



# Defeating Diabetes

*Thomas Barnard, Brenda Davis*

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## **Defeating Diabetes** Thomas Barnard, Brenda Davis

"Defeating Diabetes offers real hope and real solutions to those with type-2 diabetes. Recent health studies have confirmed that a low-fat, vegan (meat- and dairy-free) diet works best to not only manage but reverse the symptoms of type-2 diabetes.

The authors guide you through the practical steps you need to take to construct a diet and lifestyle that really work. Their no-nonsense approach presents everything you need to know to make wiser dietary and lifestyle choices.

You'll find out how to: take control of your blood sugar levels find out which carbohydrates are actually good for you achieve and maintain a healthy body weight arm yourself with protective dietary fats use nutritional supplements for blood sugar control improve exercise, sex, sleep, and self-care

Included are over 50 easy and delicious recipes using whole foods along with suggestions on how to convert traditional favorites laden with fat and cholesterol into high-fiber, healthful dishes.

These user-friendly and evidence-based recommendations will help anyone with diabetes become more healthy. "

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#### **Susan Arnold:**

The reason? Because this Defeating Diabetes is an unordinary book that the inside of the e-book waiting for you to snap the item but latter it will surprise you with the secret that inside. Reading this book alongside it was fantastic author who also write the book in such remarkable way makes the content within easier to understand, entertaining technique but still convey the meaning totally. So , it is good for you because of not hesitating having this ever again or you going to regret it. This book will give you a lot of rewards than the other book include such as help improving your ability and your critical thinking means. So , still want to delay having that book? If I had been you I will go to the reserve store hurriedly.

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