



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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Aurora Foster:

Typically the book Reversing Diabetes: Discover the Natural Way to Take Control of Type 2 Diabetes will bring you to the new experience of reading a book. The author style to elucidate the idea is very unique. When you try to find new book you just read, this book very suitable to you. The book Reversing Diabetes: Discover the Natural Way to Take Control of Type 2 Diabetes is much recommended to you to learn. You can also get the e-book from the official web site, so you can quicker to read the book.

Barbara Rubio:

The book untitled Reversing Diabetes: Discover the Natural Way to Take Control of Type 2 Diabetes contain a lot of information on the idea. The writer explains the girl idea with easy way. The language is very straightforward all the people, so do certainly not worry, you can easy to read that. The book was compiled by famous author. The author brings you in the new time of literary works. It is possible to read this book because you can continue reading your smart phone, or model, so you can read the book inside anywhere and anytime. If you want to buy the e-book, you can wide open their official web-site in addition to order it. Have a nice read.

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