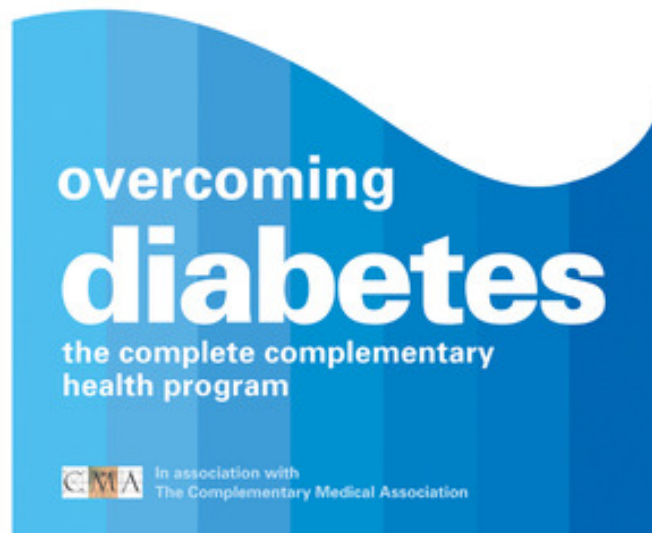


# Overcoming Diabetes: The Complete Complementary Health Program

Dr Sarah Brewer  
**natural  
health  
guru**



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Internationally best-selling author Dr.

Sarah Brewer presents one of the first books in an important new series: a highly authoritative, yet easy-to-follow program of complementary medicine and self-care treatments endorsed by the Diabetes Research and Wellness Foundation. It's designed to support conventional treatment for this fast-growing and debilitating disease, and teach sufferers how to alleviate symptoms and enhance their well-being. Dr. Brewer builds her pioneering approach on the premise that we all have unique requirements based on our age, gender, lifestyle, and genetic background. She offers tailor-made solutions ranging from gentle to full-strength, all featuring nutritional plans, workouts, and other lifestyle changes that will help you manage your diabetes better, significantly reduce your risk of long-term health complications, and feel better and more in control.

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