



Diabetes: Diabetes Diet and Lifestyle Changes to Reverse Diabetes Naturally (Paperback)

By Katie May

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Reverse Diabetes Diabetes is a condition where the sugar levels in a person s blood are too high. If left untreated, diabetes can progress over time, resulting in serious complications such as blindness, heart attacks, and kidney disease. Unfortunately, there is currently no medical cure for diabetes. A healthy diet and lifestyle changes are essential for coping with diabetes as well as healing. This book offers effective strategies on how to lower your blood sugar naturally and reverse diabetes. By reading this book you will learn: - the causes and symptoms of diabetes; - a diabetes diet to keep blood sugar levels in a normal range; - lifestyle changes to lose weight and exercise regularly; - how to limit alcohol consumption and quit smoking; - effective supplements; - tips for taking care of your feet and eyes and preventing dangerous diabetes complications This book will help you manage your diabetes not only today, but for years to come. Order Diabetes now! ---- TAGS: diabetes diet, diabetes cure, diabetic books, diabetic living, reverse diabetes, type 2 diabetes, diabetic diets, diabetes...



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