitamins and supplements that treat your symptoms \* Ways to manage hypoglycemia in the workplace \* An explanation of how hypoglycemia affects family and friends \* Methods to de-stress yourself...



**READ ONLINE**  
[ 2.49 MB ]

### Reviews

*I actually began reading this article book. It is actually filled with wisdom and knowledge I realized this pdf from my i and dad recommended this publication to learn.*

-- **Rhea Toy**

*I just started off reading this article publication. This really is for all who statte there had not been a really worth looking at. You will not feel monotony at anytime of your own time (that's what catalogs are for about should you ask me).*

-- **Prof. Jeremie Kozey**

## Other Books



### **Kingfisher Readers: What Animals Eat (Level 2: Beginning to Read Alone) (Unabridged)**

Pan Macmillan. Paperback. Book Condition: new. BRAND NEW, Kingfisher Readers: What Animals Eat (Level 2: Beginning to Read Alone) (Unabridged), Brenda Stone, For the first time, Kingfisher brings its expertise in beautifully-designed, trusted non-fiction to the sphere of learning to read. This...



### **TJ new concept of the Preschool Quality Education Engineering the daily learning book of: new happy learning young children (3-5 years) Intermediate (3)(Chinese Edition)**

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the Youth Pre-employment Training software download generated pictures...



### **TJ new concept of the Preschool Quality Education Engineering the daily learning book of: new happy learning young children (2-4 years old) in small classes (3)(Chinese Edition)**

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the Youth Pre-employment Training software download generated pictures...



### **And You Know You Should Be Glad (Paperback)**

HarperCollins Publishers Inc, United States, 2014. Paperback. Book Condition: New. Reprint. 201 x 132 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.A highly personal and moving true story of friend-ship and remembrance from the New York Times bestselling...



### **A Year Book for Primary Grades; Based on Froebel s Mother Plays (Paperback)**

Rarebooksclub.com, United States, 2012. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This historic book may have numerous typos and missing text. Purchasers can download a free scanned copy of the original...



### **Learn em Good: Improve Your Child s Math Skills: Simple and Effective Ways to Become Your Child s Free Tutor Without Opening a Textbook (Paperback)**

Createspace, United States, 2010. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.From a certified teacher and founder of an online tutoring website-a simple and effective guide for parents and students to...