



Diabetes: Pre-Diabetes Action Plan: The most important information you need to improve your health (The Everything® Healthy Living Series)

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If you or a family member has been diagnosed with diabetes, you may feel overwhelmed by the challenges associated with this disease. The Everything® Healthy Living Series is here to help. These concise, thoughtful guides offer the expert advice and the latest medical information you need to improve your health. A pre-diabetes diagnosis is a wake-up call. And with a pre-diabetes action plan, you can make the lifestyle changes you need to ensure your good health. Pre-diabetes can be reversed with a healthy diet and proper exercise. Here you'll find the tools to manage your condition, prevent any further complications, and potentially reverse pre-diabetes—one step at a time.

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