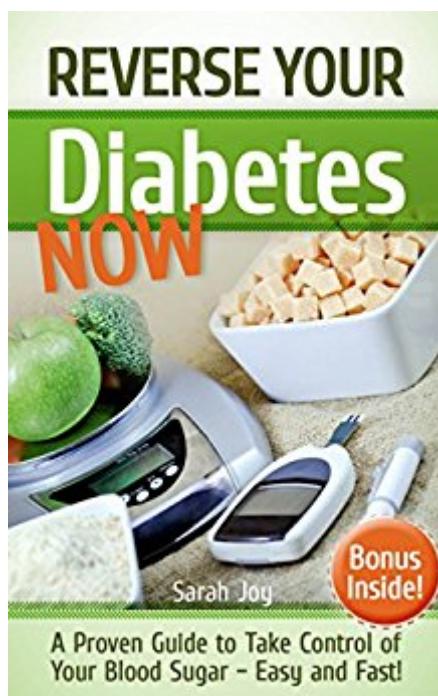


The book was found

Diabetes: Reverse Your Diabetes NOW! How To Take Control Of Your Blood Sugar Easy And Fast!: Reverse Diabetes Forever (Type 2 Diabetes Cure Book 1)



Synopsis

Reclaim Your Life, Dreams And Health Today And REVERSE Your Diabetes NOW!HOT NEW UPDATE: BONUS CHAPTER + FREE VIDEO INSIDE!Great Deal! Get this bestseller for just \$2.99. Regularly priced at \$6.99. Read on your PC, Mac, smart phone, tablet or Kindle device!I want to congratulate you. The fact that you are reading this book description tells me, that you are going to make an investment in the most important area of your life: your health.The diagnosis for Type 2 diabetes is a life altering experience. You may feel overwhelmed and unsure of what this is going to mean for you and your family. It's okay to feel this way; this disease has a lot of facets and it can be hard to absorb all of the information you need to know to live a successful, healthy, and happy life with your blood sugar levels in balance. Let me tell you the good news: Type 2 Diabetes doesn't have to be as painful, difficult and hard to overcome as you may think right now! You can reverse your diabetes by changing your diet, and it's not nearly as overwhelming as you'd expect it to be! In fact, the "rules" for your lifestyle are very similar to the "suggestions" for someone without this disease. Thank you for giving me the opportunity to show you how to manage Type 2 Diabetes! You will learn how to take control of Diabetes and reverse it naturally by taking the right nutritional approach!A Sneak Preview of REVERSE YOUR DIABETES NOW:What is Type 2 Diabetes? Lifestyle Changes for Type 2 DiabetesDiet for Type 2 DiabetesBEST Recipes to Reverse Type 2 DiabetesChecking Your LevelsSupport and further Information concerning Type 2 DiabetesBONUS: Top Ten Foods to Beat DiabetesMuch, much more!What Readers Are Saying..."This book has really helped me a lot. I was diagnosed not long ago with type 2 diabetes - the first thing I did when I was at home was to browse the internet to gather information and help. Then I found this ebook, which showed me that I worried far too much. The author explains type 2 diabetes in detail and shows how to cope with this disease. I absolutely recommend this for everyone who wants to understand how to handle type 2 diabetes." I. Miller"The book covers some of the key points to dealing with type 2 diabetes, which are diet, medication, and other lifestyle changes. The author did a great job at explaining the different types of diabetes. I personally had trouble remembering which one was which. The chapters are all well structured so even if you don't want to read the whole book in one go and instead you want to go to specific parts, they are easy to find, for example the lifestyle changes are exercise, weight loss, stress management and others. They are all separated and easy to identify, something other books I have seen lack." Rafafese "This book gave me a greater understanding of what my closest friend is living with. It was very informative. I appreciate how this book debunked some of the myths that I believed about this disease." Alaina Chapman"This book can serve you as a great guide in your journey of reversing

type 2 diabetes without any drugs. If you take your time and read this book with an open mind and actually apply the stuff you've learned, then you should be able to see real improvements in your health. Overall this book is a good way to start your journey to healthier lifestyle." Casper Simply scroll up and download your copy today!Take action today and download this book for a limited time discount of only\$2.99! It's your Health and your Life, so take control today!Learn everything there is to know about how to reverse your diabetes and take action now!

Book Information

File Size: 1075 KB

Print Length: 54 pages

Page Numbers Source ISBN: 1502850737

Simultaneous Device Usage: Unlimited

Publication Date: April 16, 2014

Sold by:Â Digital Services LLC

Language: English

ASIN: B00JR3Y86S

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #528,949 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #65

inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > Type 2 #315

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Customer Reviews

I picked up this book because a friend of mine just recently got diagnosed with Diabetes. It's a great book to read to learn and understand diabetes. Although the book focuses on Type 2 Diabetes, I found that I have learned a lot about diabetes in general so I could support my friend. The types of diabetes are explained clearly and the most common myths about diabetes are answered. There are tips that would help manage diabetes like simple lifestyle changes, exercise and choosing the right food. The recipes are perfect because they are full of flavor and they include the nutritional information so you know exactly how much you are taking in. A great book.

Type 2 diabetes is a tough issue out there and a growing problem. While I'm familiar with diet/lifestyle changes, some things in this book I never really looked into, like how you get tested and some support stuff, which was pretty good. A good book that's not complicated

I am pleased to have read this book, ideally this helps us guide in our day to day living especially that my partner in life is being diagnosed of Type 2 diabetes. I find this interesting to know the facts of this ailment considering the healthy benefits and pointers given in this softcover and the less issue we will go through. Bottom line is if you are able to manage methodically your lifestyle activities, physically active, eating the right amount of food intakes, monitoring blood sugar levels and all. As what this book concluded you can live your life normally.

My dad told me that he needs to undergo on a diabetic medicine, his glucose level was in the diabetic range and I feel so bad for him. I want to understand his condition and help him out through finding perfect diet or herbal medicine. I found this book over Facebook and I want to give it a try. I was pretty skeptical that it would work but there were no options other than medicine. After 2 weeks, my dad's glucose level came closer to normal and we are hoping that it will be normal next week. We are so happy that we bought and listened to this book. A total life saver!

This is book one of a series. It makes type 2 diabetes more 'relatable' and less clinical, so people feel less like numbers and more like people. This book has everything: how to check your levels, how to change aspects of your life, medical definitions. There are even diabetic-friendly recipes inside! I thought it was really unique and interesting that a video was included-- I'd never experienced that with a Kindle download before.

Half the battle of dealing with health issues is to know what it is & where you can make an impact on it. Doctor visits are all too short & few people can glean all the information they need without additional sources and education. This book adds to the ad-hoc library that I have collected to help my sister manage her health care. Very well-written, not complicated at all and most important very easy for us non-scientists to understand what this disease is all about. Totally recommended!

The author explains diabetes well and does so in a way that makes it less intimidating than other books. One statement sums this up: "The 'rules' for your lifestyle are very similar to the

"suggestions" for someone without this disease." I have diabetes and have often thought the same thing. Many doctors will suggest diet and exercise, which are good ideas for anyone. But they take on added importance when a person becomes diabetic. Diet and exercise truly are important elements of treatment, so they really do become "rules" rather than "suggestions."Once a person with diabetes understands this, they're on their way to good control.It's a good approach to a disease that can be intimidating.If you find this book interesting, you may also enjoy The Diabetes Book: What Everyone Should Know

I barely read past the first chapter. The myriad spelling errors and poor grammar made it difficult to understand, in turn making it difficult to believe the author is sufficiently qualified to give advice on this topic.

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