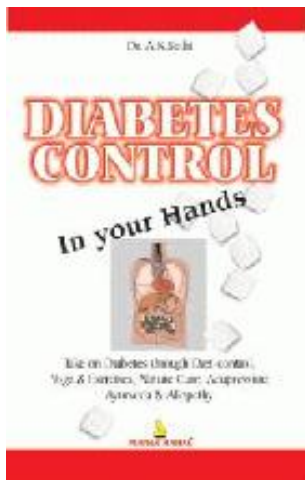




## Diabetes Control



**Author:** Dr. A. K. Sethi  
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Take on Diabetes through Diet-control, Yoga & Exercise, Nature Cure, Acupressure, Ayurveda and Allopathy.

Since diabetes cannot be cured, the only way to deal with it is to learn how to control it. With this clear objective in view, the book offers a complete guide on the ways and means to go about it.

The book focuses on:

- \*Structure and functions of different organs of the digestive system
- \*Types of diabetes -their causes and symptoms
- \*Complications related to diabetes, and the diagnosis and tests involved in detection and treatment
- \*The calorie-reckoner of different food items and the recommended diet for different types of patients

Where the book scores over others is that it does not just confine itself to Allopathic treatment but offers a complete controlling mechanism covering Ayurveda, Yoga, Nature Cure, Acupressure, Feng Shui through conventional and non-conventional ways.

This book is a must not only for those affected by diabetes, but everyone above forty who could run the risk of getting it.

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