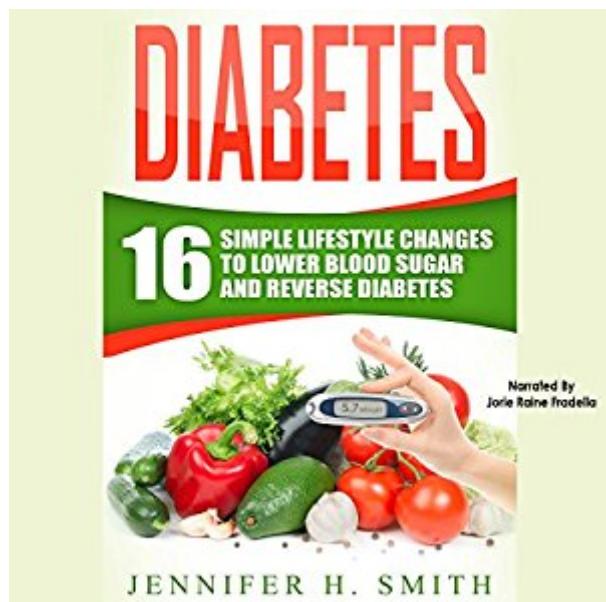


The book was found

# Diabetes: 16 Simple Lifestyle Changes To Lower Blood Sugar And Reverse Diabetes



## **Synopsis**

Diabetic Living Diabetes is a condition where the glucose levels in a person's blood is too high. If left untreated, diabetes can progress over time, resulting in serious complications such as blindness, heart attacks, and strokes. Unfortunately, there is currently no medical cure for diabetes. A healthy lifestyle is an essential part of managing diabetes as well as healing. This book offers effective tips and proven strategies on how you can lower your blood sugar naturally and even reverse diabetes. By listening to this book you will learn: How to avoid sugar and count your carb intake How to deal with stress, quit smoking, and limit alcohol consumption Diabetes diets and effective supplements that can be used to reduce your blood glucose levels You will also discover: Diabetic meal plans How to prevent diabetic complications How to prepare for travel

## **Book Information**

Audible Audio Edition

Listening Length: 53 minutes

Program Type: Audiobook

Version: Unabridged

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Whispersync for Voice: Ready

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Best Sellers Rank: #26 in Books > Medical Books > Nursing > Home & Community Health #70 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > General #110 in Books > Audible Audiobooks > Science > Medicine

## **Customer Reviews**

I bought this book for my friend who has just been diagnosed with diabetes and for me to understand her situation. The book delivered what was promised and after reading, I had acquired a good amount of information about diabetes and how one can cope up with it. Every detail was useful but for my friend, the How to Prepare for Travel was the most useful part of the book for her because she likes to travel and she doesn't want to stop travelling.

I don't have diabetes but it runs in my family bloodline. I learned a great deal of information about taking steps to prevent getting diabetes. I would recommend this book to everyone because it is an

extremely important topic that we all have to stand up against. Diabetes can happen to anyone and the book helped me to see the effects and dangers of consuming all the wrong types of foods. The most vital book to read on diabetes!

My mom have type 2 diabetes and I always worry about her health as she isn't really the kind to eat healthy or check on calories or carbohydrates content for each food serving. Reading thorough this book actually help me by reminding her as to what to avoid or at the very least mention very simple lifestyle changes that she can do. I don't like to fully overwhelmed her but day by day I say bits and pieces of what I have learned in this book to her.

This book will help you understand and know more about diabetes. This book offers effective tips and proven strategies on how you can lower your blood sugar naturally and even reverse diabetes. Asides from how you will take care of this condition you will be able to know the proper lifestyle and meal for the person who has diabetes.

I really loved this book. It is really informative. You can learn so many things. First of all, you will read about How to avoid sugar and count your carb intake, How to deal with stress, quit smoking and limit alcohol consumption, Diabetes diets and effective supplements that can be used to reduce your blood glucose levels, Diabetic meal plans, How to prevent diabetic complications and How to prepare for travel.

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