

## The Diabetic Males Essential Guide To Living Well

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Q1: Regarding High Cholesterol - Dr. Bernstein's Diabetes University.**Jason Fung Fasting [Complete Guide to Fasting] Phil Graham | My Story and Diagnosis with Type 1 Diabetes HOW TO STOP YOUR BLOOD SUGAR GOING HIGH DURING WORKOUTS? DIABETES| Phil Graham**

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I love lifting weights and building lean muscle mass, so I was very excited to read and review "The Diabetic Muscle and Fitness Guide" by Phil Graham. Phil is a type 1 diabetic, bodybuilder, and nutritionist, and he has taken on the serious task of passing on his knowledge regarding how people living with diabetes should go about building muscle.

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