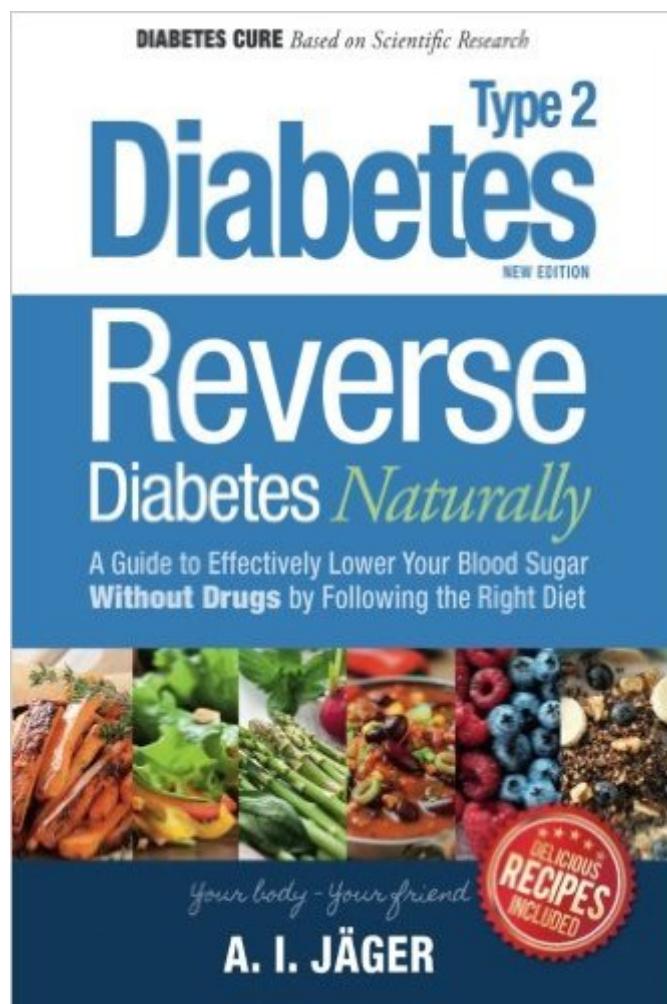


The book was found

Reverse Diabetes Naturally: A Guide To Effectively Lower Your Blood Sugar Without Drugs By Following The Right Diet (Diabetes Cure For Diabetics Type 2) (Volume 1)



Synopsis

New Edition: Amazing Transformation â€“ Targets the Cause of Diabetes Type 2, Not Just the Symptoms Learn How to Avoid the Conventional Medicine Trap and Effectively Lower Your Blood Sugar Without Drugs â€“ Delicious Quick & Easy Meal Plan Included Based on Scientific Research

---> Have you been recently diagnosed with diabetes? ---> Are you a long time sufferer of diabetes?

---> Are you struggling to control your diabetes naturally? This Book Will Change Your Outcome

Drastically Bestselling author Anna I. Jaeger is a nutrition researcher, bestselling author and advocate for health and nutrition. Her easy to understand book will guide you through the steps you need to know in order to take control of your life and beat your diabetes into the ground. If you're (pre-)diabetic you need this book. No longer will you feel victim to your illness. Now is the time for you to put your superhero cap on and reverse your diabetes today! Effectively Cure Your Diabetes Without Drugs You will learn:

- A basic understanding of diabetes
- Why high-fat diets cause diabetes (based on scientific research)
- How to choose to follow better nutritional guidelines to control diabetes
- How to build up your army of Superfoods
- Meal planning for low-fat meals (foods to include and foods to avoid)
- What are Superfoods?
- How to reverse diabetes
- Fitness and your Superhero Sidekick
- Blood-sugar monitoring
- How to dramatically improve your health
- How to see the cure of diabetes

2016 Edition with New Chapter: Quick & Easy Recipes Included

Included in this book, you will get delicious recipes that will help you reverse your diabetes. These recipes are meant to be used to create a healthy 7-day meal plan. Each meal category includes two quick and easy recipes that can be prepared in under 15 minutes. Mix and match according to your lifestyle and create a meal plan that will work for you. Suited for beginners and advanced cooks alike. All recipes come with nutritional information. It is never too late to make a life style change! Get Your Copy Today! Scroll to the top of the page and click on the BUY button to starting reading.

Book Information

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Customer Reviews

I started reading this book because I am a diabetic and I wanted to know more about this disease and it's toll that it takes on our body. The adverse effects that this disease has with this human system. I am happy to state that all my queries have been satisfactorily fulfilled. In addition to that I now know that this disease not only needs proper attention but strict diet and meal planning. This book has given me useful information on the number of calories the daily meal intake gives us. Am quite sure that with proper supervision and strictness and this much needed knowledge about this disease am now much more aware of my body and this disease and we'll equipped to cope with it.

Very informative book about Diabetes. It explains the difference between different types of Diabetes, shows the symptoms of Diabetes, you should be very careful if you have them. And gives the advice and recommendations of what to do if you have this Disease- what to eat, how, what to exclude etc. I can recommend to read this book if you are researching for this topic. Actually everybody should know about it as it is unfortunately the disease of our modern life.

Page after page was just rich with wisdom and practical applications for curing as well as avoiding diabetes. The concepts in this book help to guide through the process of overcoming diabetes and not starving yourself to do it! A fantastic read!

Very good title I must say! Great book for diabetic patients. Very useful information like diet, exercise, and so much more. If you are interested in your health, then you owe it to yourself to read this book, it's very detailed and nicely explained too!

Great book for those suffering from diabetes. It has so much useful information about managing diabetes, diet, exercise, and so much more. If you are interested in your health, then you owe it to yourself to read this book, it's very detailed!

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