

**THE LOW BLOOD SUGAR HANDBOOK: YOU DONT HAVE
TO SUFFER**

Jack Podraza

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I can't fault this idea, since, as I found, a glucose tolerance test only tells the story of what happened one time. Only through the books did I learn what was really wrong with me.

If you find yourself using the material in our book on a day to day basis, then we
Janice Kelsey rated it it was amazing Jul 14, This book was written not by a doctor but by a guy who found that low blood sugar was the cause of all the many strange symptoms he had been suffering with for years.

Laura rated it it was ok May 07, Jocelyn Pesansky rated it it was amazing Mar 31, think that protein and fat'd smooth out the glucose spikes.