



5 Steps to Control High Blood Sugar: Is High Blood Sugar Affecting Your Life?

By Anjali Arora

Sterling Publishers Pvt.Ltd. Paperback. Book Condition: new. BRAND NEW, 5 Steps to Control High Blood Sugar: Is High Blood Sugar Affecting Your Life?, Anjali Arora, Diabetes is a chronic disease, which can be managed but not cured. About half of the population do not know they are diabetic. A fast-paced stressful lifestyle, improper nutrition and inadequate exercise results in the development of diabetes early in life. A handy introduction to diabetes, this book discusses the problems associated with the disease and how to prevent it from affecting your lifestyle.

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