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Type 2 Diabetes: Take Control Of Your Blood Sugar Level Naturally With 39 High Fiber, Healthy Carb Diabetes Recipes-Maintain Healthy Blood Sugar And ... Cookbook, Diabetes Diet Plan) (Volume 7)





Synopsis

Control And Treat Type 2 Diabetes Without Medication This book contains steps and strategies on how to successfully manage Type 2 diabetes by cooking healthy and scrumptious diabetic-friendly meals. The 39 nutritious recipes in this book will give you an idea on how to cook the earth's freshest produce and create low-calorie and low-sugar dishes for you and the family to enjoy. Moreover, this book will not only teach you how to create the best diabetic dishes but also reveal the value of healthy carbohydrates and fiber-enriched food in controlling glucose levels within the body. Type 2 diabetics need to be more aware of the food that help reverse diabetic symptoms and delay progression of more serious diseases such as hypertension, heart ailments and organ failure. It is expected that the guidelines in this book will help diabetics and their families live healthier and longer lives. Likewise, the creative and colorful recipes prove that becoming a type 2 diabetic creates more fun and variety in the kitchen. Here Is A Preview Of What You'll Learn... Nutrition and the Type 2 Diabetic Diabetic-Friendly Ingredients Scrumptious Soups Delightful Salads Hunger-Boosting Appetizers Mouth-Watering Main Dishes Thirst-Quenching Drinks Delicious Snacks Delectable Desserts Much, much more! Buy your copy today! Take action today and buy this book for a limited time discount.

Book Information

Series: Type 2 Diabetes, Diabetes Type 2, Diabetes Diet, Diabetic Cookbook, Diabetic Recipes, Diabetes Cookbook, Diabetes Diet Plan

Paperback: 74 pages

Publisher: CreateSpace Independent Publishing Platform (August 9, 2014)

Language: English

ISBN-10: 150078401X

ISBN-13: 978-1500784010

Product Dimensions: 6 x 0.2 x 9 inches

Shipping Weight: 5.8 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 19 customer reviews

Best Sellers Rank: #1,306,232 in Books (See Top 100 in Books) #76 in Books > Health, Fitness & Dieting > Nutrition > Fiber #93 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Blood Type Diets #108 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > Type 2

Customer Reviews

I bought this book for a loved one suffering from Type 2 Diabetes. And what prompted me to do so is the fact I get tired of hearing if she eats healthy there isn't anything left to eat that taste good. What this book does well is provide tons of healthy Diabetic recipes and recipes even for tasty snacks. This book makes it almost virtually impossible for my loved to say there isn't anything left to eat that taste good. And this books goes one step further and actually gives you the knowledge to be able to put your own healthy meals together. If you are a Diabetic this is a mandatory buy.

This book is great for some fast and easy meal ideas that are also very tasty. It doesn't require an advanced degree in cooking. It just provided good down to earth meals to help control carb intake and blood sugar. In fact, it's a good book for anyone who wants to maintain a good, healthy diet. I do highly recommend it.

Diabetes type 2 runs in my family. Three of my relatives have it and I don't want to be the fourth. Therefore, this book has offered helpful solutions and things I can be weary of so that I can stay healthy. Overall, the book has good tips and advice, and gives you a overview of type type two diabetes

This book is a great resource, well written informative and packed full of useful everyday recipes. I recommend it to people who love cooking or as a gift. It covers a wide range of meals from starters to deserts including smoothies, snacks and cookies. A hard copy on the kitchen bookshelf for quick reference would be more convenient for me over the ebook. It's a keeper for me.

Interesting recipes but I thought it was crazy that no one proofread the recipes to make sure all needed details were in the recipe, such as size of pans to use, quantity amounts in recipes and in directions (for example, mix in 2 CUPS of olive oil) and OVEN temperatures.

My best friend was diagnosed with diabetes type 2, so we were very concerned as we didn't know any recipes consistent with her illness. Luckily, I found this book which has delicious ones. The most important thing is that these great meals are easy to prepare and improves her quality life as well. I couldn't pass over the desserts: they are delicious! Don't miss this book, it's very complete! Highly recommended!

This book had a lot of great information about the types of foods to avoid and the best foods to eat.

The recipes were also very healthy with the great preparation instructions. Some of my favorite recipes were the green and red salad, healthy deviled eggs, Mediterranean roles, and Green Halibut Steak. You're looking to eat healthy and reverse type II diabetes should definitely get this book!

The author did a great job of offering ways to live with diabetes and control it so that it does not control you. He described different strategies to take control of it and feel better overall. I liked the book because the author shared some very practical ways to control the symptoms of diabetes and do it in an all natural way. Very good resource with very good information.

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