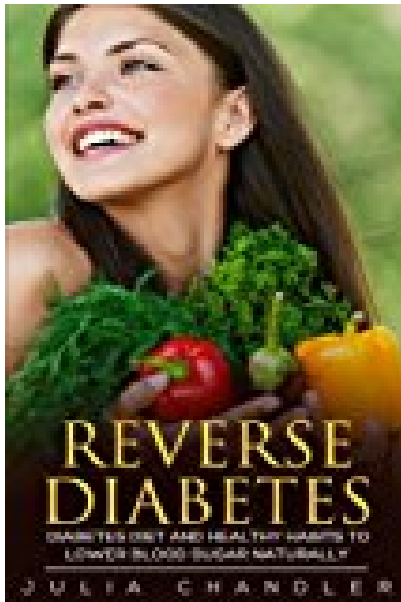


Reverse Diabetes Diet and Healthy Habits to Lower Blood Sugar Naturally



BOOK DETAILS

- Author : Julia Chandler
- Pages : 44 Pages
- Publisher : CreateSpace Independent Publishing Platform
- Language : English
- ISBN : 1544189230



BOOK SYNOPSIS

Diabetes: Diabetic Living Box Set (3 in 1) Book 1: Diabetes: 15 Simple Habits to Lower Blood Sugar and Reverse Diabetes Naturally Simply put, diabetes is a condition where the amount of glucose in a persons blood is too high. If left untreated, diabetes can progress over time, resulting in blindness, heart attacks, kidney disease, strokes and other serious complications. Unfortunately, there is no medical cure currently available for what is often called a "silent killer." A healthy lifestyle is an essential part of coping with diabetes as well as healing. This book offers effective tips and strategies on how you can lower your blood sugar naturally and cure diabetes. You will learn the following: * How to avoid sugar and count your carb intake * How to deal with stress, quit smoking and limit alcohol consumption * Diabetes diets and effective supplements that can be used to reduce your blood glucose levels naturally * Diabetic meal plans * How to care for your feet in order to avoid problems * How to prepare for travel These healthy habits are effective, easy to implement and side-effect free. They can help you manage your diabetes not only today, but for years to come. Book 2: Diabetic Smoothies: 35 Delicious Smoothie Recipes to Lower Blood Sugar and Reverse Diabetes The central factor in managing diabetes is the control of blood sugar. If you have diabetes, your choice of food matters a lot. You need to embrace food that is low in added sugar and fat, rich in nutrients, moderate to low in calories, and balanced in carbohydrates. The Diabetic Smoothies in this book are made of healthy and tasty vegetables, fruits, spices and herbs that are known to lower blood sugar. These superfoods provide fibers, antioxidants, vitamins, and minerals that will slow down the absorption of glucose in your body, boost your immune system, detox the body and help you manage blood sugar. When youre watching what you eat and trying to stay healthy, its easy to feel deprived. Your mind can trick you into thinking youre hungrier than you are because youre not indulging in the rich desserts or easy snacks that you might have consumed in the past. A smoothie can be a meal, a snack, a dessert or something quick that you grab on the go. Youll feel less deprived, and that will help you control cravings and binges. By reading this book youll learn: * What is the diabetes diet * Diabetes superfoods that can help lower blood sugar * Tips to making delicious smoothies * 35 Recipes for diabetic-friendly smoothies Book 3: Diabetic Cookbook: Delicious Diabetic Recipes to Lower Blood Sugar and Reverse Diabetes This book offers effective tips and delicious recipes that will help you lower blood sugar naturally. By reading this book youll learn: * What is a diabetes diet * How to limit carbohydrate and sugar intake * Diabetes superfoods that are especially helpful in lowering blood sugar naturally This book will also give you: * Simple and tasty diabetic recipes for breakfast * Diabetic lunch recipes * Diabetic friendly snacks * Diabetic dinner recipes Diabetes can be proactively managed through your lifestyle and what you eat. There is no reason to think you cant have a full, productive and joyful life just because you have been diagnosed with diabetes. Order Diabetes: Diabetic Living Box Set now! ---- TAGS: diabetes diet, diabetic living, type 2 diabetes, diabetes solution, diabetic smoothies, diabetic smoothie recipes, diabetic smoothies recipe book, diabetic recipes, diabetes recipes, diabetic food, diabetic cookbook, diabetic books, diabetes diet cookbook

REVERSE DIABETES DIABETES DIET AND HEALTHY HABITS TO LOWER BLOOD SUGAR NATURALLY

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