# Sugar In The Blood A Familys Story Of Slavery And Empire A Family Memoir

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When your blood sugar levels are running high, your body will try to flush excess sugar out of your blood through the urine. As a result, your body will need more fluids to rehydrate itself. Drinking water can help the body with flushing out some of the glucose in the blood.

How to Treat and Bring Down High Blood Sugar Levels

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