



Ampalaya: Nature's Remedy for Type 1 & Type 2 Diabetes

Frank Murray

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Diabetes is on the increase. And it is largely due to obesity and a sedentary lifestyle. Diabetes is related to inheritance, poor diet and lifestyle choices and being a couch potato. The end result is cardiovascular disease, stroke, loss of eyesight, damaged kidneys and amputations. The current buzz word concerning the cause of Type 2 diabetes and cardiovascular disease is metabolic syndrome, previously called Syndrome X.

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