



Prolonging True Lives: A Handbook for Preventing Diabetes

Varney Kanneh

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Diabetes is a killer. Whether you are pre-diabetic, overweight or have been diagnosed with diabetes, there is more you need to know. In fact, your life depends on it. Prolonging True Lives explains and describes the various types of diabetes and provides information to control, manage and prevent the devastating consequences on the body-and on your life. Varney Kanneh, uses his own personal experience as a diabetic along with cutting edge research and practical knowledge to help you save your own life. Uncontrolled diabetes can cripple, causing blindness, heart disease, cancer, stroke, nerve damage and amputations. In these pages, you will learn how to prevent, control and manage diabetes for yourself and those you love. You will learn how to prolong true lives.

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