



Tai Chi for Diabetes: Living Well with Diabetes

Dr. Paul Lam, Dr. Pat Phillips

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An easy-to-follow exercise system from two physicians who have extensively researched the link between diabetes and the benefits of tai chi

With the percentage of people suffering from diabetes or pre-diabetes continuing to grow, diabetes has reached epidemic proportions, yet exercise and diet have proven to be effective in preventing the disease's onset, and can also improve the overall health of people with diabetes. Here is a guide full of practical information about diabetes and the benefits of tai chi, ranging from how the disease affects one's body to the best diet to follow; from looking after one's day-to-day health to special details to consider when traveling. Color photographs illustrate each tai chi movement, and step-by-step instructions are given.

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