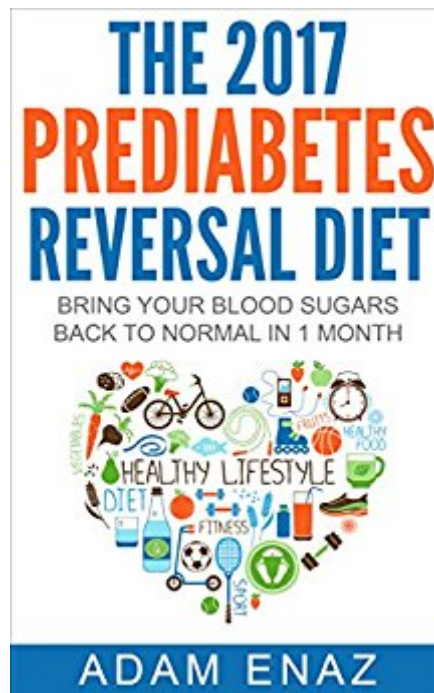


The book was found

The 2017 Prediabetes Reversal Diet (A How To Guide, Cure, Insulin Resistance): A Short Guide And Simple Protocol For Bringing Your Blood Sugars Back To Normal In 28 Days



Synopsis

Unlike many other Prediabetes reversal books, this book isn't going to just tell you to cut your calories, eat more fruit and vegetables and exercise. It is the only book on with a concise diet and supplement guide to follow. A huge amount of research has been conducted and this guide is based on the latest research. Learn more about The best diet for prediabetes Supplements and when to take them How much carbohydrate you should be eating daily The link between inflammation and prediabetes The link between your gut and prediabetes

Book Information

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Diabetes #97 inÂ Kindle Store > Kindle Short Reads > One hour (33-43 pages) > Health, Fitness &

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Customer Reviews

I don't suffer from diabetes but a lot of people do so i like to be informed. you can never be too prepared. this book helped me understand a lot about their diet. i indent to gift it to my friend that suffers from that so he can apply the 28 days. got excited for it already!

Hard to understand some text for the average lay person

As advertised and quick service.

I was recently diagnosed as pre-diabetic. This has been my greatest fear, but I know it was a possibility as I have a family history of diabetes. I like the information about types of foods to eat and what to cook those foods in.

I got my package quickly and in perfect condition :)

I was so disappointed in this book. It's basically limit your carb intake, get 30 minutes of exercise and take herbal supplements. Was expecting much more.

This book is a great read with great advice for any person who suffers with diabetes or perdiabetes. It provide a plan of action on how to not only control but defeat diabetes. The author gives clear instructions on what the diseases is and what the number are. This book provides the latest research and findings on how to cure diabetes with fewer Medications. But even though this book provided great information a person must stick to the diet and follow the instructions for results. There's is no wonder drug fixes.

I really liked this book! It is a quick read, but includes quite a bit of valuable information. The book was written by a nutritionist, and the advice given is useful but also makes common sense. I like that the emphasis is put on diet and lifestyle as both the cause for prediabetes, as well as the cure. I believe there is so much we can do ourselves in this are, and I feel most people turn to prescription medication over anything else. There is a very basic 7 day sample menu to get you started on planning your meals. The diet explained is more of a low carb/ high, protein and produce one. I would recommend this obviously more to those with an omnivore eating style. I also like that the section on supplements is so helpful. There is a list and description for each of the recommended supplements, as well as dosage and order in which to take them. This book covers many angles of prediabetes treatment, and includes color diagrams as well. Worth the spend.

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