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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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Lowering your blood sugar is important to avoid pre-diabetes, diabetes, insulin resistance and overweight issues.

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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.

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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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