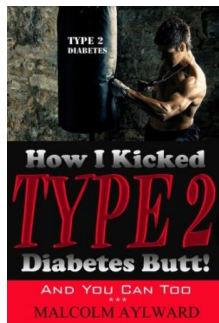


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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.After Malcolm Aylward was diagnosed with Type 2 diabetes in 2004, he began a journey of self-discovery that he is still on today. He has spent countless hours researching the best nutrition advice and foods to eat, the best exercise programs, and the most intelligent recommendations he could find on how to maintain normal A1C and blood sugar...

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- Authored by Malcolm Aylward
- Released at 2015



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Reviews

Certainly, this is the very best work by any writer. It is loaded with knowledge and wisdom I am just quickly will get a satisfaction of reading through a created publication.

-- **Donavon Okuneva**

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