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# DIABETES: The Best Foods For Diabetes - 100 Easy, Delicious And Mouthwatering Superfoods To Reverse Diabetes And Lower Blood Sugar - The Smart Blood Sugar ... Cookbook,diabetic Food,diabetes Mellitus)



100 Easy, Delicious And Mouthwatering Superfoods To Reverse Diabetes And Lower Blood Sugar

The Smart Blood Sugar Solution

KIMBERLY MAYS



## Synopsis

ATTENTION! If You or Someone You Love is Suffering from Diabetes, Then This Will Be the Most Important Message You Will Ever Readâ ¦At last, a New remarkable program to combat the rising diabetes epidemic and help millions of diabetics, as well as those suffering from high blood pressure or heart disease.â •Are You Sick and Tired of:Picking your fingers with painful and expensive needles every day?Facing a 70-80% higher risk of stroke and heart disease?Being concerned with not losing weight, despite all your efforts?Feeling guilty about food and your weight?Not knowing whatâ ™s appropriate to eat in the first place?Worrying about all the long-term complications of diabetes?Dealing with the â œside-effectsâ • of your medications?Feeling anxious or frustrated for not being able to permanently treat your diabetes?Being overwhelmed by the daily care and vigilance required for diabetics?If you are tired of any of the situations above, you can rest assured there is a scientifically tested and proven way to eliminate them from your life by following a simple, easy, and natural diabetes regimen.Diabetes is not a disease about not having enough â œinsulinâ •â | but a disease of the organ that produces insulin: the pancreas! Did you know you really can reprogram your body to start regulating blood sugar again?In the Western world, there are more people affected by diabetes than in the other â œundevelopedâ • parts of the world. For many years, top leading medical scientists have searched for an answer to this enigma. Here is what they found... It is our modern lifestyle and way of living that actively causes these diseases.Your body is designed to heal itself â " provided it has what it needs to do its job. And your diet have a major influence on your diabetes.If you improve your diet, you will improve your condition.But What Ifâ |You Have a Family History of DiabetesYouâ ™ve Been Fighting Your Weight and Blood Sugar Problems for DecadesYouâ ™ve Tried Every Diet Under The Sun, Without any SuccessWell, thousands of people like you have effectively treated their condition permanently and without drugs! And YOU too can become one of them.If you would like to learn how to change the way you eat and have a better and longer life, with reduced or no medication, lose weight and feel better, reduce your blood sugar level, have a clear-cut diet outline, and tasty recipes that make you feel fantastic, then this will be the most important book you will ever read.This book can help you eat and still lose weight, have the energy to go out with friends and family, and ultimately live a longer and happier life. But, only if you change your eating habits.If you have Prediabetes, Type 2, Type 1, or love someone with diabetes ... This book is perfect for you.ARE YOU READY TO EAT THE BEST DIABETES FOOD THAT MAKES YOU FEEL FANTASTIC AND FULL OF ENERGY?Pick up your copy today by clicking the â œBUY NOW buttonâ • at the top of this page!PS: If this book is not what you expect it to be, you have a 30-day money back guarantee. All you need to do is contact

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## **Customer Reviews**

A lot of the recipes have many ingredients and some of the ingredients are uncommon or specialty items. I will try some of the recipes, but it will take a little planning so that I use some of those special ingredients in more than one recipe.

This book is great and I really enjoyed reading it. This book helped me get out of my diabetic state of lifestyle. With the help of this book, I have found out tactics that could help me get rid of diabetes in a very healthy manner. I really thank this book for helping me and teaching the right ways of a healthy lifestyle.

This book is very helpful not only to people with diabetes. The author gives the difference sample of exercise, plan meals, recipes and advice as an effective method to improve your health. It is a very

useful reference. I am recommending this to all. Thanks!

My dad has a Diabetes type 2 and were concerned about controlling his blood sugar and his diet, this book is great in helping us prepare his meals including desserts! Can't wait to try the recipes! Thank you for this great book! ☺☺☺

This book contains a lot of interesting and unique recipes for people with diabetes. It even has a section on desserts—yes, desserts—which I would recommend checking out. A short book but good value for the price. Recommended.

There are a lot of good recipes included in this book. Some good facts on herbs and vitamins and how to use them.

Good info so far, the advise and recipes have not killed us so I am thinking this book is wonderful---lol. I have heard debatable info on so many of these books but after going through it, it appears to be useful.

The book gives you some ideas to change up your diet.

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