



# **Reverse Diabetes Naturally: A Guide to Effectively Lower Your Blood Sugar Without Drugs by Following the Right Diet (Diabetes Cure for Diabetics Type 2) (Volume 1)**

Anna I. Jäger

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*Anna I. Jäger*

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## **New Edition: Amazing Transformation – Targets the Cause of Diabetes Type 2, Not Just the Symptoms**

**Learn How to Avoid the Conventional Medicine Trap and Effectively Lower Your Blood Sugar Without Drugs – Delicious Quick & Easy Meal Plan Included Based on Scientific Research** ---> Have you been recently diagnosed with diabetes? ---> Are you a long time sufferer of diabetes? ---> Are you struggling to control your diabetes naturally?

### **This Book Will Change Your Outcome Drastically**

Bestselling author Anna I. Jaeger is a nutrition researcher, bestselling author and advocate for health and nutrition. Her easy to understand book will guide you through the steps you need to know in order to take control of your life and beat your diabetes into the ground. If you're (pre-)diabetic you need this book. No longer will you feel victim to your illness. Now is the time for you to put your superhero cap on and reverse your diabetes today!

### **Effectively Cure Your Diabetes Without Drugs**

**You will learn:** • A basic understanding of diabetes • Why high-fat diets cause diabetes (based on scientific research) • How to choose to follow better nutritional guidelines to control diabetes • How to build up your army of Superfoods • Meal planning for low-fat meals (foods to include and foods to avoid) • What are Superfoods? • How to reverse diabetes • Fitness and your Superhero Sidekick • Blood-sugar monitoring • How to dramatically improve your health • How to see the cure of diabetes **2016 Edition with New Chapter:**

### **Quick & Easy Recipes Included**

Included in this book, you will get delicious recipes that will help you reverse your diabetes. These recipes are meant to be used to create a healthy 7-day meal plan. Each meal category includes two quick and easy recipes that can be prepared in under 15 minutes. Mix and match according to your lifestyle and create a meal plan that will work for you. Suited for beginners and advanced cooks alike. All recipes come with nutritional information.

## **It is never too late to make a life style change!**

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