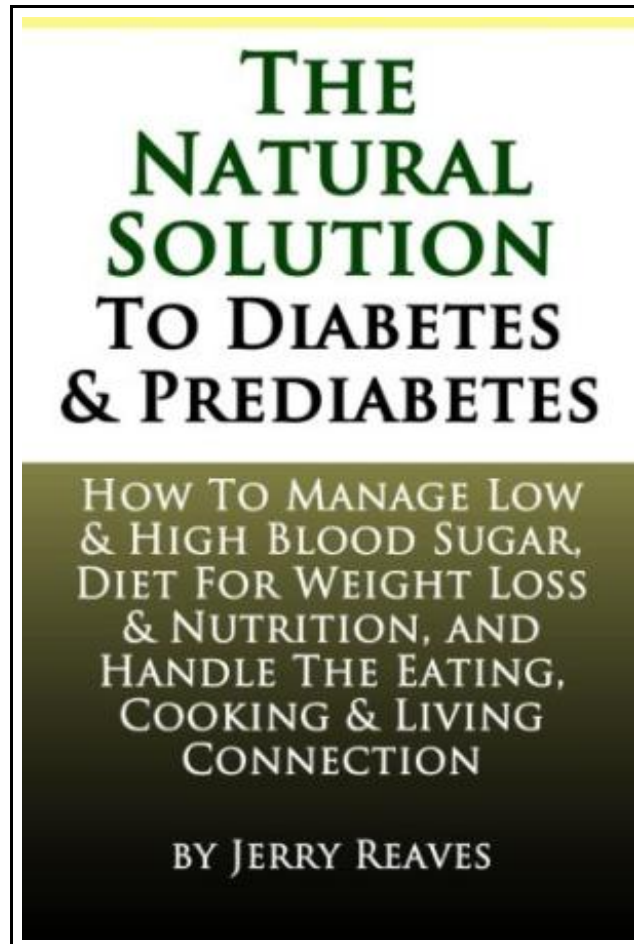


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Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The two major types of diabetes are type 1 and type 2. Both are metabolic and chronic. When a person is diagnosed with diabetes type 1, diabetes type 2 or prediabetes, there are many questions that come to mind, including: - What s the connection between blood sugar and diabetes? - What s the connection between eating habits, nutrition and blood sugar? - What foods need to be avoided when eating and cooking with diabetes? - What nutritional diet plans and solutions are available to those with diabetes and prediabetes? - What lifestyle changes can be made to help with diabetes weight loss? - Are there blood sugar solutions that work without drugs? - How does eating, cooking, sleeping, exercise, nutrition and lifestyle all play in? - Is it possible to find a diabetes reversal or cure? This diabetes book acts as a guide to these questions and provides answers to many more. The Natural Solution To Diabetes and Prediabetes book introduces us to natural holistic alternatives to drugs. It will empower you or your loved one to enjoy your life journey and help guide you more happily, even with this chronic disease. In this book, we ll look at how the real healthy person looks, feel and eats! Discover how to balance your blood sugar the easy way, especially when you have a simple, accessible cheat sheet for people with diabetes. The Natural Solution To Diabetes and Prediabetes book is infused with doable action plans, nutrition solutions, healthy diet plans, weight loss cooking eating guides, life-long strategies, and even success stories. What s written here should not only guide, but also inspire any person who s battling...



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