



# Diabetes and You: A Comprehensive, Holistic Approach

*Naheed Ali*

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## **Diabetes and You: A Comprehensive, Holistic Approach** Naheed Ali

With more than 23 million sufferers in the U.S. alone, diabetes is fast becoming a crisis of epidemic proportions. And for those personally afflicted by this debilitating disease, the everyday challenges can often seem overwhelming. In *Diabetes and You*, Naheed Ali, MD, finally offers both hope and empowerment by using the latest findings in clinical and physician studies to give diabetics the tools they need to successfully combat and cope with this disease.

*Diabetes and You* is both state-of-the-art and user friendly, an A to Z manual that has long been sought for this widely spread, high-profile disease. With Dr. Ali's expert advice, learn health enhancing habits, regulate your lifestyle, and take charge of your life no matter what challenges diabetes may bring.

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