



Diabetes: Diabetes Prevention And Symptoms Reversing, Guide To Diabetes Diet, Nutrition Tips, The "Cure" For Diabetes Type 2 (Diabetes Diet Cookbook And ... Dummies, Reverse Diabetes Without Drugs 1)

By Sandra Williams

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our exercise regime, if we don't want to end up overweight or obese. This book has **lots of valuable information for diabetics**. You will learn how to reverse diabetic symptoms and what you should eat in order to **live a healthy complication-free life**. You will also find a very **helpful and easy to follow** guide to diabetes diet. Reading this book will give you a sort of new lease of life because you will learn that living with diabetes does not need to be as hard as many people take it to be.

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- **Important Statistics On Diabetes**
- What Are The Common Symptoms Of Diabetes
- **Checking Blood Sugar Levels**
- What Do Your Results Mean?
- **Can You Reverse Type II Diabetes?**
- What Has Nutrition Got To Do With It?
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"Very good compilation of knowledge for diabetics, short and to the point." - Matthew

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Editorial Review

About the Author

Sandra Williams is an author and publisher of books on healthy living, beauty advices and motivation techniques. She shares her ideas on how to get fit and what worked for her in a journey to healthier life. "What you eat is what you are" is her motto. Interested in self-development, she explores all available tools to improve the quality of different areas of her life. Unlike in other personal development guides, her content describes her personal experiences and thoughts. She focuses on taking action. She always prefers quick and easy solutions that can be immediately implemented. Sandra has thousands of readers around the world, check out her books!

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