



Diabetes: Naturally Lower Your Blood Sugar Without Medication Using A Complete Food And Herbal Diet Plan

John Richards

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Do you want to learn more about how this diet can help you reverse diabetes, lower your blood sugar level, lose weight and reduce painful symptoms?

Would you like a step by step guide on how to implement a diabetic diet, including herbs and super foods?

Do you want delicious low carb recipes for every meal and a nutritious dietary shopping list?

If your answer to any of these questions is 'Yes' then this book, "**Diabetes- Naturally Lower Your Blood Sugar Without Medication Using A Complete Food And Herbal Diet Plan** " is perfect for you

In this book you will learn about the numerous benefits of implementing a diabetic diet, the various foods and herbs you should consume and those to avoid, together with low carb, low sugar recipes for breakfast, lunch and dinner

Here Is A Preview Of What You Can Expect To Learn From This Book

- Why the Diabetic Diet is so important as a solution to prevent and reverse diabetes, lower blood sugar levels, and increase energy
- The MANY benefits of this eating plan
- What types of foods you should eat
- The foods you need to cut from your diet
- Amazing recipes for EVERY Meal
- Complete shopping list for all of the essential Diabetic Diet foods
- The importance of herbs and supplements
- Valuable tips for making this diet work for you
- Much, much, more!

These are just SOME of the topics we will cover in this book

If you are looking to get started, or simply seeking more knowledge about how food and herbs can help with the different types of diabetes, then this book is for you.

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John Wannamaker:

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