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Layers of Living Success: Eat (Paperback)

By Dr Cheng Ruan

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. A complete guide and eating program designed to help reverse type 2 diabetes as well as prediabetes. This eating program is not designed to be a temporary diet. It is designed for someone with Type 2 Diabetes (or prediabetes) to learn a system of eating where you can have permanent success. Learning what foods can work for you by understanding how it affects your body is the foundation to establish permanency in behavioral changes. Rather than telling you a detailed system of what to eat and the quantity, we have devised a way where it is easier. Three of the six layers of foods are unlimited. In fact, there are minimum quantities to eat daily. For those who have poorly controlled diabetes, we created a sliding scale eating system. Depending on what their blood sugars are that morning, they utilize different portions or different partitions of each of the categories of food. That will likely impact the next morning's blood sugar which hopefully will become lower by the way you eat the day before. And the lower your...



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