



# The Sugar Solution: Your Symptoms Are Real-- and Your Solution Is Here

*the Editors of Prevention (TM) magazine, Ann Fittante*

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The link between high blood sugar and type II diabetes is well known, but many people don't realize that blood sugar imbalances can set the stage for a host of health problems--from unexplained weight gain, fatigue, and poor concentration to heart disease and stroke. Prevention's THE SUGAR SOLUTION provides the necessary tools to identify and correct high blood sugar--and drop excess pounds, replenish energy stores, and reduce disease risk in the process.

The Sugar Solution draws on a combination of scientific research and expert opinion to shape a comprehensive, practical lifestyle strategy for balancing blood sugar. By following an eating plan that emphasizes smart carbs, good fats, and plenty of fiber; incorporating more movement into your daily routine; and taking steps to defuse stress, you can rein in out-of-control blood sugar and transform your health--in as little as 28 days.

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