

REFERENCES

For Nutrition & Health Plans

For the scientific evidence supporting your nutrition and health plan please see the references under the relevant headings. These headings correspond to the handouts and key references highlighted in your plan. To find the abstract and full text article of each reference, please use PubMed (<https://pubmed.gov/>) or Google Scholar (<https://scholar.google.com/>).

(Please note, this document is often updated with new or different academic papers).

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HANDOUTS

BALANCING BLOOD SUGAR

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