



Preventing and Treating Diabetes, Naturally...

Leslie E. Korn, Rudolph C. Ryser

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Did you know? Psyllium husk reduces blood glucose levels? To calculate your required amount of daily water intake you divide your weight in half and drink that amount in ounces? Blueberries contain anthocyanadins, a powerful antioxidant that protects against neuropathy? Diabetics are healthier when they eliminate wheat from their diet? This book provides a holistic approach to prevention and treatment, integrating Pacific Northwest American Indian healing traditions with complementary/alternative medicine. Drs. Korn and Ryser provide step-by step methods for patients and health professionals that include the science of natural medicine. Special chapters include, historical trauma, massage and polarity therapy for neuropathy, effective nutritional supplements, herbs, and herbal-nutrient interaction with pharmaceuticals. This book has been approved for 20 continuing education credits for nurses.



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