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It is no exaggeration--balancing your blood sugar could be a matter of life or death. Chronic high blood sugar levels are toxic to your body, destroying organs and
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2 ways to lower your a1c levels without medication

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Six foods to lower your blood sugar -

Keep your blood sugar level in check naturally with these top six foods.

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Morning highs? how to lower morning blood sugar |

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Diabetes treatment: can cinnamon lower blood sugar

Is it true that cinnamon can lower blood sugar in people who have diabetes? Answers from M. Regina Castro, M.D.

9 plant-based foods that lower blood sugar - eat

Jan 24, 2015 9 Plant-Based Foods that Lower Blood Sugar. Millions of Americans are diabetic or pre-diabetic. It's an epidemic that's not only treatable, but

Ways to lower your blood sugar quickly - national

Mar 27, 2012 People who have had diabetes for a while know what will cause a spike in their blood sugar and what to do to cause it to go lower almost immediately.

Foods that quickly lower your blood sugar if you

Feb 19, 2012 If you are diabetic, sometimes your blood sugar might exceed the normal level. Research has revealed that there are certain things that can quickly get your

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My blood sugar has been slowly going down since being diagnosed type 2. Should blood sugar be coming down faster?

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Tips to lower & control blood sugar | diabetic

Good blood sugar control is vital to diabetes management. Eating healthier, exercising, managing stress, and taking blood glucose-lowering medications if necessary

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Diagnosing diabetes and learning about prediabetes

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