



Reverse Diabetes: Diabetes Diet and Healthy Habits to Lower Blood Sugar Naturally (Paperback)

By Julia Chandler

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Reverse Diabetes Diabetes is a disease characterized by chronic high blood sugar levels. If left untreated, diabetes can progress over time, resulting in blindness, heart attacks, kidney disease, strokes, and other serious complications. Unfortunately, there is no medical cure currently available for what is often called a silent killer. A healthy lifestyle is an essential part of coping with diabetes as well as healing. This book offers effective tips and strategies on how you can lower your blood sugar naturally and reverse diabetes. By reading this book, you ll learn: - How to count carb intake and avoid sugar - Diabetes diets and effective supplements to lower blood sugar - How to deal with stress, quit smoking, and limit alcohol consumption - How to prevent diabetic complications - Tips for planning your trips well and much more! These habit-developing strategies are effective, easy to implement, and side-effect free. They can help you manage your diabetes not only today, but for years to come. Order Reverse Diabetes now! ---- TAGS: reverse diabetes, diabetes diet, diabetic living, type 2 diabetes, diabetes cure, diabetes...



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Reviews

A top quality publication as well as the typeface used was intriguing to learn. Yes, it is play, still an amazing and interesting literature. I discovered this publication from my i and dad suggested this book to learn.

-- Prof. Louvenia Flatley

A must buy book if you need to adding benefit. This is for anyone who statte that there had not been a well worth reading through. Its been designed in an exceptionally straightforward way which is simply right after i finished reading this book where basically changed me, change the way i think.

-- Adrien Robel