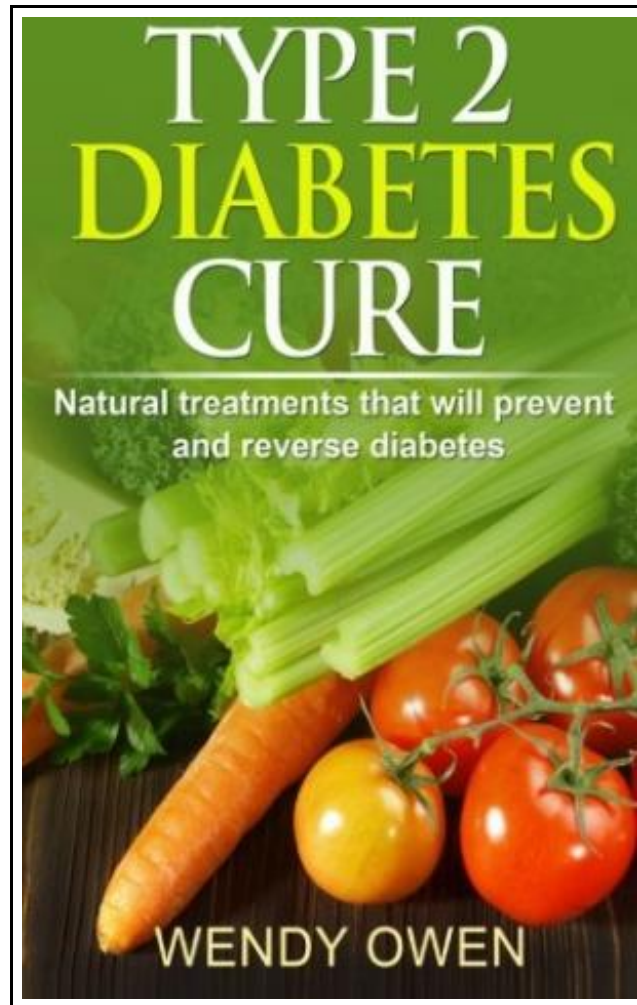


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Createspace, United States, 2014. Paperback. Book Condition: New. 202 x 124 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.A Type 2 Diabetes Cure Really Is Possible Can You Cure Diabetes? With diet and lifestyle changes it s possible to maintain normal glucose levels and reverse insulin resistance. As long as the pancreas is still producing sufficient insulin, you can reverse type 2 diabetes. Have you recently been diagnosed with diabetes? If so you re probably feeling a little shocked and upset. Yes, diabetes is a serious illness, but you certainly don t have to live with it for the rest of your life. Type 2 diabetes can be reversed with a few lifestyle changes. Maybe you re a bit worried about developing type 2 diabetes. Perhaps someone in your family has the condition, or you have other risk factors, such as metabolic syndrome? If so, you can definitely avoid becoming a diabetes statistic by following the advice in this book. Who am I and why should you listen to me? I have a diploma in holistic health therapy and have done extensive research into natural cures for diseases such as arthritis, diabetes and other auto-immune diseases as well as complaints such as insomnia, anxiety and stress. Although you probably already know that diet and a sedentary lifestyle have probably contributed towards your condition, it s certainly not easy to make the lifestyle changes you will undoubtedly now have to make. This is why I have included a section in the book on mindset. You ll need to get your mind onside and working for you so your healthy lifestyle changes will seem a lot easier to make. You ll also discover. The best and latest supplements to help you to reverse your condition What foods are...



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