

The Paleo Sugar Addict Festive Cookbook Reverse Diabetes (Paperback)



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Reviews

This book is great. I have go through and so i am confident that i will going to read through once again again in the future. I am just easily can get a satisfaction of looking at a written book.
(Miss Vernie Schimmel)

THE PALEO SUGAR ADDICT FESTIVE COOKBOOK REVERSE DIABETES (PAPERBACK)



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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Reverse Diabetes. If you have a history of diabetes in your family or if you re carrying a few too many extra pounds around your middle, if you eat the typical western diet of highly-processed foods and wonder if there s any way to improve your health and reduce the risks of contracting diabetes, this book could save your life. Or the life of a loved one. In addition you will find a hugely delicious array of tasty meals, snacks and treats so that even if you want a sugar detox or have diabetes, you can still enjoy the festivities without any guilt or weight gain. In fact you will lose weight! Fortunately, there has been a powerful response to this epidemic from the medical research community and we now understand so much more about the nature of the condition than ever before. That understanding provides us with a wealth of methods for dealing with the disease directly and effectively. The methods in this book include: Spotting the symptoms Determining your own risks of contracting the condition Recognizing the warning signs Understanding the impact of lifestyle choices on your health Adopting a simple routine to dramatically reduce the risks of becoming diabetic Introducing the wonders of smart nutrition to re-balance the body Eliminating toxins from the body Burning fat to reduce body weight naturally and comfortably Improving cardio-vascular condition Treating the body the way the body wants to be treated Diabetes is called the silent disease because its presence often goes unnoticed for years. It s a disease that is spreading and affecting the lives of millions of people around the world and many of those sufferers are children. The figures make...



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