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The Natural Diabetes Cure, Second Edition: Curing Blood Sugar Disorders Without Drugs

Roger Mason

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Nearly twenty million people in North America have diabetes, and each year the number continues to grow. What's most distressing is that diabetes can be easily prevented by simply maintaining a healthy balanced diet. Unfortunately, many people don't realize the serious consequences of that routine trip to their favorite fast food restaurant. Fortunately, however, best-selling author and health advocate Roger Mason is here to help with his updated edition of *The Natural Diabetes Cure.* In it, he provides a simple, yet effective nutritional approach to preventing and combating diabetes.

Divided into two parts, *The Natural Diabetes Cure* begins by explaining how diabetes develops, its major causes, and the severe health risks associated with this metabolic disorder. Part Two details how a balanced diet of whole grains, fresh fruits, vegetables, and healthy fats not only helps improve health and well-being, but also prevents conditions like high blood pressure, obesity, and insulin resistance, which can lead to type-2 diabetes. Additional chapters discuss the key vitamins and supplements that can help those with diabetes regulate their blood sugar levels. Also included is a practical chapter on how to test insulin levels at home.

Living with diabetes does not have to be a life sentence. You have the power to free yourself from this disorder. *The Natural Diabetes Cure*-with the very latest information on natural, safe, and effective treatments-will show you how.

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