



# **Diabetes: 7 EASY Steps to Control Diabetes & Live Life to the Fullest (Diabetes, Diabetes Diet, Diabetes for Dummies Book 1)**

*Jennifer Sawyer*

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## **You're About to Discover How to Control Diabetes in 7 EASY Steps!**

It is not enough to simply avoid sugar or follow a trending diabetes diet recommended on a commercial diabetes cookbook. It is not enough to blindly exercise your way to treatment without knowing whether the exercise is safe. When it comes to the right diabetic treatment, every aspect of the patient's health needs to be addressed. The road to a complete diabetes reversal is total understanding of the diabetes condition and knowing the right approach to come up with an effective diabetes cure.

### **Here is a Preview of What You Will Learn:**

- Understand what happens to your body when you have been diagnosed with diabetes mellitus and learn how insulin production plays a major role in blood sugar regulation
- Learn the difference between type 1 diabetes, type 2 diabetes and gestational diabetes including signs and symptoms
- Know the most degenerative diabetic complications such as diabetic retinopathy, hyperglycemia, and diabetic neuropathy and how to prevent these complications from developing
- Learn what kind of exercises are the safest and most recommended by health experts for diabetes weight loss and diabetes cure
- Get a medically backed reference table on the most common foods recommended for diabetics that are low in glycemic index
- Finally, know the most basic diabetes protocol in order to live a long and strong life through the right kind of diet, nutritional supplements, exercises and food intake regulation

To date, there is no one miracle drug or cure to treat diabetes. Experts are stressing out the fact that bad eating habits and unhealthy lifestyle is behind the reason why millions of people suffer from this disease all over the world. But with the right approach and combination treatments, diabetes can be controlled and reversed.

This book contains updated diabetes info for 2015, summed up in 7 easy steps, that will help every diabetic come up with a complete treatment plan to help combat this disease.

**\*\*\*\* Diabetes In 2015: 7 Easy Steps To Control Diabetes!!! Get Your Copy NOW\*\*\*\***

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Diabetes, diabetes diet, diabetes cookbook, blood sugar, type 1 diabetes, type 2 diabetes, diabetes info, sugar, blood glucose, diabetes mellitus, insulin, gestational diabetes, diabetic, hyperglycemia, diabetic neuropathy, diabetes gestacional, insulin pump, diabetic retinopathy, diabetis, diabetes treatment, diabetes cure, diabetes reversal, diabetes guide, diabetes weight loss, diabetes protocol

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