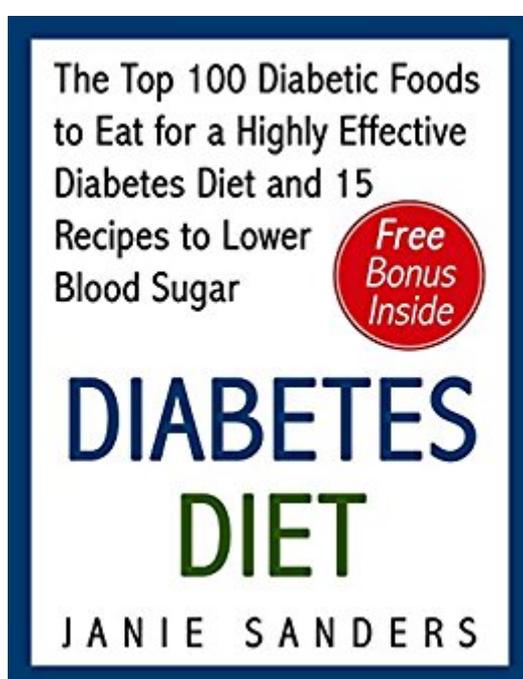


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# Diabetes: Diabetes Diet: The Top 100 Diabetic Foods To Eat For A Highly Effective Diabetes Diet And 15 Diabetic Recipes To Lower Blood Sugar: Diabetes ... Diet,smart Blood Sugar,sugar Detox Book 4)



## Synopsis

If This doesn't help, then Nothing else Will..With over 371 million people suffering from Diabetes worldwide, not to mention others with high blood sugar issues like Prediabetes, Insulin Resistance and other conditions, this book, "Diabetes Diet: The Top 100 Diabetic Foods to Eat for a Highly Effective Diabetes Diet and 15 Recipes to Lower Blood Sugar" is a must read. If you, or someone you know, has high blood sugar, you can't afford not to read this book. Within the pages of this book, you will find 100 foods that are conducive to the diet of anyone who suffers from high blood sugar. You will also learn how blood sugar works within the body so that you can get a better understanding of the "why" and "how" when it comes to keeping your glucose in check. Equipped with the knowledge, you will not only know what foods are good for you to eat, but the reasons why as well. This book delivers far more than others that just scratch the surface and merely list foods that are good for Diabetics and those with blood sugar conditions to eat because it goes into detail about each and every food on the list. Did you know that there is a delicious fruit named Kamu Kamu that comes from the rainforest full of phytochemicals, amino acids and anti-oxidants that are fantastic to keep your blood sugar under control? Learn more about the Kamu Kamu and other super-berries, fruit, vegetables and other foods that will help you lower your blood sugar plus provide other benefits such as keeping colds and flu away and helping to reduce inflammation as well. If you are looking for a great list of foods that are good for control of high blood sugar that also tells you what else the foods can do for you, you simply must read this book. And, not only do you get that, this book has 15 tried-and-true recipes that can help you lower your blood sugar too. When you purchase the "Diabetes Diet: The Top 100 Diabetic Foods to Eat for a Highly Effective Diabetes Diet and 15 Recipes to Lower Blood Sugar" today, you'll save \$3 off the regular price and get it for a limited time discount of only 99 cents That's not all, I'm also giving away a "Free Bonus Diabetic cookbook" that contains Over 500 Delicious Diabetic Recipes and you get this as a free bonus for purchasing this book today. Please note that this bonus is only available for a limited time! And to wipe off any doubt you may still have about purchasing this book right now, I'm giving you a 30 days no question ask money back guarantee. If for any reasons whatsoever, you dislike the content of this book or think it didn't meet your expectation or help you in any way, please contact us through the email address provided after the conclusion and we will refund you without asking any question. This is a risk-free \$2.99 investment and you must act now. You have nothing to lose. Download your copy now! and if you don't like the book, let us know and we will give you back your money. Go to the top of the page and click the orange "Add To Cart" button on the right to order now, because what you will learn might save your life

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## Customer Reviews

Great reference! This book was great for those who are dealing with diabetes and even for those who are determined to maintain their blood sugar level without the use of medication. I'm glad that I came across with this book, the information is well-explained and concise, and it enables the reader to fully understand the concept beyond. The foods listed are readily available and commonly liked, so you wouldn't take a hard time in finding when you need to. Basically, it's not just a recipe book, but also a great guide when you're planning your meals to lower or maintain your sugar level.

My family suffers from Diabetes so I am always careful with our diet. When I saw this book I knew it was meant for my family because it would help ensure the safety of my family and their health. I have already lost two relatives due to diabetes and we are all being careful to ensure that we control our sugar level. My dad is the most cautious of all and I definitely want to make sure that I get him on board. This book has given us a lot of options in terms of recipes and I am definitely looking

forward to making sure that they are all aware of the healthy ingredients being used.

Although I do not have diabetes, I highly recommend this book. I have purchased several diabetes books and this one stands out among the rest. This gives excellent advice regarding healthy eating. This book just seems to reinforce good eating habits in order to avoid diabetes which is why I purchased the book. I'm a firm believer that if we eat healthy many diseases can be avoided. The need for healthy living and a change from the familiar diabetic diets made sense and I am looking forward to putting this into action.

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