

Prevention.

Si quiere...

- adelgazar sin hacer dieta
- mejorar su memoria
- defenderse contra la diabetes

Entonces...

# GÁNELE A LA GLUCOSA

Aprenda cómo controlar el azúcar  
en sangre naturalmente para  
vencer enfermedades, bajar de peso  
y mejorar su salud en grande

por los editores de **Prevention** magazine  
con Ann Fittante, MS, RD

Ann Fittante

Gáñele a la glucosa: Aprenda cómo controlar el azúcar en sangre naturalmente para vencer enfermedades, bajar de peso y mejorar su salud en grande (Spanish Edition)



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Besides the millions of Americans with Type 2 diabetes or pre-diabetes, there are more suffering from a host of symptoms that are often difficult to diagnose but are in fact caused by blood sugar imbalances: exhaustion, forgetfulness, inability to lose weight, fading eyesight, insomnia, depression. Dramatically improve your health simply by getting your blood sugar into balance in just 1 month-and keep it there for life! learning what foods to combine; Take control of your health and well-being and along the way lose excess weight, gain more energy, sharpen your memory space, and protect yourself against life-threatening illnesses like heart disease, tumor, and diabetes. By eating The Sugar Answer way-mastering the glycemic index; Fortunately, you can invert these symptoms once you control your blood sugar with this book's 30-day plan for blood-sugar balancing-without medications or shots. discovering the best herbs and products to take; engaging in regular, moderate strolling and strength-schooling; and learning how to control stress-you will take back again control of your blood sugar-and your health.



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Tainted by Cheerleading After a long, along struggle with weight and food, I ballooned to a dangerous size that threatened my health. I'd suggest using The Sugar Remedy as a place to start and for inspiration. Remember that the ebook version is in serious want of editing and is fairly scrambled in places. Worse still, I was starving constantly. How may i lose weight if I literally couldn't stop thinking about food? I experienced forgotten what accurate hunger felt like. Then I purchased The Sugar Solution. The first thing the book do was scare the crap out of me. Good Read Informative Five Stars Good book. About 50 pages in, I began to recognize that sugar was probably keeping me from losing weight. It was impacting me on a cellular level, urging my cells to preserve unneeded fat. It had been also putting my arteries in serious risk of damage due to high blood pressure and unchecked glucose levels. I recommend getting the cookbook as well since the process of cutting back sugar isn't an easy one. Soon, I started to drop a few pounds. Amazingly, I found myself putting food aside 3/4 into a meal. I began taking in when I was actually hungry. A month and a half after reading the book, I am 25 pounds lighter and generally calmer. I don't suffer disposition swings anymore--another sign of blood sugar spikes. My beef with this book is usually in the tone. For instance, a few webpages after going on about high-glycemic foods and informing you that pretzels are high glycemic, it suggests pretzels as a snack. EASILY can control my sugars, I could control my eating. Exclamation points should be used sparingly (or so I thought). That is a must read book for those who desire to turn their lives and their diets around. General, I would absolutely suggest this publication to people on the road to diabetes or people merely concerned about their health! Titles are regularly alliterate and tacky. Get healthy before it's too late. UPDATE Forty-five pounds shed and counting. Thumbs up for the writer! Very good, but somewhat scrambled Overall, this is certainly a fairly good read, though it suffers from some confusion. The publication was come up with from bits of magazine content, and it feels as though it. At 32, I was confused.com to make it possible to buy these books in such reasonable prices. I knew that it was harder to drop fat as one age groups, but I wasn't that older. I read a few of a friends duplicate and bought 6 of these at Amazon so I could give one to most of my daughters and also have one for myself. Filled with solid advice Every American eats typically 5 and a half POUNDS of sugar a month. No, you say! Ok last one? Start counting. And Bravo for Amazone. Commercially prepared foods are full of high-fructose corn syrup - that is not the "natural" sugar manufacturers want us to believe it really is. and i already knew I was consuming a lot. Following a few hundred web pages of this, I started to get irritated, as the book felt less scientific and more corny. I highly recommend this book to anyone who must get their . I would recommend this reserve to anyone who is health-concious - over weight, diabetic or borderline diabetic! I highly recommend this publication to anyone who needs to get their sugar amounts and intake under control. It really reduces every aspect, explains at length the effects, advantages and disadvantages. There are even helpful glycemic index charts. I began checking sugar articles before We ate anything and was surprised to get how much glucose seemingly "safe and sound" foods contained. Completely changed my life. The Sugar Solution I was fortunate - I received a brochure in the mail concerning this book. It was very detailed and full of good information. You will appreciate all the info that's in it. After I received it and started reading it - I enjoyed it so much - so I continued Amazone.com and ordered two more books one for my son and one for my daughter. Both of these books are identical to the main one I paid \$40+ however they only price me \$2.00 each - what a bargain and they are brand new.. It provides a lot of sensible, lifesaving details and has helped me eliminate some weight in only a short period. I cannot say things could have gone this smoothly if not because of this book!! It is the bible of type 2! Not really me!! For me, the culprit is glucose. This book is a must for individuals who would understand the role sugar plays in our lives and how our society has been converted into the fattest in the world through the food industry's inclusion of high-fructose corn syrup in almost anything it sells. Then carry out your very own experiments to see how meals affects you. Thank you!!! Good information on our health This is an excellent book about the foods we eat and and how exactly we can easily change a

couple of things and be much healthier. Written in a manner that is easy understandable, not really in boring, technical vocabulary. Actual sentence from the ebook version: Don't put yourself susceptible to bowl of fruit than for a cinnamon airport terminal and in-flight food: Also bun, but that extra \$2 now is far less healthy choices can actually trip you compared to the price you'll ultimately pay up, because of extra sugar and excess fat and when you routinely shortchange your huge portions. Usually do not waste your \$\$\$ on various other books. John Y. Yes! Super useful and insightful, practical advice! Sugar solution This book was for me personally because it was recommended! So you do not get confused simply buy this one and it will arranged you straight. The book cost \$40+ through this mail purchase house. It's a good book. I didn't realize how my diet plan literally endangered me. Five Stars Excelent the condition Five Stars very good Five Stars need help with my sugars intake Not needed They basically let you know what you know. The only issue I discovered can be that I am taking in more glucose than I believed; It's simple refined glucose - and it's really deadly.



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