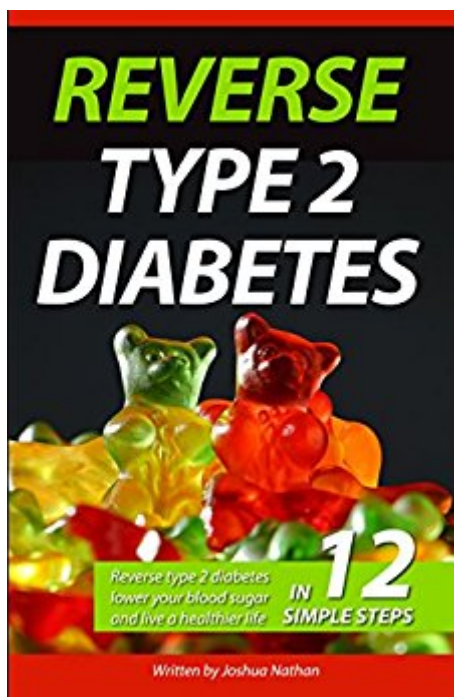


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# Diabetes: Reverse Type 2 Diabetes, Lower Your Blood Sugar, And Live A Healthier Life In 12 Simple Steps (Diabetes, Type 2 Diabetes, Blood Sugar, Sugar, Insulin, Fat, Diet, Unhealthy Diet, Book 5)



## Synopsis

Diabetes: Reverse type 2 diabetes, lower your blood sugar, and live a healthier life in 12 simple steps In *Reverse Type 2 Diabetes*, you will finally learn just how to reverse type 2 diabetes, lower your blood sugar, and live a healthier life using an easy to follow step by step guide and FREE action plan. Even if you have no prior understanding of type 2 diabetes, this book will teach you everything you need to know from how type 2 diabetes is caused, what the symptoms are, and the simple remedies needed to reverse it. Download this book today. Type-2 diabetes is reversible. Take a moment. Let that sink in. Now think about this: type-2 diabetes is caused by eating too many carbs, which leads to the body producing too much insulin and eventually becoming resistant to it. And how do we treat this disease? With more insulin! And while we're treating the symptoms of diabetes, the underlying problem of insulin resistance is left to progress. Type-2 diabetes is only a chronic progressive disease because it's not being treated correctly – we need to treat the underlying problem, not just its symptoms. And the underlying problem is eating too much of the wrong foods. The answer then is simple: take control of this disease by taking control of your diet. With some diligence and consistency, you can get your body back into a metabolically healthy state in which it is more than capable of controlling its own insulin levels – before it's too late. So, now that we've got these simple (yet life-changing) facts out of the way, let's get into the nitty-gritty about how to accomplish it. Because yes, it's within your power to take control of your body and health, and give yourself the gift of good quality of life. And in the end, throwing all that medication in the dustbin where it belongs. So are you ready to tackle diabetes head-on? Let's get started! Tags: (Diabetes, Type 2 Diabetes, Blood Sugar, Sugar, Insulin, Fat, Diet, Unhealthy Diet)

## Book Information

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## Customer Reviews

Very useful recipes for those who have diabetes! My husband was just diagnosed with diabetes and I had heard about the plate method. All the recipes we've tried so far are tasty. My reason for the four star rating is that a number of recipes are repeated and just called a different name. I can't believe that they couldn't have at least changed some of the spices to provide a new recipe.

Wow great information and useful tips for all diabetics. I've put some of what I've learned to use and it is working quite well for me so far.

Simple steps and incredible advice! The amount of processed and prepared foods we are eating these days is beyond excessive. Diabetes is taking so many lives, we need to do something about it in our own lives before we become another statistic! This book is a great read, not only for people living with type 2 diabetes but also for the average Joe (or Joanne)!

I enjoyed the practical and simple guide to better food choices and the clarity of the step approach. The balance between eating choices and exercising is well presented. As a parent it is a reminder of how to encourage our children to eat their way to better quality lives.

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