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Reverse Diabetes: 30 Best Superfoods to Prevent and Reverse Diabetes and 30 Worst Foods to Avoid: Over 30 Diabetes Friendly Recipes to Regulate Insulin, Control Blood Sugar and Lower Blood Pressure (Paperback)

By Kasia Roberts Rn

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. 30+ Powerful Diabetic Superfoods to Reverse Diabetes, Regulate Insulin, Control Blood Sugar, and Lower Blood Pressure If you have type 2 diabetes, you better know how to handle it. Your current lifestyle could be killing you. With this book, 30 Best Superfoods to Prevent and Reverse Diabetes and 30 Worst Foods to Avoid, Along with Over 30 Diabetic Friendly Recipe, you ll learn how to manage your type 2 diabetes long-term, sometimes eliminating symptoms altogether. Superfoods, which naturally occur in nature, have a supercharged ability to decrease your type 2 diabetes symptoms, reduce your risk of cardiovascular disease and stroke, along with many cancers. It is absolutely essential that you incorporate them into your life. This book contains 30 low-carb, blood sugar-regulating recipes for breakfast, lunch, and dinner, to keep you recharged, healthy, and on your feet. Each recipe contains nutritional information, including grams of fat, carbs, and protein, to help you keep track of everything. You deserve to feel alive and eat real, nourishing foods, despite your disease. This book helps you do just that. SCROLL UP AND CLICK BUY...



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