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# Diabetes: The Ultimate Step-By-Step Guide To Reverse Diabetes Forever And Have Long-Lasting Success (Includes A 3-Week Diabetes Countdown Program And 25 Delicious Superfoods Recipes)

## DIABETES

The Ultimate Step-By-Step Guide  
to Reverse Diabetes Forever

&

Have Long-Lasting Success



Hannah Parkes



## Synopsis

This is an in depth beginners guide on how to tackle diabetes head on and take control of your life. This book will take you on the journey through how and why diabetes rears its ugly head, and then shows you how to reverse it. With clear and relevant tips on how to change your life and your health, this guide will arm you with the tools and knowledge to become healthier, stronger, happier and diabetes free. It will take you step by step through the changes that you can make, offering a planner, a 3-week eating plan strategy and 25 fantastic diabetes beating meal recipes to choose the best way forward for you. Written with a clear approach, this book will help you build the foundations to living a diabetes free life.

## Book Information

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## Customer Reviews

This book explains the differences between the various types of diabetes and how to combat accordingly. It also provides great tips on managing diabetes such as improve your quality of sleep and why you should stop smoking to improve your overall well being while living with diabetes. I urge diabetics to pick this one up as the information found inside will save you time on searching for this info elsewhere.

My father has been diagnosed with diabetes and we with my siblings decided to lessen sugar intake. This book uses a step-wise approach to take you through the diabetes diet and further beyond into the practical application of making healthy and super tasty recipes. This book will guide you how to avoid the negative consequences of diabetes and live a happy energetic life

I think this book is extremely helpful for anyone who does not have diabetes. I like the idea of taking some control of our health by being better informed. This is a well thought out written book. Very informative on what to eat and what not to eat. Gives menus and recipes on how one can create their own meals

This is an excellent helpful and a very informative guide. It's well-written and easy to understand. There are some great ideas to gain. It contains valuable advice and awareness of the risk factors associated with DIABETES that are very easy to follow. Overall, it's a great useful and helpful guide. I highly recommended.

A very good book that will help you get rid of diabetes and eat only healthy products. Fortunately, my family are all healthy, but it happens that people are in need of it. I tried this for me and remained for quite recipes. I can confirm that it's worth attention. Helpful book!

Excellent book with great information. It provides great tips on managing diabetes such as improve your quality of sleep and why you should stop smoking to improve your overall well-being while living with diabetes. It gives detailed explanations of different types of diabetes to help me understand what it scientifically is. The chapters provide different types of food to eat and types of foods to avoid. In addition, the book provides pictures and explanation for each type of food. I highly recommended this book.

It's needless to say that diabetes has become one killing disease. Diabetes is a lifestyle disease and to overcome diabetes, it is critical to change your life style. This book will help you do that step by step so that you can reverse diabetes and live a healthy life again. Highly recommended book.

This is an invaluable book for learning about diabetes and how to reverse it. If you like knowing about the biochemistry and physiological details detailing the biological processes associated with

this disease you will like it. I've helped 4 people reverse their type II diabetes and have found this book a great resource! Of course the nutritional components are spelled out in plain language so it's useful for lay people as well.

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