THE DIABETES CURE

THE 5-STEP PLAN TO ELIMINATE HUNGER, LOSE WEIGHT, AND REVERSE DIABETES—FOR GOOD!

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The Diabetes Cure: The 5-Step Plan to Eliminate Hunger, Lose Weight, and Reverse Diabetes--for Good

In the Diabetes Treatment, Alexa Fleckenstein presents a groundbreaking intend to do just that by targeting the true cause of diabetes: swelling.Many doctors tell their patients how to manage diabetes, but why should they simply manage it when they can be gone it once and for all?The book instructs readers on how best to use the five essentials of health to achieve a diabetes-free life. Filled with success tales featuring people who followed the plan and not only lost fat (up to 50 pounds) but had been also no longer diagnosed as diabetic, the Diabetes Treatment teaches readers what's really causing their diabetes, shows them how exactly to banish cravings once and for all, and provides the tools to help them get back control of their lives.); tasty, anti-inflammatory recipes; And ending the have a problem with blood sugar is merely the beginning, as this 5-stage plan also teaches visitors how exactly to shed 5, 10, or even 50 pounds on the way. Fleckenstein lays out a very clear, manageable plan to leave diabetes behind. and many other innovative guidelines, Dr. Through easy, quick exercises (so how exactly does 5 minutes a day sound?

It seems to create a lot of sense. The 1st 71 pages are mainly about how the author did such an excellent job of coming up with the theories to write this book. What actually got me was when she says in the beginning about trying combinations of diet, exercise, and/or medication but she's a better plan. Five Stars Got this in kindle version and am pleased..which is her diet and exercises with other alternative herbs and such for medication. Very helpful and beneficial publication which I'm pleased to have bought. It does have some good info and the format can be decent. It is very doubtful I will make the recipes but they are interesting to flip through. Although pretty much all the details is either on the web or common sense, it can be all in a single place which is just about the only real reason I'm not returning it. The simple to read format and writing is the reason why I'm fining this 2 stars instead of 1 star. Time will tell if it works for me. Otherwise this book has no magic bullet information which will cure diabetes. Thank You for the fantastic deal! Still reading the reserve.Not As Informative As Title Suggests The title is misleading to state the least. If you're looking for basic information plus some common sense suggestions (example: cut down on sweets and sugar in what you eat) then that is a worthwhile purchase. Thank You for the great deal! Right now I avoid certain food items and feel much better after a meal. Four Stars Great Four Stars Good book with great plan but requires serious study.. This is not a remedy by even my creativity. Diabetes can be controlled First book I ever read that made sense and makes coping with diabetes plausible Now I avoid particular food items and feel better after a meal This book told me several food issues that I have been experiencing. Five Stars Everyone should buy this book. Great Plan A good intend to eliminate hunger, lose weight and reverse diabetes. It might work if I can get my wife to help me with planning the food.

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