



Stop Diabetes Now: A Groundbreaking Program for Controlling Your Disease and Staying Healthy (Lynn Sonberg Books)

William T. Cefalu, Lynn Sonberg

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Diabetes does not have to control your life

You are not alone. Millions of Americans have been diagnosed with diabetes and are facing its challenges. But you have the power to get your life back. You can not only prevent disabling complications, but also effectively stop the progression of the disease. Recent research proves **the key is tight blood sugar control**.

Here, leading diabetes researcher Dr. William T. Cefalu distills the latest studies and offers a breakthrough program to halt your symptoms. Combining cutting-edge conventional and alternative therapies now available, *Stop Diabetes Now* arms you with the most up-to-date information, explaining:

- *How to control your glucose level painlessly and effectively
- *The incredible benefits of careful nutrition and simple exercise
- *How to manage your hunger
- *When medication makes sense
- *Which supplements have been proven to make a difference

Stop Diabetes Now proves that diabetes doesn't have to be a grim sentence. Fight back and take charge of your health today with this simple step- by-step program.

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Toby Lowry:

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Michelle Quinn:

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