



## Diabetes: The Most Effective Ways and Step by Step Guide to Reverse Diabetes: (Diabetes, Diabètes Dief, Diabetes Free, Diabetes Cure, Reversing Diabetes) (Paperback)

By David Corr

Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Learn how you can Reverse your Diabetes Starting Today Diabetes as a disease is becoming much more prevalent thanks to the increase in poor lifestyle choices. Diabetes is often called a silent disease because it isn't one that is often visible, many sufferers don't even know they have it, it is a very serious condition that if left unattended can cause a number of problems including blurry vision, skin infections, yeast infections, weight loss, and it can cause secondary issues like poor circulation, heart disease, and even death through diabetic coma. This book has been created so that people can avoid these issues and live a happy life, as you read through this book you will be guided to learn the most effective ways to reverse and avoid diabetes. Here is a preview of what you will learn. Understanding diabetes and common myths Types of Diabetes Symptoms and risk factors. Foods to include. Foods to avoid. Exercise and supplements.



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