



# The Diabetes Self-Care Method

*Charles M. Peterson M.D., C. M. Peterson, Lois Jovanovic-Peterson*

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**The Diabetes Self-Care Method** Charles M. Peterson M.D., C. M. Peterson, Lois Jovanovic-Peterson

This book teaches diabetics how to achieve self-health management for a freer, more balanced lifestyle and provides the most current information about insulin dosage adjustments, exercise therapy, glucose monitoring options and more.'

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