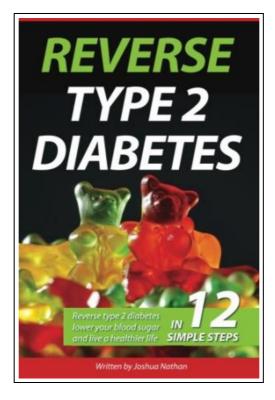
Diabetes: Reverse Type 2 Diabetes, Lower Your Blood Sugar, and Live a Healthier (Paperback)



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Reviews

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(Albertha Champlin)

DIABETES: REVERSE TYPE 2 DIABETES, LOWER YOUR BLOOD SUGAR, AND LIVE A HEALTHIER (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ****** Print on Demand ******. 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...



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