



Diabetes Diet: The Worst 10 Foods for Diabetics (That Can Kill You) the Best Carbs, Fats, Proteins and Superfoods to Stop Reverse Diabetes (Paperback)

By Source of Healthy

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.DIABETES IS REVERSIBLE . HERE IS THE EASY PROVEN PROCESS . READ ON By - a new leading edge source of healthy information. Diabetes is ranked as the #7 killer in the USA. When you consider that most diabetics have heart disease (#1 killer) or cancer (#2 killer) on their death certificates and NOT diabetes which was the underlying cause, diabetes is more like the #3 killer that causes #1 #2. Avoid the misery of blindness . cold, numb, painful limbs . amputation . and premature death that goes along with diabetes. Diabetes is reversible and curable without drugs. Proper nutrition and exercise is the key to reverse and cure diabetes, once and for all. This book will teach you about 10 best carbs, proteins, fats and superfoods for diabetics. Not only that, but you II find out 10 foods to avoid if you want to live a healthy and long life. Inside This Book You II Learn: 10 Best Carbs To Eat As A Diabetic 10 Best Proteins In A Diabetic Diet. 10 Best Fats for Diabetics 10 Superfoods To Help...



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