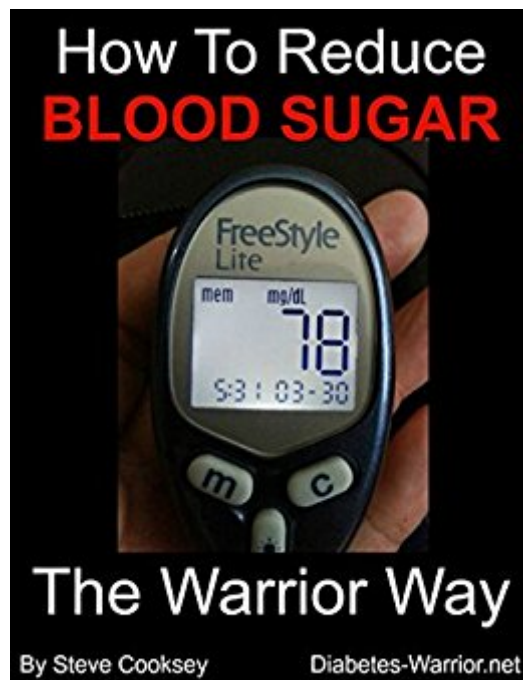




The book was found

How To Reduce Blood Sugar: Reducing Blood Sugar Naturally



Synopsis

A book showing diabetics how to reduce blood sugar levels with steps to take TODAY! There is a better way! Truly normal blood sugar ranges are discussed with studies supporting targets.

Book Information

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Diabetes #83 in Kindle Store > Kindle Short Reads > One hour (33-43 pages) > Health, Fitness &

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Customer Reviews

Great information. It is a short, to the point book. For \$5 it is a slam dunk, get it. Too many times I buy health books and find that they spend too much time repeating what has already been said and could summarize everything in 20 pages. A negative review states that everything in the book can be found on his blog, which is true but how that is a negative is beyond me. The writer's blog documents his journey to solve type II diabetes and he spells out what he has done. Feel free to go to his blog, read 5 years of postings, take notes and spend 10+ hours doing it or spend the \$4.95. With that said, I do recommend going to his blog. Lots of great info and links. Clearly, the few dollars the writer makes goes to educating more people on how to fight diabetes. I have been a member for over 12 years and rarely write reviews but I thought this was worth it. You have to respect a guy who not only tells you how he does it but also test different approaches on himself before

recommending them. For full disclosure I am self treating my type II with many of the recommendations in his book.

I know from experience that what Steve Cooksey promotes in this book really works! You can eat simple, delicious foods and have normal blood sugars. If you are diabetic or prediabetic you need to read this book and apply these principles to live a life free from drugs and diabetic complications. I went from an A1c of 9 down to 5.4 in a very short time and aim to reduce it even more. My neuropathy has disappeared. I've lost weight and feel great. You owe it to yourself to do this for you and your loved ones.

This is a no nonsense guide to getting out of the high blood quagmire without reliance on drugs, healthcare providers or diet gurus. The book provides immediately actionable info on implementing a whole foods diet to heal the diabetic body. Carbs must be strictly controlled and measured. Blood sugar level measurement provides the necessary feedback to keep this effort on track. Steve makes it clear that he does not offer medical advice. He is a man who got his own diabetes under control his way. By following Steve's diet you will also reduce insulin resistance, lose weight and reduce a truckload of risk factors for development of dementia, organ damage and diabetic sequela such as neuropathy. This book does not mince words. It gets to the point and cites the experience of the author and references a number of well known bloggers and research studies in the blood sugar control realm. Implementing ideas in book will do good by you and by your health..

I feel like I've just been handed the rules and guidelines that I needed back when I was first diagnosed that could have turned my health around right then and there. Instead I was encouraged to follow the recommendations of the ADA - even when my blood sugar levels remained elevated. After a lot of searching and reading the testimonies of those brave warriors who took matters (and their health) into their own hands (especially Steve Cooksey) I realized that most of the medical professionals out there are clueless about what it really takes to combat this disease. How I wish I had this book way back when but what's important is that I have it now. After reading this book I feel empowered to change my health and encouraged knowing I have the tools to make it happen. Thank you Steve!

Awesome BOOK!! I can not say enough good about this book and the authors general Health and wellness philosophy. Steve Cooksey gets some desperately needed vital information out about

controlling blood sugar and effectively applying real life drug free solutions. As a Health Coach that has used the same methods, successfully, to help my diabetic clients, I can vouch for Steve and his nutritional Philosophy. Its value far exceeds its cost. In the short term and especially in the long term. A MUST for any type 2, and a HIGHLY RECOMMEND for anyone interested in general health and wellness as Blood sugar and insulin may be more important than even weight!

This is a man who shows by doing - not by being "educated" by big food and big pharma. I'm a Type 2 diabetic who now has totally normal blood glucose by following the simple plan outlined in this book. My A1c from January, 2015 is 4.3 - that is a totally normal A1c - TOTALLY. My cholesterol is now in perfect triangulation and my triglycerides are low enough my doc asked me how I did it. This is so simple, so easy and so worth doing. Whole fresh, non-starchy foods, plenty of good fat and tons of energy. This book is the best \$5 I've ever spent.

This book is great. I followed Steve's advice and turned my Blood Sugars around as well as lost weight while eating better. In 12 months I have lost over 50 pounds as well as reduced my Blood Sugar from 245 or higher down to pre-diabetic levels without using insulin! Even my doctor says "keep doing what your doing". Thanks Steve.

This is an excellent resource for reducing blood sugars and taking control of your health! You will be AMAZED how this information can change your life -- at a minimal cost. A must read for ALL!!

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