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Diabetes: Diabetic No More: Normalize Blood Sugar, Reverse Diabetes, And Say Goodbye To Drugs And Testing Forever (How To Cure Diabetes With Healthy Living And A Diabetes Diet)





Synopsis

Are you sick of dealing with diabetes? This enlightening and comprehensive guide will arm you with the knowledge you need to permanently reverse diabetes through diet and lifestyle changes. This relentlessly researched book shows you the exact methods and strategies that have helped thousands to live a life free of diabetes when they never thought that was possible. Reclaim your life starting today! Modern medicine is proving inadequate at stemming the epidemic of diabetes. Diabetes is rampant in America and the developed world, but you don't have to live with the misery and inconvenience of diabetes anymore! This book contains real strategies aimed at reversing diabetes for good, not just drugging you up and partially masking the symptoms of this modern epidemic that is robbing so many of their quality of life. Your health is worth it and it is in your hands! This groundbreaking work represents the first step in your new diabetes free life. This guide lays out proven methods for reversing Type 2 diabetes as well as prediabetes, while simultaneously showing people with Type 1 diabetes how they can dramatically reduce their dose of insulin while also practically eliminating diabetic complications. Here is a preview of what you will learn in this book:

AN OVERVIEW OF DIABETES
MISCONCEPTIONS ABOUT DIABETES
TYPE 1, TYPE 2, AND PREDIABETES
EFFECTS OF ALCOHOL ON DIABETES
FOODS THAT BURN FAT AND HELP YOU LOSE WEIGHT
LIVING HEALTHY WITH DIABETES
LATENT AUTOIMMUNE DIABETES OF ADULTS (LADA)
GESTATIONAL DIABETES
DIAGNOSING GESTATIONAL DIABETES
SCREENING FOR DIABETES
STATIN DRUGS AND THEIR POSSIBLE DANGERS
THE DANGERS OF INSULIN
DISEASES ASSOCIATED WITH BEING OVERWEIGHT
PETS AND DIABETES
HEALTHY SUPPLEMENTS
BOTANICALS AND DIABETES
STRESS AND HEALTH
HOLMES AND RAHE STRESS SCALE
LIGHT'S EFFECT ON EYESIGHT AND SLEEP
ELEMENTS OF DIABETIC BLOOD
THE FUTURE OF THE BIONIC PANCREAS
PERILS OF DIET
AVOIDING FREE RADICALS
WHAT ARE ANTIOXIDANTS?
WHAT IS AN ORAC CHART?
WHAT YOU NEED TO KNOW ABOUT RAW FOOD
THE TRUTH ABOUT SOY
DECEPTIVE FOOD LABELS
THE HAZARDS OF GENETICALLY MODIFIED FOODS
WHAT YOUR HAIR CAN TELL YOU ABOUT YOUR BODY
ESSENTIAL MINERALS
WHAT CAUSES BLOOD SUGAR TO SKYROCKET?
WHAT TO SUBSTITUTE WHEN YOU ARE CUTTING CARBS
SUGARS ARE HARMFUL FOR THE BODY
HEALTH BENEFITS OF FATS
KEEPING YOUR KITCHEN DIABETES-FRIENDLY
REINFORCING THE IMMUNE SYSTEM
THE DANGERS OF ANTIBIOTIC OVERUSE

Want more? Scroll up and grab this book today. Make a small investment in your health today that will pay huge dividends tomorrow!

Book Information

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Customer Reviews

This book contains the real facts about diabetes. The one's that are hard to find and aren't always obvious. I have spent a great deal of time researching diabetes because my mother in law has been suffering from Type II diabetes for a long time. If you really scour the internet and are able to discern credible sources from BS ones, you can find a lot of this info. This book p'ts it all in one place though and it is so refreshing to have an actual, honest resource about getting rid of diabetes for good and not just "managing" it by taking drugs forever. If you or a loved one has diabetes, I urge you to consult this book and see what you have been missing. There is a real, permanent for for diabetes and this book shows you what it is.

I was skeptical when my sister in law started reading this book. I thought there was no cure for diabetes. She was raving about it so I bought my own copy for my Kindle and I can see what she means now. This is actually a cure for diabetes. No more insulin, no more suffering. The author isn't kidding around when he says you can be a diabetic no more. I wish more doctors were open to curing disease instead of just writing prescriptions for drugs from whatever drug company gave

them the most money.

The book is a convincing pleading to improve people health, especially those with already bad blood tests, by eating a light diet based mostly on vegetables and fruit, nuts and beans, less meat, and so the like, in essence stuff with more nutrients and less calories, coupled, if possible, with moderate exercise. The text is unpretentious, medical explanations trimmed to the minimum required for understanding the mechanisms, and a practical behavioral kit how to reduce high blood pressure, cholesterol and diabetes. I recommend the book as an easy reading which may convince some people to change their dietary habits, and once the brains are convinced, the rest will follow suit and be quite easy.

I was a little bit worried that this book might be some weird pseudo-medical speculation from some crank. When it comes to diabetes there is a lot of misinformation out there so I am always leery. This book was a delightful surprise however. It is well researched and offers sober and actionable advice that really does work. The goal isn't to control diabetes, it is to cure it, and it is possible. If anyone tells you otherwise tell them to read this book and see how to cure diabetes forever.

This book answered all of the questions most doctors either can't or won't. From cover to cover, this book exceeds anything the current medical establishment is able to offer and I am so glad that there is some real knowledge finally starting to work its way into the world when it comes to diabetes.

Gone are the days of strict diets, forbidden foods, and trips down the sugar-free food aisle. According to American Diabetes Association nutrition recommendations: To eat well with diabetes simply means applying the basic principles of healthful eating. I think goals have to be small and well spelled out for people. Everyone has the experience of going to a health practitioner and being told something vague: 'You know, you really ought to lose weight. Helpful!

This is a comprehensive guide will arm us with the knowledge we need to permanently reverse diabetes through diet and lifestyle changes to help us be informed about it. This relentlessly researched book shows you the exact methods and strategies that have helped thousands to live a life free of diabetes when they never thought that was possible, all in all there is hope through this book.

This book shows you the exact methods and strategies that have helped thousands to live a free of diabetes when they never thought that was possible. this book covers the real strategies aimed at reversing diabetes for good, from this book you can prevent from diabetes life. i also recommend this book to those diabetic patients for live their life easy.

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