



Beating Diabetes: The Guide to Reversing Diabetes

Jack Ryan

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This book contains proven steps and strategies on how to reverse diabetes. Until recently, most expert health professionals and doctors believed that reversing diabetes is impossible. Once you have developed diabetes, you were stuck with it for life and managing diabetes becomes a lifelong battle. You suffer one health complication after another, from high blood pressure, heart and kidney problems and worsening eyesight. This compassionate book with up-to-date scientific information proves that reversing diabetes is possible with a balanced diet, increase physical activity, additional supplements and positive mindset. This approach will also help you to lower or even eliminate dependency on diabetic medication

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