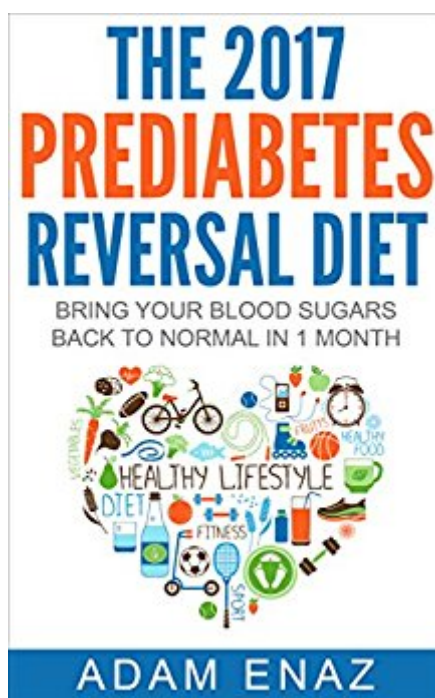


The book was found

The 2017 Prediabetes Reversal Diet (A How To Guide, Cure, Insulin Resistance): A Short Guide And Simple Protocol For Bringing Your Blood Sugars Back To Normal In 28 Days



Synopsis

Unlike many other Prediabetes reversal books, this book isn't going to just tell you to cut your calories, eat more fruit and vegetables and exercise. It is the only book on with a concise diet and supplement guide to follow. A huge amount of research has been conducted and this guide is based on the latest research. Learn more about The best diet for prediabetes Supplements and when to take them How much carbohydrate you should be eating daily The link between inflammation and prediabetes The link between your gut and prediabetes

Book Information

File Size: 1698 KB

Print Length: 43 pages

Publication Date: January 18, 2017

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B01N9PC2ZT

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #134,226 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #73

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments >

Diabetes #97 in Kindle Store > Kindle Short Reads > One hour (33-43 pages) > Health,

Fitness & Dieting #122 in Kindle Store > Kindle eBooks > Medical eBooks > Diseases

Customer Reviews

I don't suffer from diabetes but a lot of people do so i like to be informed. you can never be too prepared. this book helped me understand a lot about their diet. i indent to gift it to my friend that suffers from that so he can apply the 28 days. got excited for it already!

Hard to understand some text for the average lay person

As advertised and quick service.

I was recently diagnosed as pre-diabetic. This has been my greatest fear, but I know it was a possibility as I have a family history of diabetes. I like the information about types of foods to eat and what to cook those foods in.

I got my package quickly and in perfect condition :)

I was so disappointed in this book. It's basically limit your carb intake, get 30 minutes of exercise and take herbal supplements. Was expecting much more.

This book is a great read with great advice for any person who suffers with diabetes or perdiabetes. It provide a plan of action on how to not only control but defeat diabetes. The author gives clear instructions on what the diseases is and what the number are. This book provides the latest research and findings on how to cure diabetes with fewer Medications. But even though this book provided great information a person must stick to the diet and follow the instructions for results. There's is no wonder drug fixes.

I really liked this book! It is a quick read, but includes quite a bit of valuable information. The book was written by a nutritionist, and the advice given is useful but also makes common sense. I like that the emphasis is put on diet and lifestyle as both the cause for prediabetes, as well as the cure. I believe there is so much we can do ourselves in this are, and I feel most people turn to prescription medication over anything else. There is a very basic 7 day sample menu to get you started on planning your meals. The diet explained is more of a low carb/ high, protein and produce one. I would recommend this obviously more to those with an omnivore eating style. I also like that the section on supplements is so helpful. There is a list and description for each of the recommended supplements, as well as dosage and order in which to take them. This book covers many angles of prediabetes treatment, and includes color diagrams as well. Worth the spend.

[Download to continue reading...](#)

The 2017 Prediabetes Reversal Diet (A How To Guide, Cure,Insulin Resistance): A Short Guide And Simple Protocol For Bringing Your Blood Sugars Back To Normal in 28 days BLOOD TYPE DIET : Eat recipes according to blood type(blood diet,blood type diet o,blood type diet b,blood type cookbook,blood type a diet,blood type a cookbook,blood type ab,blood type book) Insulin Resistance Diet: Your Step By Step Guide to Cure Diabetes & Prevent Weight GainÃ Â© Over 365+ Delicious Recipes & One Full Month Meal Plan (Insulin Resistance Cookbook, Balance Your

Blood-Sugar) Anti Inflammatory Diet: 4 Manuscripts: Insulin Resistance Diet, Plant Based Diet Cookbook, Insulin Resistance Cookbook, Healthy Eating (Anti Inflammatory Diet Cookbook Bundle) Prediabetes Diet Plan - Prediabetes Detox and Prediabetes Diet To Prevent Diabetes Lower Your Blood Sugar: The 30 Minute Guide for People with Diabetes, Prediabetes, and Insulin Resistance (Blood Sugar 101 Short Reads) Diabetes: 2017 The Secrets About Diabetes that You Never Knew (Diabetes Diet,Reverse Type 2, Diabetes Insulin Resistance, Diabetes Cure, Lower Blood Sugar to Normal) Insulin Resistance Diet Plan For Type 2 Diabetics: Your Essential Guide To Diabetes Prevention and Delicious Recipes You Can Enjoy! (Manage PCOS, Prevent Prediabetes, Maintain Low Blood Glucose) Diabetes: 60+ Powerful Diabetic Superfoods to Reverse Diabetes, Regulate Insulin, Control Blood Sugar, and Lower Blood Pressure (Diabetes Diet, Diabetic, ... Type 2 Diabetes, Insulin Resistance Book 1) Insulin Resistance: Strategies to Overcome Insulin Resistance, Control Blood Sugar and Lose Weight Insulin Resistance Diet: The Essential Insulin Diet Guide - Lose Weight, Prevent Diabetes and Optimize Your Body With Over 100 Amazing Recipes The Insulin Resistance Diet Plan & Cookbook: Lose Weight, Manage PCOS, and Prevent Prediabetes The Ultimate Herpes Cure - How to Eliminate Herpes for a Life Using Natural Cure Methods (Herpes Cure, Herpes Protocol, Herpes Cure Treatment, Herpes Treatment, Herpes Zoster, Herpes Simplex Virus) Diabetes: Reverse type 2 diabetes, lower your blood sugar, and live a healthier life in 12 simple steps (Diabetes, Type 2 Diabetes, Blood Sugar, Sugar, Insulin, Fat, Diet, Unhealthy Diet, Book 5) The Prediabetes Diet Plan: How to Reverse Prediabetes and Prevent Diabetes through Healthy Eating and Exercise Insulin Resistance Solution: 2 Manuscripts (with 100+ insulin resistant diet recipes) +BONUS Ebook Dr. Bernstein's Diabetes Solution: The Complete Guide to Achieving Normal Blood Sugars Ketogenic Diet: Ketosis For Diabetes -Lower Your Blood Sugar And Lose Weight(Reduce Inflammation,reverse type 2 diabetes,Insulin Resistance Diet) (paleo ... low carb high fat,keto clarity,diabetes,) REVERSE HEART DISEASE - HEART ATTACK CURE & STROKE CURE - LOWER HIGH BLOOD PRESSURE TO NORMAL & RESTORE YOUTHFUL CARDIAC HEALTH WITH NO SURGERY OR DRUGS ... Pressure Cure, The End Of Heart Disease) Fatty Liver :The Natural Fatty Liver Cure, Proven Strategies to Reverse, Cure and Prevent Fatty Liver Forever ! (Fatty Liver Cure,Fatty Liver diet,Fatty ... Cure, Detox, Fat Chance, Cleanse Diet,)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

