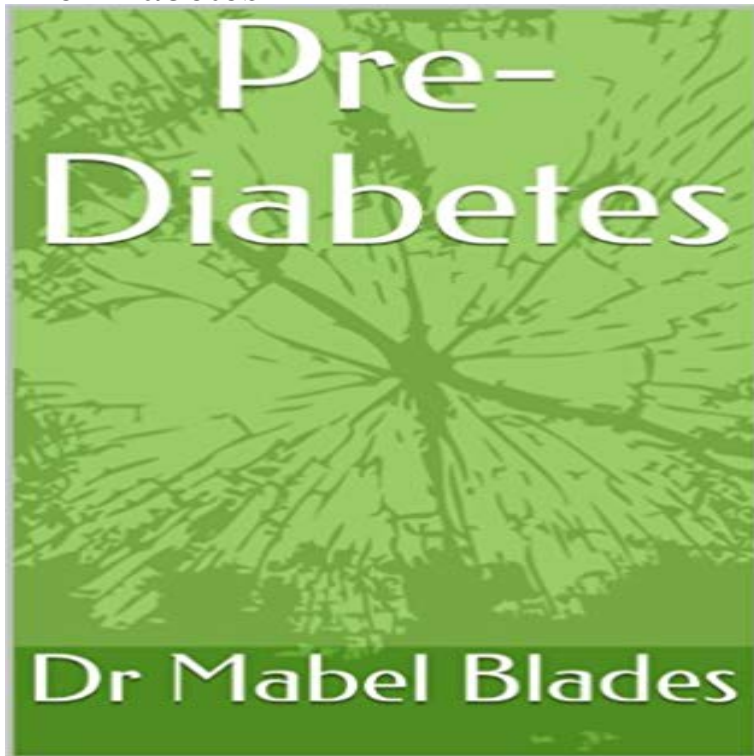


Pre-Diabetes



This book contains information on food and nutrition plus a brief mention of key factors to assist those with pre-diabetes which puts them at risk of developing Type 2 diabetes. As the 2 conditions can almost merge then information is provided also about Type 2 diabetes and also other types of diabetes. Hopefully the information provided will help people prevent with pre-diabetes from progressing to Type 2 diabetes, or at least delay that process.

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