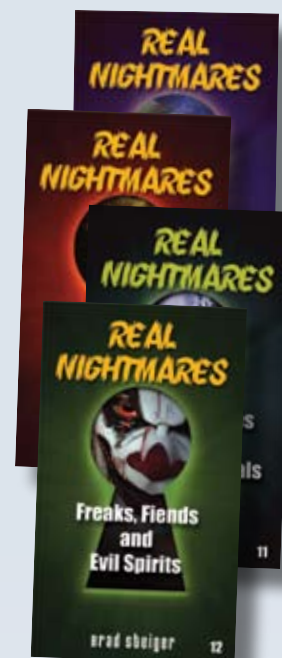


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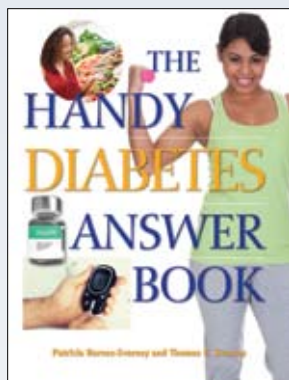
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A practical, accessible, and informative guide to a widespread affliction

The Handy Diabetes Answer Book

Patricia Barnes-Svarney and Thomas E. Svarney



Whether young, old, type 1, type 2, gestational, newly diagnosed, long-time sufferer, caretaker, or loved one, millions of people are afflicted and affected by diabetes. The CDC estimates 9.3% of the population in the United States and Canada have diabetes, and millions more are prediabetic. From scientific explanations of the effects of diabetes on the human body to monitoring, maintaining, exercising, and eating right, *The Handy Diabetes Answer Book* provides detailed information on the research and science on the disease, as well as on coping with its challenges and the latest medical developments.

This useful resource shows how and why the disease affects the body. It explains who is most at risk, points to the differences throughout the stages of life, and looks at the science behind its effects on the senses, brain, and the various systems of the human body. It demonstrates how to cope—and live well—through food, exercise, and lifestyle choices. This easy-to-use reference answers over 950 common questions, such as *What were some early common treatments for patients with diabetes? What are some eating challenges for an older person? What are the early warning signs? How do "energy drinks" affect a person's blood glucose levels? What recent study tried to find a way to reverse type 2 diabetes?*

Patricia Barnes-Svarney is a science and science fiction writer. Over the past few decades, she has written or coauthored more than 35 books, including Visible Ink Press' *The Handy Anatomy Answer Book*, *The Handy Biology Answer Book*, and *The Handy Nutrition Answer Book*. She is the author of *When the Earth Moves: Rogue Earthquakes, Tremors, and Aftershocks*, and she was also the editor/author of the award-winning *New York Public Library Science Desk Reference*.

Thomas E. Svarney is a scientist who has written extensively about the natural world. His books with Patricia Barnes-Svarney include Visible Ink Press' *The Handy Anatomy Answer Book*, *The Handy Biology Answer Book*, and *The Handy Nutrition Answer Book*, and he is also the author of *Skies of Fury: Weather Weirdness around the World* and *The Oryx Guide to Natural History*. The couple lives in Endicott, New York.

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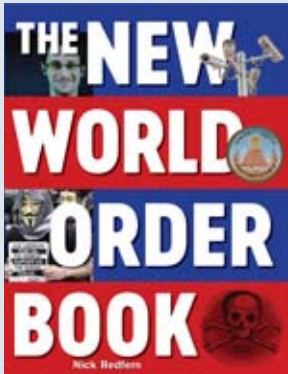
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A compelling look at the hidden power and the inner workings of the New World Order

The New World Order Book

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Turbulent times. Economic disruptions. Wars and civil strife. Hidden and secret cabals. Global elites. Mysterious symbols. Missing money. Surveillance and microchips. Just who holds the power, and what are their goals? While we are assured by our leaders that global treaties and international organizations such as the International Monetary Fund and United Nations are wholly benign and beneficial in nature, are they actually the foundation for an authoritarian world government? Are nefarious cabals and front organizations attempting to destroy individual nations and achieve world domination?

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Nick Redfern is the author of numerous books on conspiracies and paranormal and unexplained mysteries, including Visible Ink Press' *Secret Societies: The Complete Guide to Histories, Rites, and Rituals*; *Secret History: Conspiracies from Ancient Aliens to the New World Order*; *The Bigfoot Book: The Encyclopedia of Sasquatch, Yeti, and Cryptid Primates*; and *The Monster Book: Creatures, Beasts, and Fiends of Nature*, as well as *The Real Men in Black*, *The NASA Conspiracies*, and *Strange Secrets*. He has appeared on more than 70 TV shows, including the BBC's *Out of This World*; the Syfy Channel's *Proof Positive*; the Space Channel's *Fields of Fear*; the History Channel's *America's Book of Secrets*, *Ancient Aliens* and *UFO Hunters*; Science's *The Unexplained Files*; and the National Geographic Channel's *Paranatural*. Originally from the UK, Nick lives on the fringes of Dallas, Texas.

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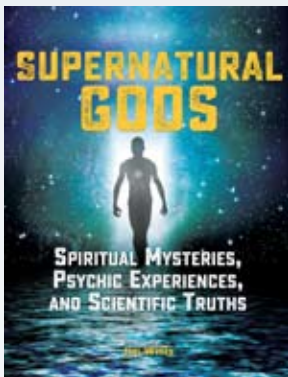
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Black Holes. Dark Energy. Dark Matter. Entanglement Theory. Quantum Physics. The wavelengths of light visible to the human eye is only a fraction of a trillionth of the light in the universe. Modern science estimates dark energy permeates roughly 68% of the universe. Dark matter makes up another 27%, leaving the "normal" matter visible to humans at less than 5% of the cosmos around us. String Theory and Membrane Theory both suggest that parallel dimensions very probably exist. Quantum Entanglement Theory shows two objects connected despite being large distances apart. What does the universe hold—and hide? Can science explain psychic and supernatural phenomena?

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Having earned his master's degree in theology from Andover Newton Theological School, **Jim Willis** is an ordained minister with over forty years of experience. He has also taught college courses in comparative religion and cross-cultural studies. In addition, Willis has been a professional musician, high school orchestra and band teacher, arts council director, and even a drive-time radio show host. His background in theology and education led to his writings on religion, the apocalypse, cross-cultural spirituality, and the mysteries of the unknown. His books include Visible Ink Press' *Ancient Gods: Lost Histories*, *Hidden Truths*, and *the Conspiracy of Silence*, *Armageddon Now: The End of the World A to Z*, and *The Religion Book*. Willis resides in the woods of South Carolina with his wife, Barbara, and their dog, Rocky.

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Demons, the Devil, and Fallen Angels

Marie D. Jones and Larry Flaxman

The devil goes by many names, and his tribe is legion. Exploring over two dozen religious traditions, myths, folkloric and spiritual traditions, the world of the supernatural, and the demons, Devil, and fallen angels in today's pop culture, *Demons, the Devil, and Fallen Angels* is a comprehensive resource of the many faces of the devil, his minions, ominous deities, and the darker side of nature and ourselves.

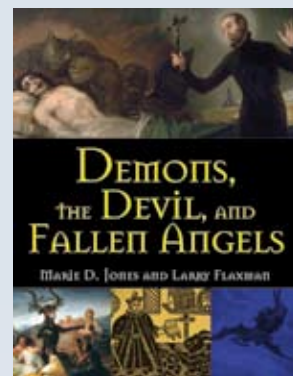
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Marie D. Jones has lectured and written extensively on metaphysical, paranormal, and self-empowerment topics. Her books include *2013: The End of Days or a New Beginning?* and *PSIence: How New Discoveries In Quantum Physics and New Science May Explain the Existence of Paranormal Phenomena*. She's a regular radio guest on *The Kevin Smith Show*, *Rob McConnell's X-Zone*, *The Shirley MacLaine Show*, and *Coast to Coast with George Noory*. She makes her home in San Marcos, California.

For nearly two decades, **Larry Flaxman** has been actively involved in paranormal research and hands-on field investigation, emphasizing the scientific method to unexplained phenomena. His books with Marie D. Jones include *11:11 The Time Prompt Phenomenon*, *Mind Wars*, and *This Book Is from the Future*. He has appeared on the Discovery Channel's *Ghost Lab* and the History Channel's *Ancient Aliens*. His numerous radio credits include *Coast to Coast with George Noory*, *The Shirley MacLaine Show*, *The Jeff Rense Show*, *Rob McConnell's X-Zone*, *TAPS Family Radio*, and *Paranormal Podcast*. He resides in Little Rock, Arkansas.

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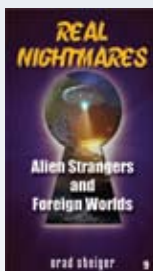
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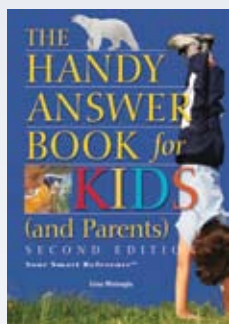
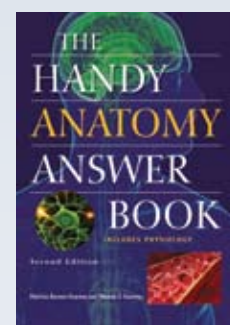
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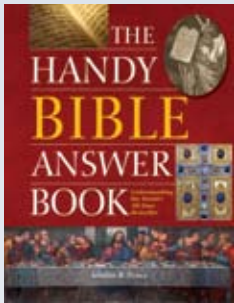
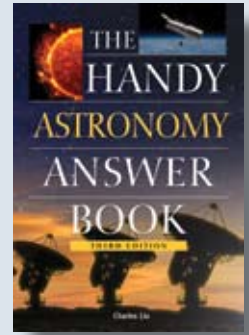
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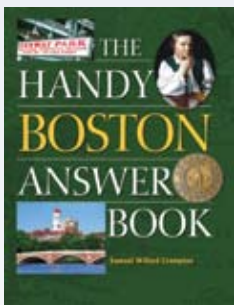
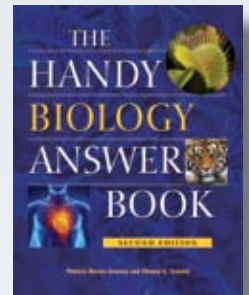
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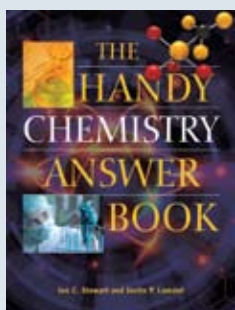
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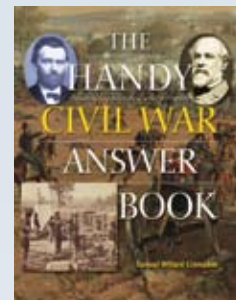
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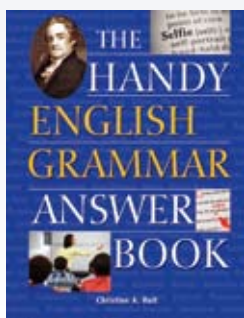
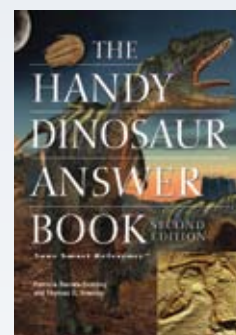
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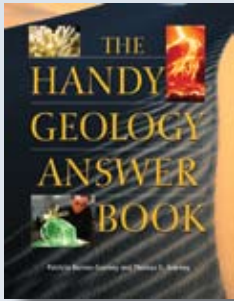
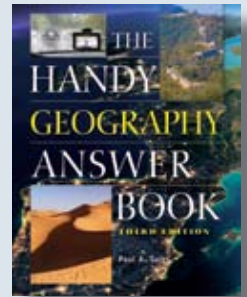
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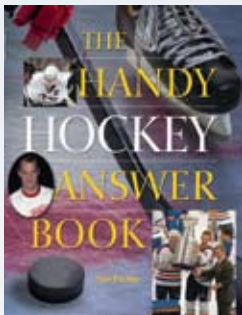
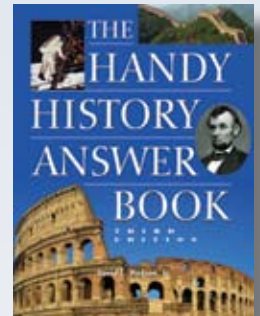
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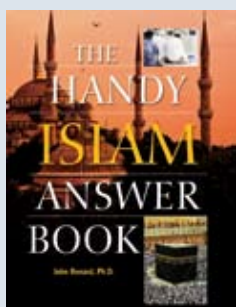
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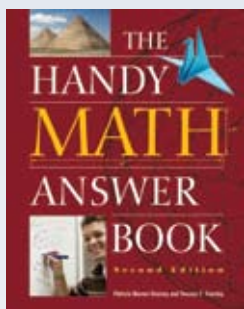
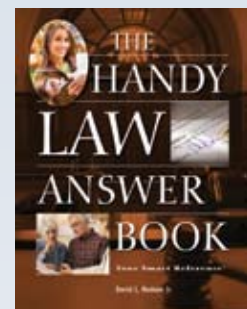
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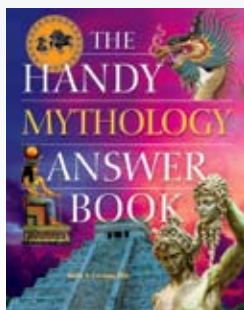
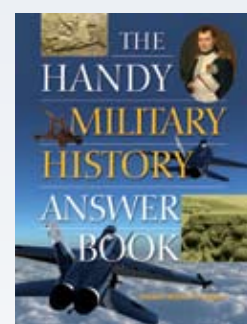
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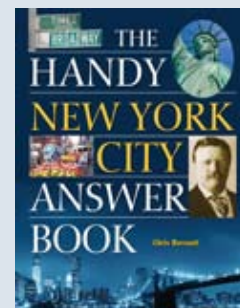
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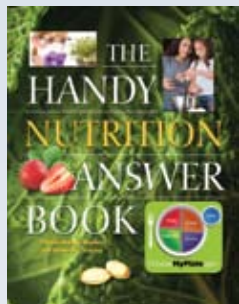
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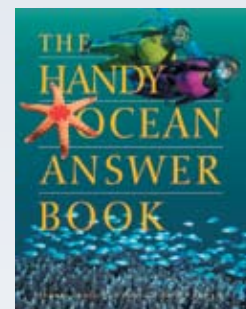
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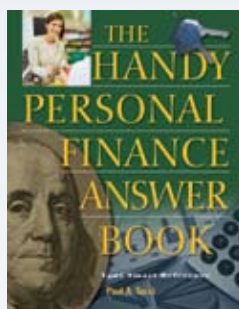
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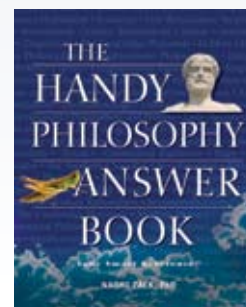
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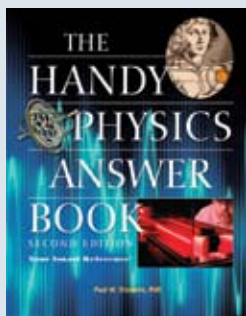
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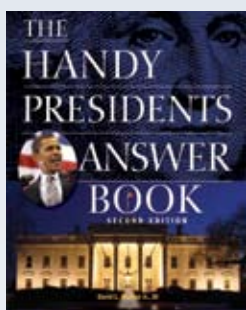
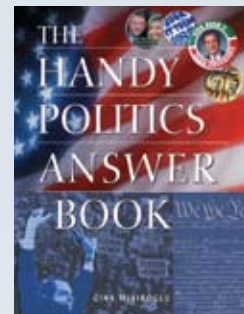
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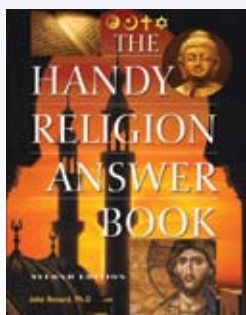
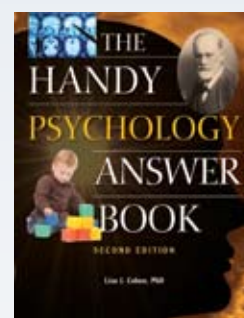
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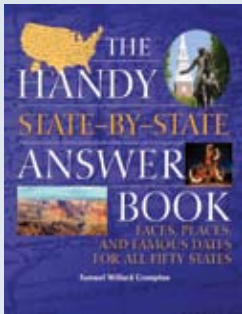
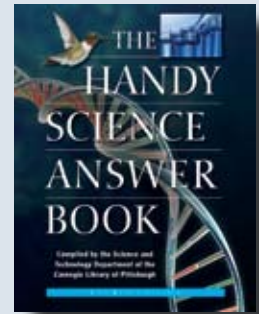
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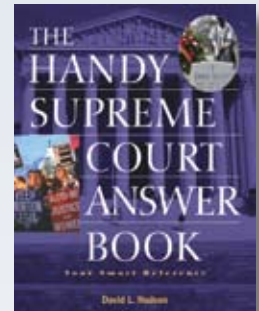
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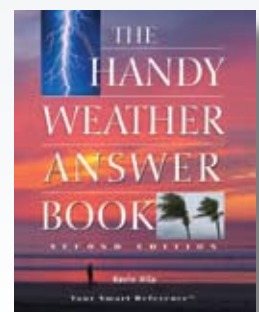
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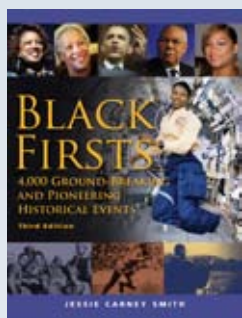
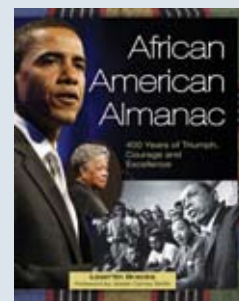
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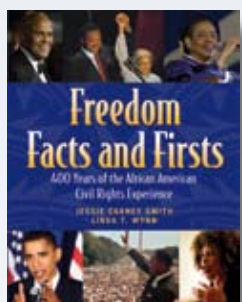
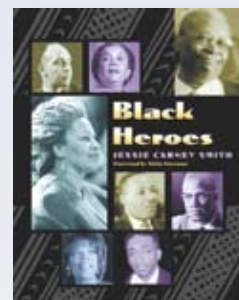
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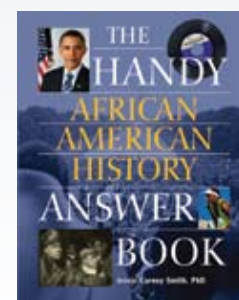
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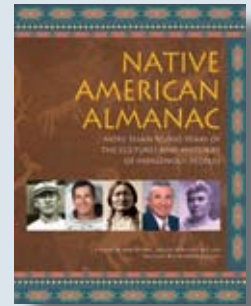
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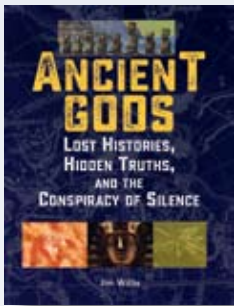
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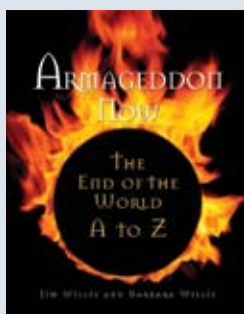
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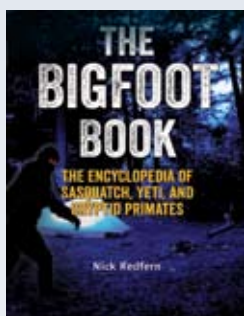
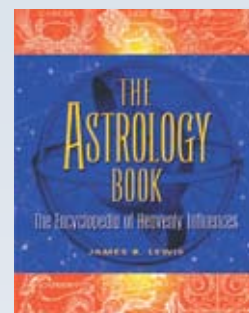
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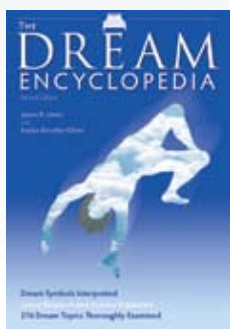
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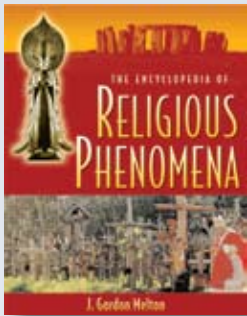
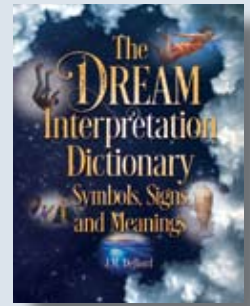
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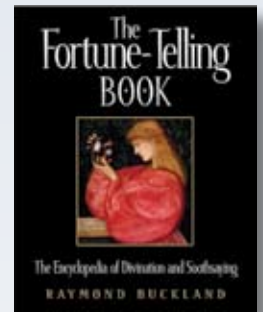
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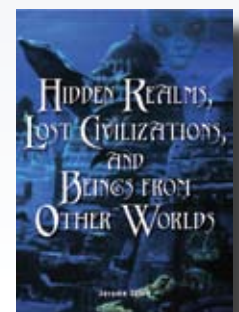
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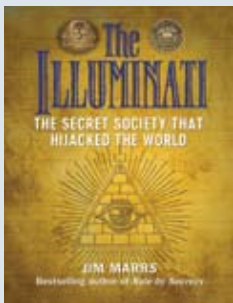
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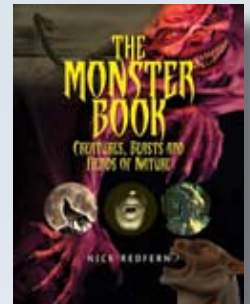
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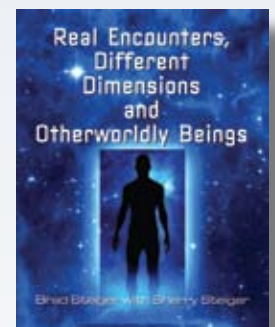
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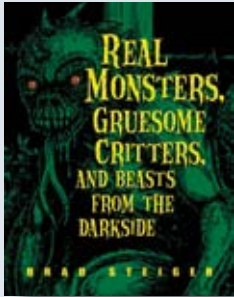
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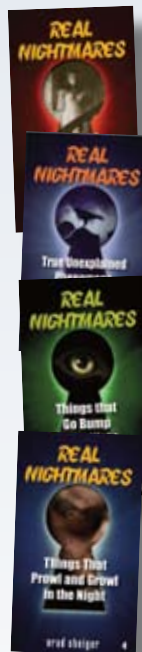
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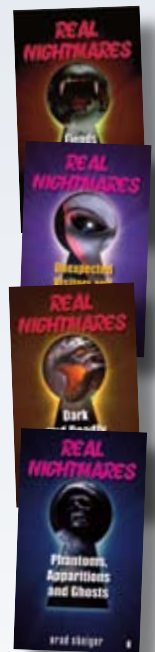
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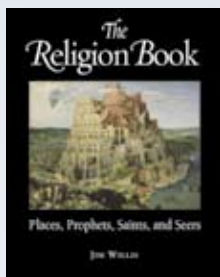
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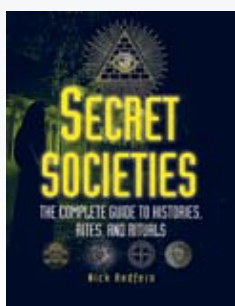
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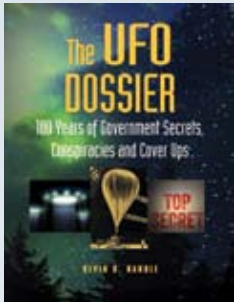
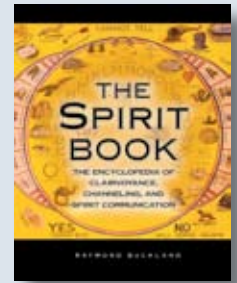
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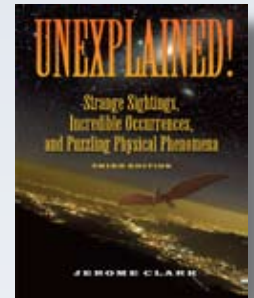
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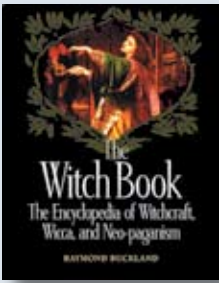
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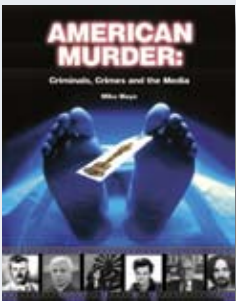
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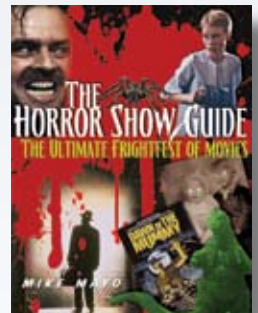
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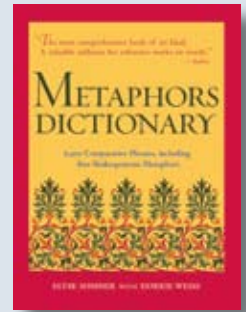
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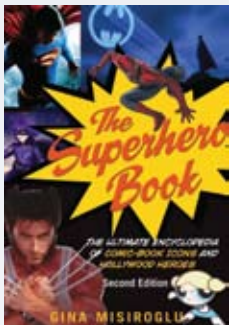
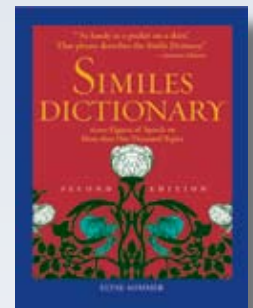
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