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Blood Sugar & Spice: living with Diabetes

Charmaine D'Souza

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Blood Sugar & Spice: living with Diabetes Charmaine D'Souza
India is the diabetes capital of the world. Yet, diabetes can be prevented or controlled with the help of the right natural cure. Charmaine D’Souza has more than 24 years of practice dealing with diabetes and has a host of celebrity clients including Karan Johar, Bipasha Basu, Rani Mukerji, Padmini Kolhapure, Riddhima Kapoor Sahni, Shalini and Samrat Zaveri, and Anita and Naresh Goyal. She tells us how and why we contract diabetes, points out the ensuing health hazards, and explains how we can manage the condition through natural remedies, including enticing recipes for diabetes patients and their families.

Blood Sugar and Spice: Living with Diabetes is a comprehensive manual to help prevent, control, and cure diabetes using naturopathy. Whether you have been diagnosed with diabetes, have a relative or friend with diabetes or have a general interest in the ailment, this book is meant for you.

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