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The Complete Nutritional Solution to Diabetes on Amazon.com. *FREE* shipping on qualifying offers. It is always heartening when one of my colleagues publishes a book and I was thrilled to receive a copy of The Complete Nutritional Solution to Diabetes from Ria Catsicas, a South African dietician. Ria Catsicas RD (SA) is a registered clinical dietician who has been in private practice for 20 years. She graduated with a BSc (Hons) (cum laude) in Dietetics from the North West University and subsequently completed a BA (Psychology) from UNISA. She is currently studying a Master's degree in Nutrition with a special focus on diabetes. Download The Complete Nutritional Solution to Diabetes PDF Full Ebook. Report. Browse more videos. Playing next. 0:11. Diabetes 2 Nutritional Aspects of Diabetes Management A Complete Guide to Diabetes. Infor. 0:06. Read ?Diabetes 2 - Nutritional Aspects of Diabetes Management: A Complete Guide to Diabetes. Rsz.