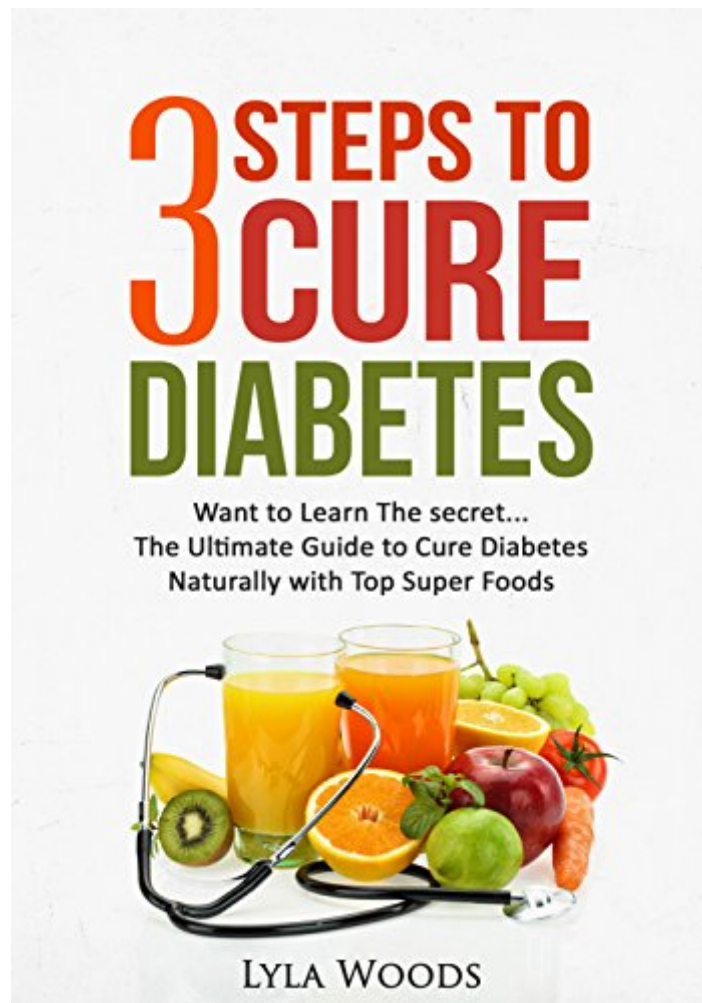


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## Synopsis

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## Customer Reviews

Author gives brief statistics on history and demographics of diabetes. Simple fast way to determine what you can eat and what you can't! The majority can counter diabetes by exercise and dietary intake.

This book is short read, but very informative. Bought this book because of my 12 year old niece who has a high sugar. This book educate me on how to help my niece to avoid diabetes. I love this book because there are so many excellent strategies on how to reverse diabetes. This book is recommended to people who have diabetes or who wants to help a person who are already diabetic.

This was quite an informative book, I have learnt a lot about how to control diabetes from it, I have also learnt the usefulness of dieting in controlling diabetes. As a diabetic for many years I found this a excellent book. There were a lot of very informative information on foods, stress eating, exercise, how to handle diabetes. More importantly this book contains amazing recipes and also recipes for drinks and beverages one can definitely try out. Good book and I highly recommend it for all diabetic patient out there.

A very useful and informative book. This book is so practical guide on diabetes and it contains amazing details. You will find some mouth watering diabetes diet recipes to satisfy your craving. This is a quick and easy read. It provides you with diabetic foods and lot of insightful information. I recommend this book to everyone who wants to learn about healthy eating habits.

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