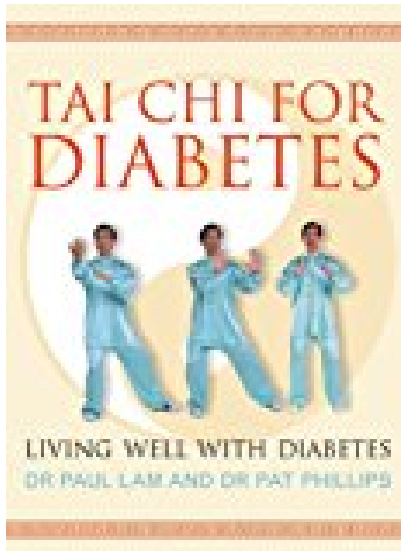


Tai Chi for Diabetes Living Well with Diabetes



BOOK DETAILS

- Author : Dr. Paul Lam
- Pages : 186 Pages
- Publisher : Rockpool Publishing
- Language : English
- ISBN : 1921295147



BOOK SYNOPSIS

This book combines the authors medical and tai chi expertise and provides practical information on diabetes, ranging from how it affects your body to the best diet to follow and how to look after your day-to-day health. It includes The Tai Chi for Diabetes program that has been especially designed for people with diabetes in collaboration with Diabetes Australia. It includes step-by-step instructions, with 200 professional photos illustrating each Tai Chi move.

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