



Reverse Diabetes: A 12-Week Plan for Lowering Your Blood Sugar by 25%

Editors of Reader's Digest


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Strive to do more than just "manage" diabetes—reverse it. With the step-by-step advice found in *Reverse Diabetes*, in just 12 weeks readers can: Lower blood sugar by up to 25%, lose dangerous belly fat, lower the need for diabetes medication, Eat well with more than 50 delicious recipes, Shop right with weekly shopping lists, track success with a 12-week diary, and so much more!

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Gregory Phipps:

Spent a free the perfect time to be fun activity to complete! A lot of people spent their down time with their family, or their very own friends. Usually they carrying out activity like watching television, going to beach, or picnic inside the park. They actually doing same thing every week. Do you feel it? Will you something different to fill your own free time/ holiday? Can be reading a book might be option to fill your free of charge time/ holiday. The first thing that you'll ask may be what kinds of guide that you should read. If you want to try out look for book, may be the publication untitled Reverse Diabetes: A 12-Week Plan for Lowering Your Blood Sugar by 25% can be great book to read. May be it may be best activity to you.

Paul Day:

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