



Reversing Diabetes: Discover the Natural Way to Take Control of Type 2 Diabetes

Don Colbert

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It is possible to manage and even reverse diabetes through natural means, and in *Reversing Diabetes*, Dr. Colbert shows you how.

Most people view diabetes as a dead-end street. Once you receive a diabetes diagnosis, your only option is to manage the symptoms with a restricted diet, close monitoring of blood sugar, and expensive medications. Dr. Colbert shows that diabetes can be treated instead through safe, natural means, like healthy food and vitamins rather than strictly relying on prescription drugs. He shows you how to manage your weight and your glucose intake with a whole-body approach, using nutritional supplements along with dietary and lifestyle changes to lose weight, repair cell damage, improve insulin function, and reduce the side effects from prescription drugs, many of which rob nutrients from the body and cause additional symptoms.

Based on the same life-changing principles of the low-glycemic, high-fiber eating plan provided in Dr. Colbert's *New York Times* best-selling book, *Dr. Colbert's "I Can Do This" Diet*, this book adapts that plan in a way that makes it ideal for diabetics who need to manage their glucose levels and their weight.

“Siloam, an imprint of Charisma House Book Group, is the leader in the Christian health and fitness genre, with several best-sellers...including Don Colbert's The Bible Cure series.” --*Christian Retailing*

“Physician Don Colbert Preaches The Gospel Of Good Nutrition, Advising His Patients To Follow In The Footsteps Of One Of History's Better-known Role Models.” --*Orlando Sentinel*



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The guide with title Reversing Diabetes: Discover the Natural Way to Take Control of Type 2 Diabetes has a lot of information that you can discover it. You can get a lot of gain after read this book. This particular book exist new understanding the information that exist in this reserve represented the condition of the world at this point. That is important to you to find out how the improvement of the world. This specific book will bring you within new era of the globalization. You can read the e-book with your smart phone, so you can read that anywhere you want.

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Robert Mills:

Playing with family in a park, coming to see the marine world or hanging out with friends is thing that usually you might have done when you have spare time, in that case why you don't try factor that really opposite from that. A single activity that make you not feeling tired but still relaxing, trilling like on roller coaster you already been ride on and with addition associated with. Even you love Reversing Diabetes: Discover the Natural Way to Take Control of Type 2 Diabetes, it is possible to enjoy both. It is great combination right, you still wish to miss it? What kind of hangout type is it? Oh can occur its mind hangout men. What? Still don't have it, oh come on its known as reading friends.

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